

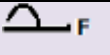
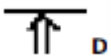

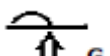
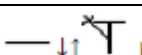
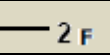
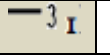


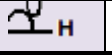

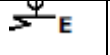
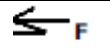

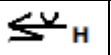
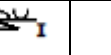
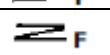
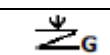
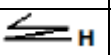
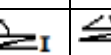

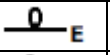
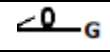
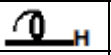
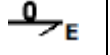
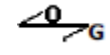
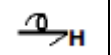
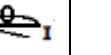




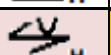

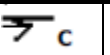
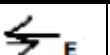


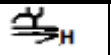
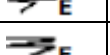
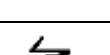
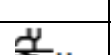
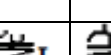

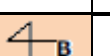
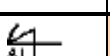


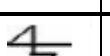


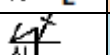

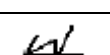

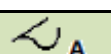
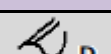

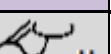
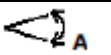






## KROPPSTEKNISKE VANSKER

- Vansker som er markert med samme farge, regnes som samme form.
- Av praktiske grunner gjentas fargene med ca en sides mellomrom. Vansker som står mange linjer fra hverandre har ikke samme form, selv om de har samme farge.
- Vansker uten farge har ingen andre vansker med samme form.
- Samme form kan utføres én gang isolert og én i kombinasjon, eller i to kombinasjoner.

### SPRANG

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NGTF

# Norges Gymnastikk og Turnforbund

0840 OSLO

Besøksadresse: Sognsveien 75 L, Tlf. 21 02 90 00 Fax: 21 02 96 11 www.gymogturn.no

Bankgiro: 5134.06.05.075 Bankgiro lisenser: 5010 05 18489 Org.nr.: 970 232 796

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## PIRUETTER

Det eneste kriteriet for "samme form" i piruetter er antall rotasjoner. Samme piruett utført med ulik rotasjon (f.eks. én gang 360° + én gang 720°) regnes som samme form.

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11				 E E		 G G		 I I	
12				 E E		 G G		 I I	



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18	Eksempler på piruetter med endring i form:								
19	Eksempler på piruetter med endring i form:								

## BEVEGELIGHET

I tillegg til tabellen:

- Bevegelsvanske utført med og uten kroppsbølge regnes som samme form.
- Bevegelsvanske utført med og uten sakte vending regnes som samme form.

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