

全国技巧比赛动作难度表（1-4级）

2017-2020年



国家体育总局体操运动管理中心

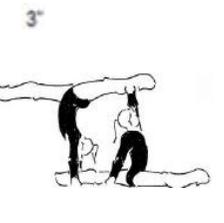
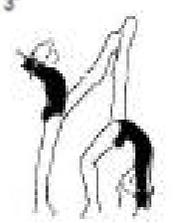
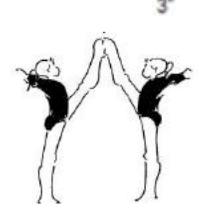
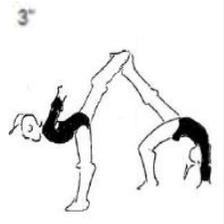
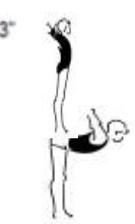
中国蹦床与技巧协会

2017年2月版

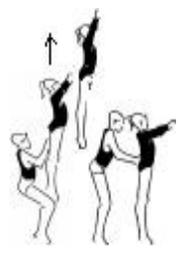
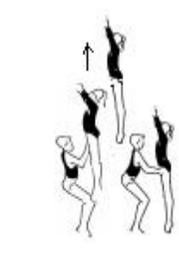
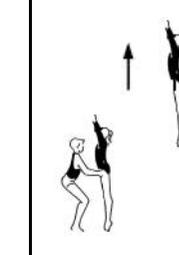
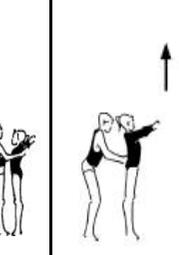
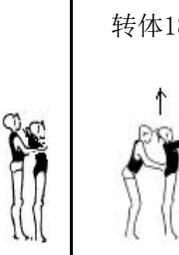
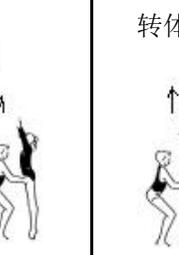
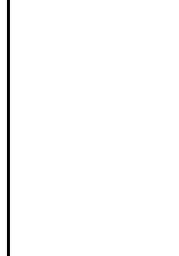
双人项目动作难度表 (1级)

静力性	或		3°	3°	3°	3°	3°	3°	3°	3°	3°	3°		
序号	1		2		3		4		5		6		7	
静力性	或		3°		3°		3°		3°		3°		3°	
序号	8		9		10		11		12		13		14	
静力性	或		3°		3°		3°		3°		3°		3°	
序号	15		16		17		18		19		20			
静力性	3°		3°		3°		3°		3°		3°		3°	
序号	21		22		23		24		25					

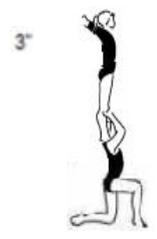
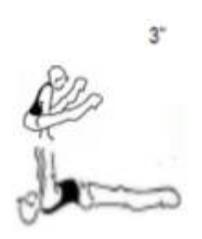
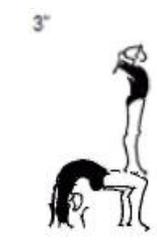
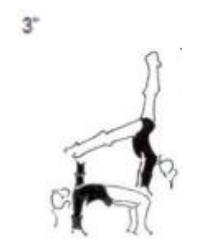
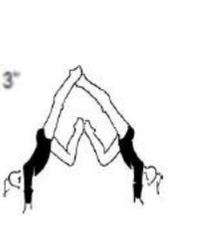
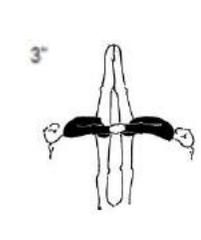
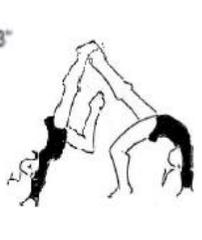
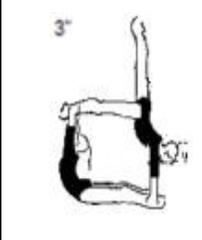
双人项目动作难度表（2级）

静力性								
序号	1	2	3	4	5	6	7	8
静力性								或 
序号	9	10	11	12	13	14	15	
静力性								
序号	16	17						
静力性								
序号								

双人项目动作难度表（2级）

动力性						转体180° 	转体180° 	
序号	1	2	3	4	5	6	7	8
动力性								
序号	9	10						
动力性								
序号								
动力性								
序号								

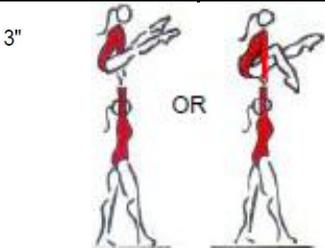
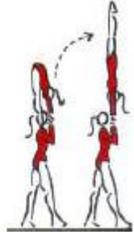
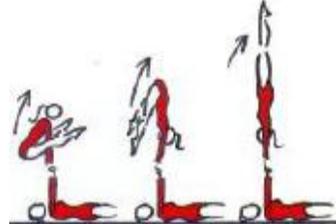
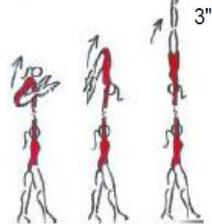
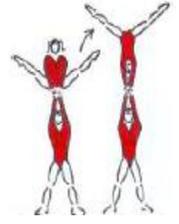
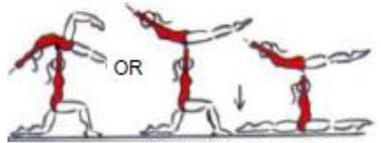
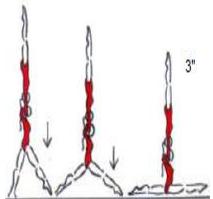
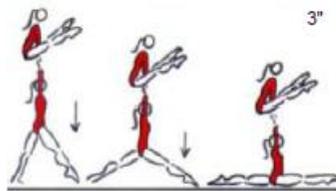
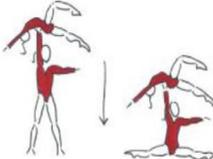
双人项目动作难度表（3级）

静力性	 3°	或	 3°	 3°	 3°	 3°	 3°	或	 3°	 3°
序号	1		2	3		4		5		
静力性	 3°	或	 3°	 3°	 3°	或	 3°	 3°	 3°	 3°
序号	6		7	8		9	10	11		
静力性	 3°	或	 3°	 3°	 3°	 3°	 3°	 3°		
序号	12		13	14	15		16			
静力性										
序号										

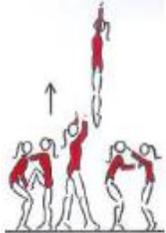
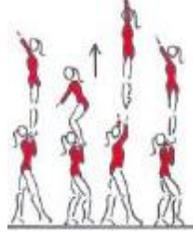
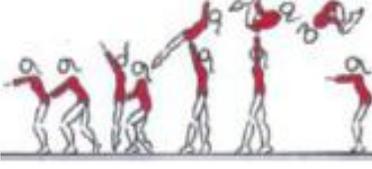
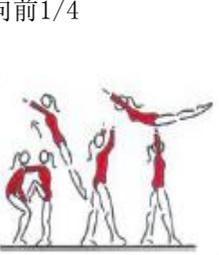
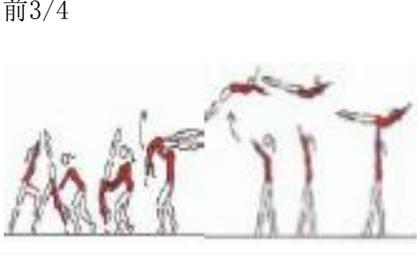
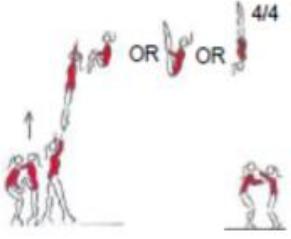
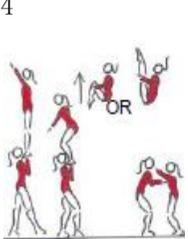
双人项目动作难度表（3级）

动力性								
序号	1	2	3	4	5	6	7	8
动力性		转体180° 			转体180° 			
序号	9	10	11	12	13			
动力性								
序号								
动力性								
序号								

女子双人静力性动作（4级）

I	 3"	 3"	 3"	 3"	 3"	 3"			
难度值	——	0.2	0.2	0.2	0.2	0.4			
II	 3"	 3"	 3" OR 3"		 3"	 3"			
难度值	——	0.2	0.2		0.4	0.4			
III	 3"	 3"	 3"	 3"	 3"			 3"	 3"
难度值	——	——	0.2	0.4	0.4			0.6	0.6
IV	 3" OR		 3"		 3"	 3"			 3"
难度值	——		0.2		0.4	0.4			0.4

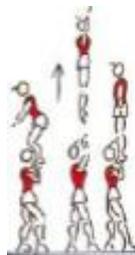
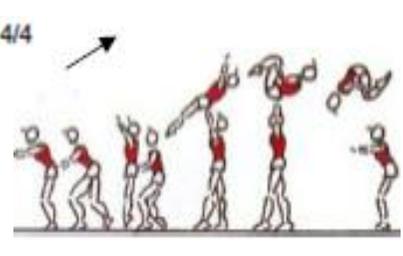
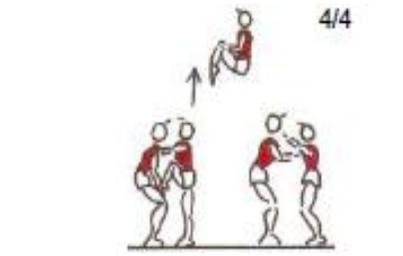
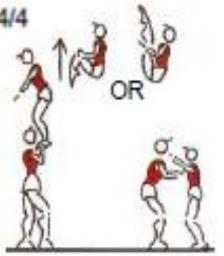
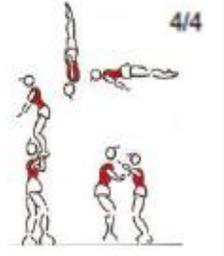
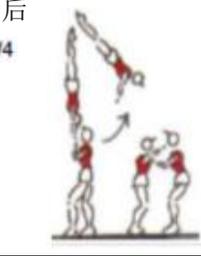
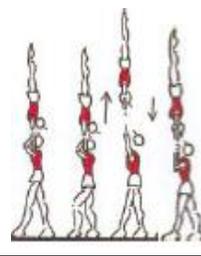
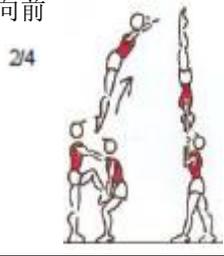
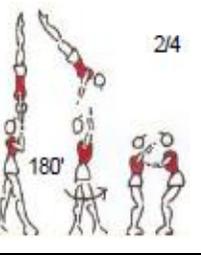
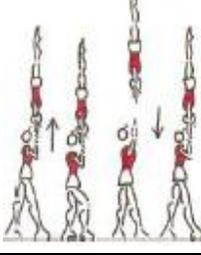
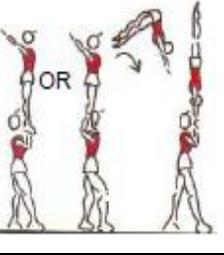
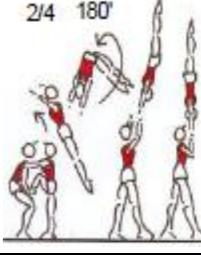
女子双人动力性动作（4级）

I							
难度值	——	0.2	0.4				
II	向后1/4 	向后 4/4 	向后 4/4 	OR 			
难度值	0.2	0.4	0.4	0.4	0.6		
III	向前1/4 	2/4 	180° 	向前3/4 			
难度值	0.2	0.4	0.4	0.6			
IV	向后 	OR 	OR 	OR 			
难度值	0.4	0.4	0.4	0.6			

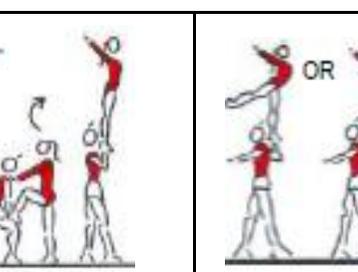
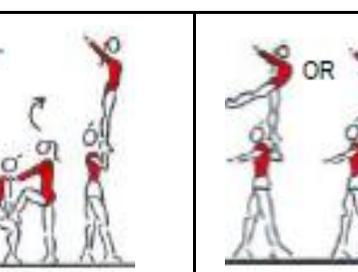
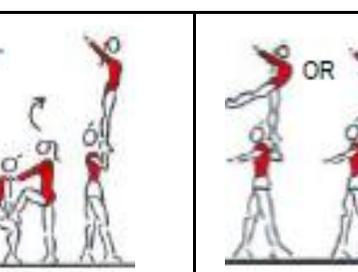
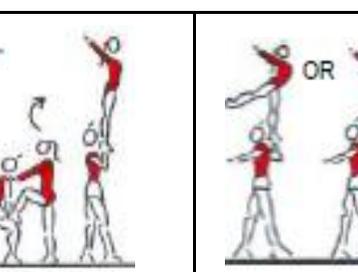
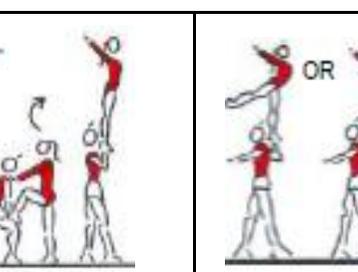
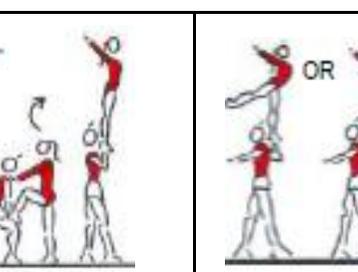
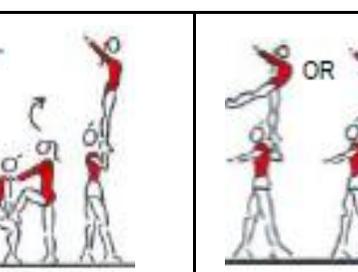
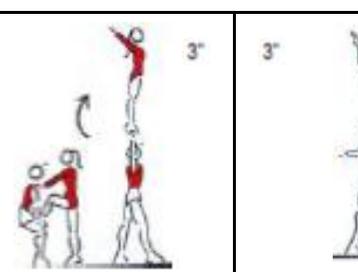
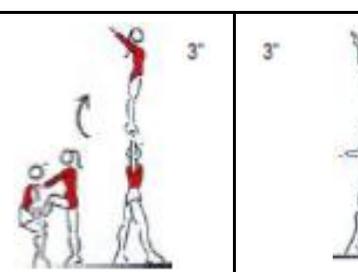
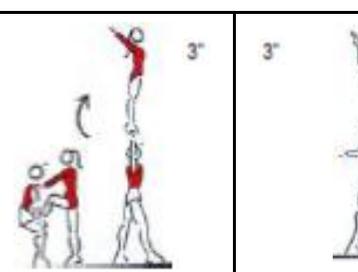
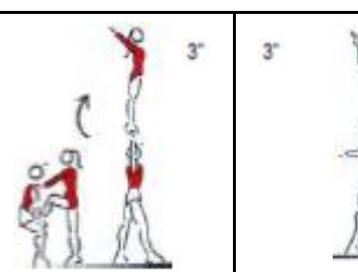
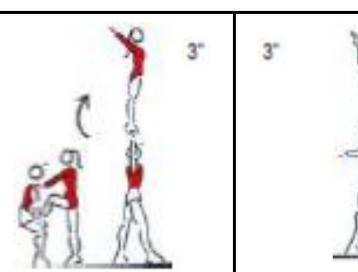
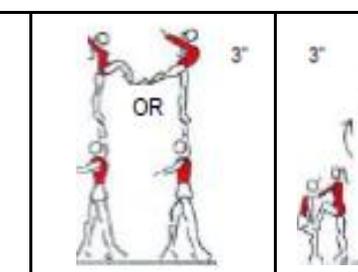
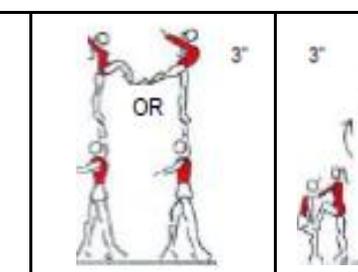
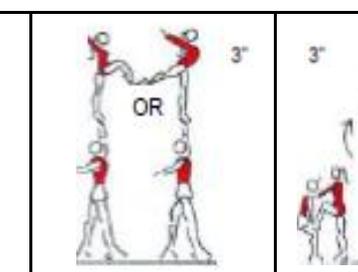
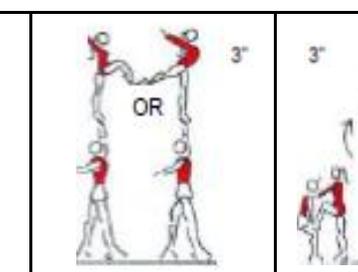
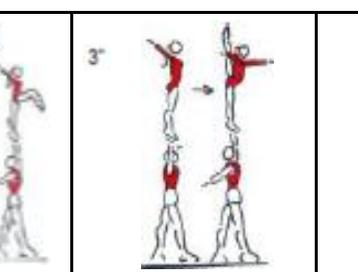
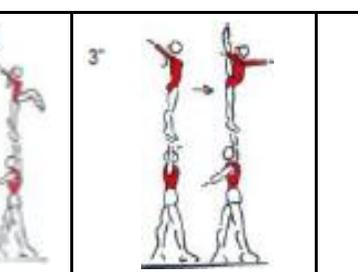
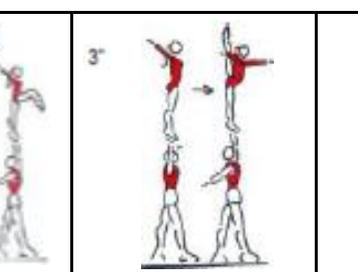
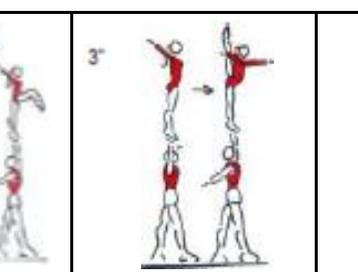
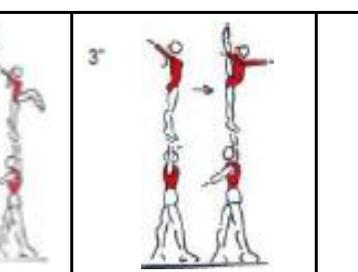
男子双人静力性动作（4级）

I								
难度值	——	0.2	0.2	0.4				
II								
难度值	——	0.2	0.2	0.4	0.4	0.6		
III								
难度值	——		0.2		0.4		0.4	0.6
IV								
难度值	——	0.2		0.4	0.6	0.6		

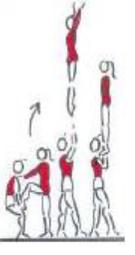
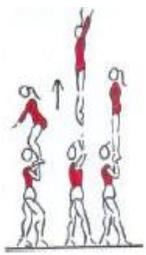
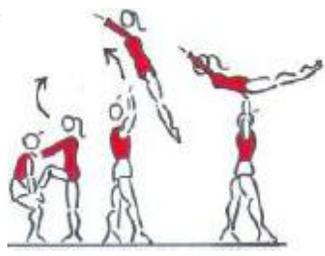
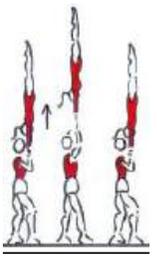
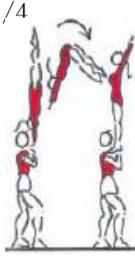
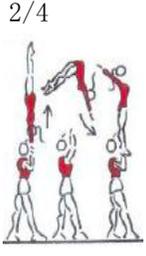
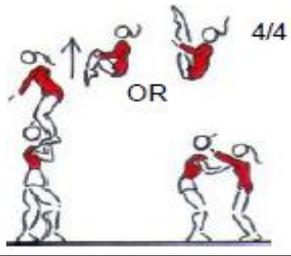
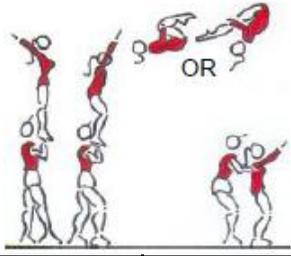
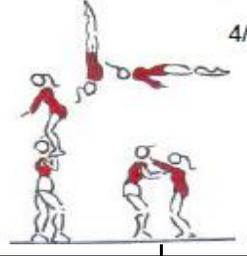
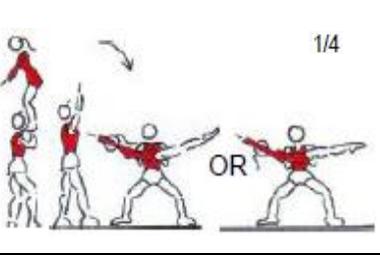
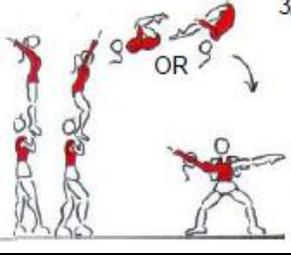
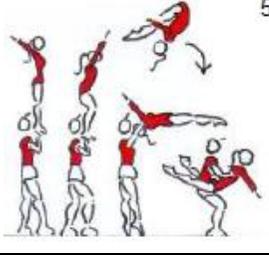
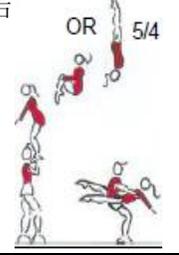
男子双人动力性动作（4级）

	男子双人动力性动作（4级）							
I								
难度值	0.2	0.2	0.2	0.4	0.4			
II								
难度值	0.2		0.2		0.2	0.4		
III								
难度值	——	0.2	0.4	0.6				
IV								
难度值	——	0.2	0.4	0.6				

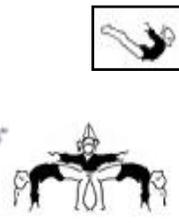
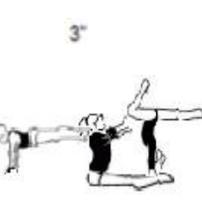
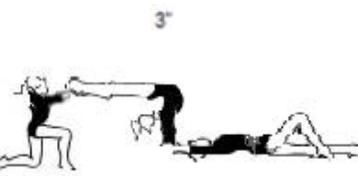
混合双人静力性动作（4级）

I								
难度值	——	0.2	0.2	0.4	0.4	0.6	0.6	0.6
II								
难度值	——	0.2	0.2		0.4		0.6	
III								
难度值	0.2	0.2		0.4		0.6		
IV								
难度值	0.2	0.2		0.2		0.4		0.4

混合双人动力性动作（4级）

I							
难度值	——	——	0.2	0.2			
II	向前1/4 	向前2/4 		向后 2/4 	向后 2/4 		
难度值	——	0.2	0.4	0.6	0.6		
III	向后 	向前 	向后 				
难度值	0.2	0.4	0.4				
IV		向后 3/4 	向前 3/4 	向前 5/4 	向后 OR 5/4 		
难度值	——	0.2	0.2	0.4	0.4		

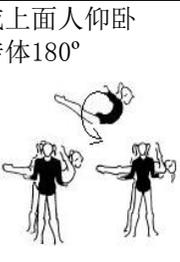
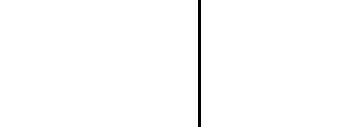
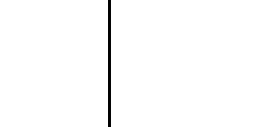
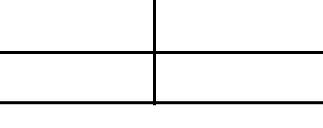
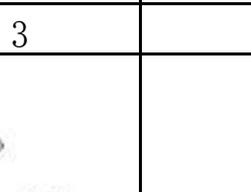
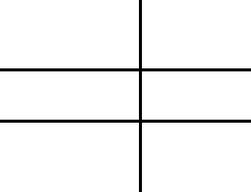
三人项目静动作难度表（1级）

静力性						或			或	
序号	1	2	3	4	5		6			
静力性						或				
序号	7	8	9	10	11		12	13		
静力性										
序号	14									
静力性										
序号										

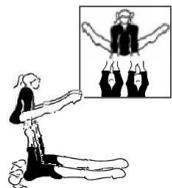
三人项目动作难度表（2级）

静力性	3"	3"	3"	3"	3"	3"	3"	3"
								
序号	1	2	3	4	5	6	7	8
静力性	3"	3"	3"	3"	3"	3"	3"	3"
								
序号	9	10	11	12	13	14	15	16
静力性	3"		3"					
								
序号	17		18					
静力性								
序号								

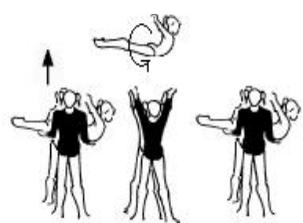
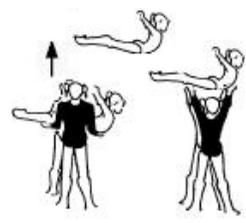
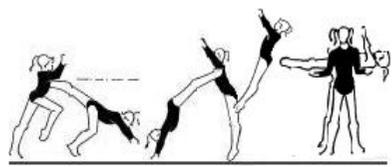
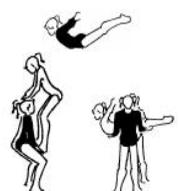
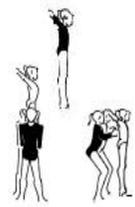
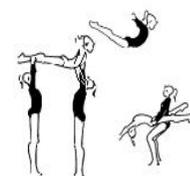
三人项目动作难度表（2级）

动力性	或上面人仰卧 转体180° 		转体180° 		向后1/4 	向前 1/4 助跑 	转体180° 	
序号	1	2	3	4	5	6	7	8
动力性		或上面人仰卧抛 		 第一下面人抛 第二下面人接		或上面人俯卧抛 		
序号	9	10		11		12		
动力性								
序号								
动力性								
序号								

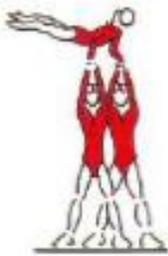
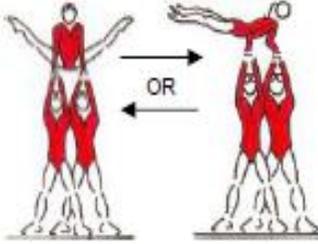
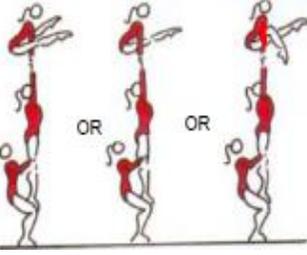
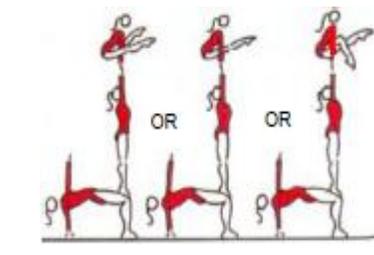
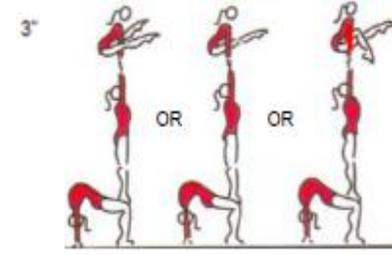
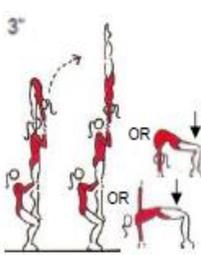
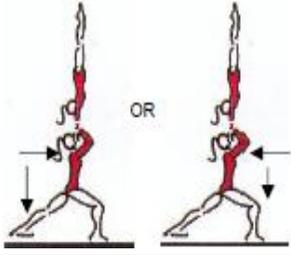
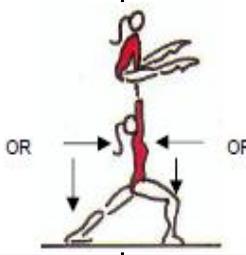
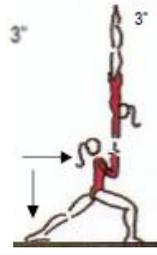
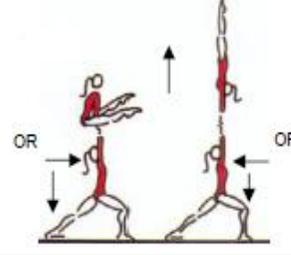
三人项目动作难度表（3级）

静力性	3" 	3" 	3" 	3" 	3" 	3" 	3" 	3" 
序号	1	2	3	4	5	6	7	8
静力性	3" 	3" 	3"  或 		3" 	3" 	3" 	3" 
序号	9	10	11		12	13	14	15
静力性	3" 							
序号	16							
静力性								
序号								

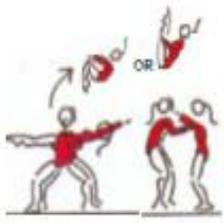
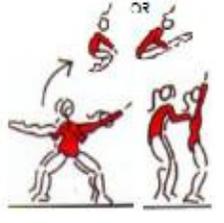
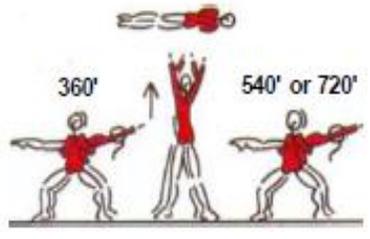
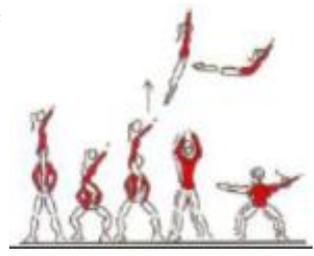
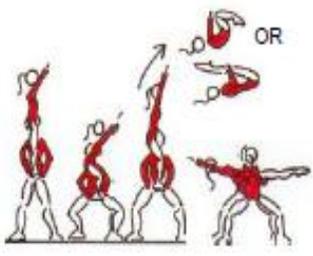
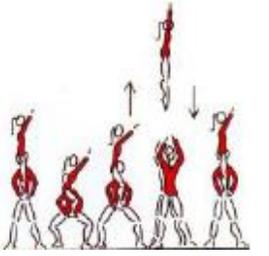
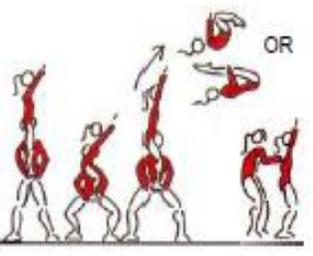
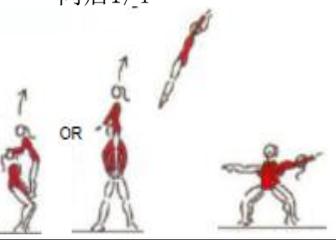
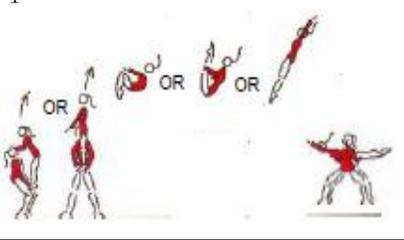
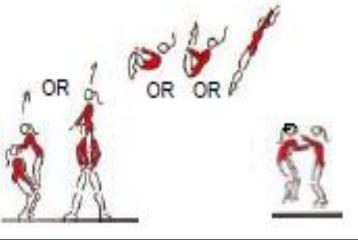
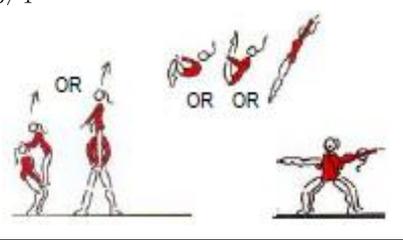
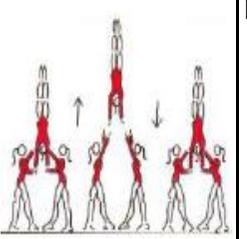
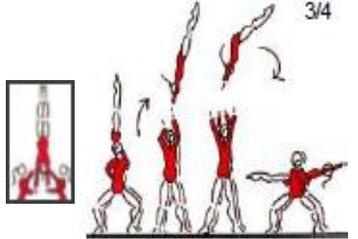
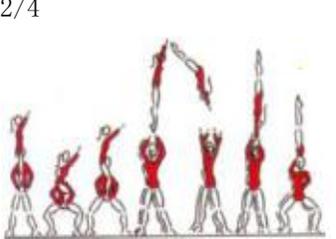
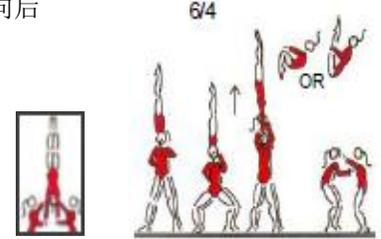
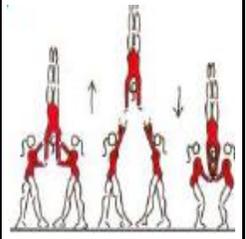
三人项目动作难度表（3级）

动力性	转体360° 				毽子起跳 		向前1/4 			
序号	1		2		3		4		5	
动力性	向前1/4 	向后1/4 								
序号	6	7								
动力性										
序号										
动力性										
序号										

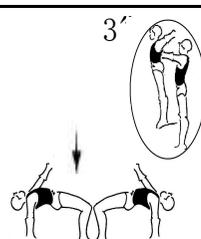
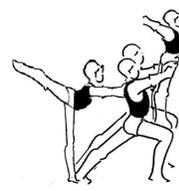
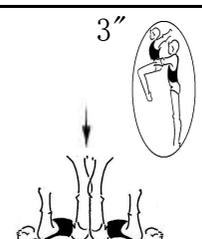
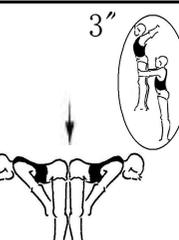
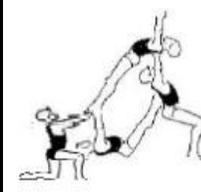
三人项目静力性动作难度表（4级）

I								
难度值	——	——	0.2	0.2	0.6	0.6		
II								
难度值	0.2	0.4	0.4	0.4	0.4	0.4	0.6	
III								
难度值	——	0.2	0.4	0.8				
IV								
难度值								

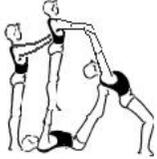
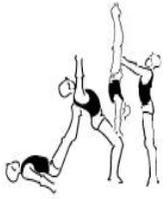
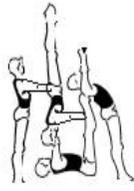
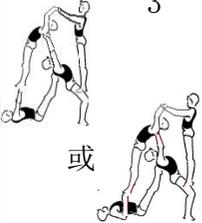
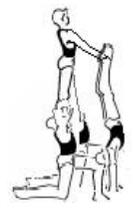
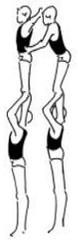
三人项目动力性动作难度表（4级）

I	向前2/4 	向后3/4 	向前3/4 	 360° 540° or 720°		向前4/4 
难度值	0.2	0.2	0.2	0.2	0.4	0.6
II	向前1/4 	向前3/4 	 360° 540° or 720°		向前4/4 	
难度值	——	0.2	0.4		0.4	
III	向后1/4 	向后3/4 	向后4/4 	 OR OR OR OR		
难度值	——	0.4	0.4	0.6		
IV	 3/4	 3/4	 2/4	 6/4	 6/4	
难度值	0.2	0.2	0.4	0.6	0.8	

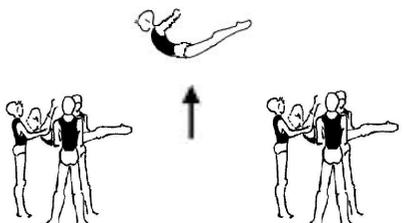
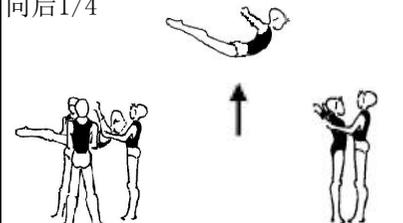
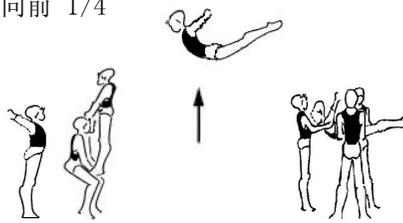
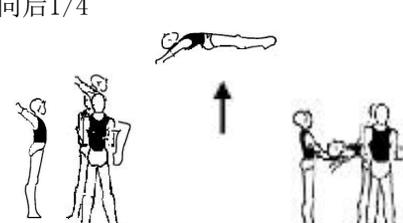
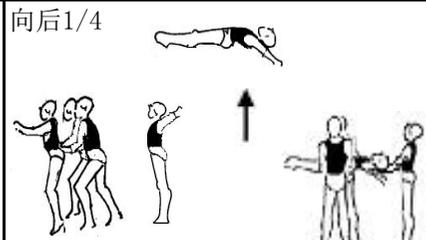
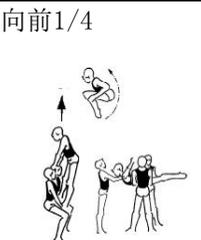
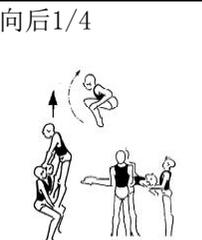
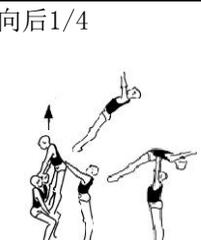
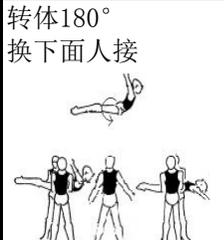
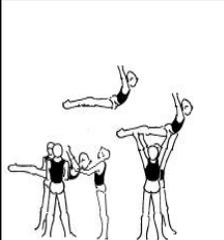
四人项目动作难度表（1级）

静力性	3" 	3" 	3" 	3" 	3" 	3" 	3" 	3" 
序号	1	2	3	4	5	6	7	8
静力性	3" 	3" 	3" 					
序号	8	9	10					
静力性								
序号								
静力性								
序号								

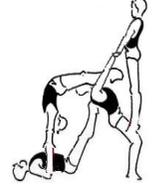
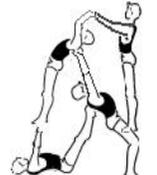
四人项目动作难度表（2级）

静力性	3" 	3" 	3" 	3" 或 	3" 	3" 	3" 	3" 
序号	1	2	3	4	5	6	7	8
静力性	3" 	3" 	3" 	3" 	3" 			
序号	9	10	11	12	13			
静力性								
序号								
静力性								
序号								

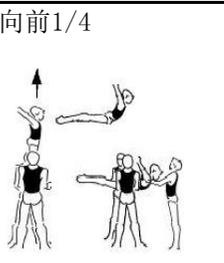
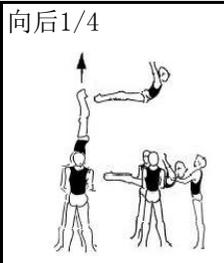
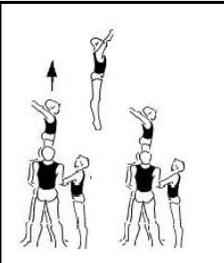
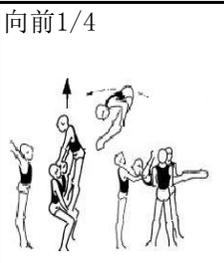
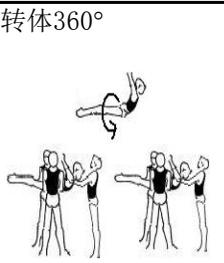
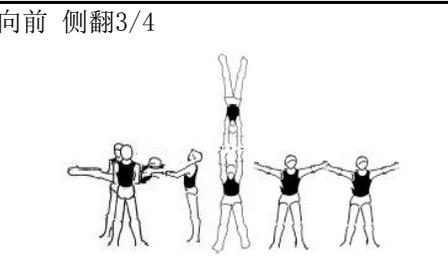
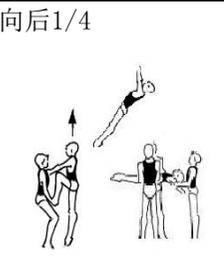
四人项目动作难度表 (2级)

动力性			向后1/4 	向前 1/4 	向后1/4 		
序号	1		2	3		4	
动力性	向后1/4 	或上面人从仰卧开始做 转体180° 		向前1/4 	向后1/4 	向后1/4 	上面人助跑起跳 
序号	5		6	7	8	9	10
动力性	转体180° 	转体180° 换下面人接 		向前1/4 			
序号	11	12	13	14			
动力性							
序号							

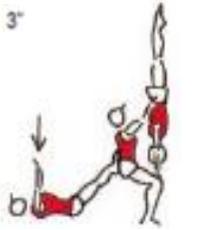
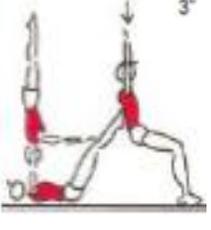
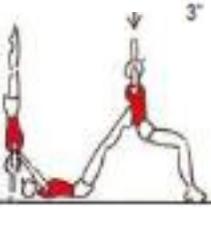
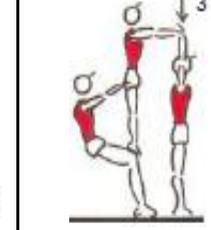
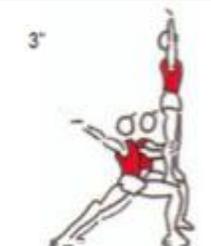
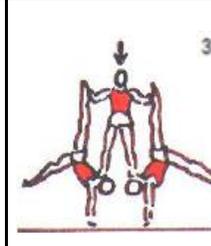
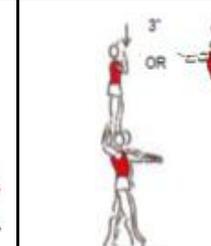
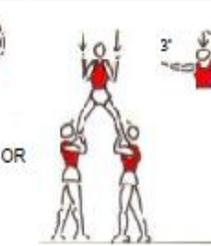
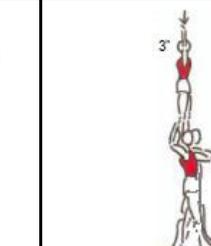
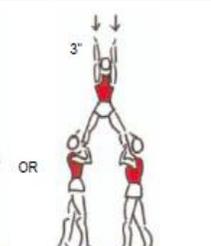
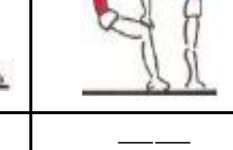
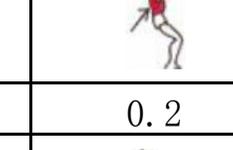
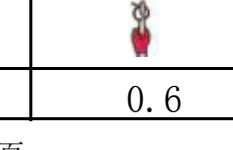
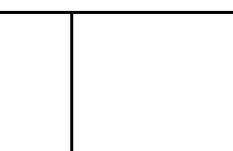
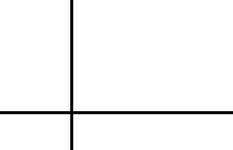
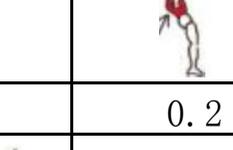
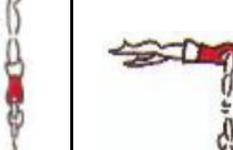
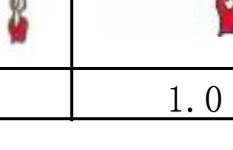
四人项目动作难度表（3级）

静力性	3" 	3" 	3" 	3" 	3" 	3" 	3" 	3" 	
序号	1	2	3	4	5	6	7	8	
静力性	3"  	3" 	3" 	3" 					
序号	9	10	11	12					
静力性									
序号									
静力性									
序号									

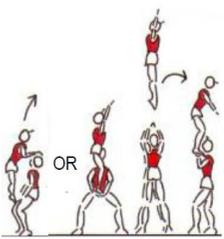
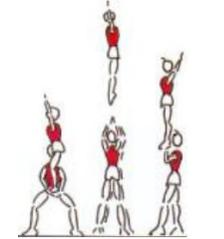
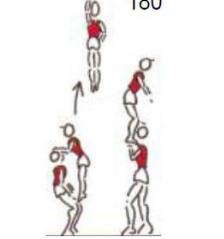
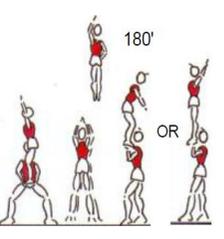
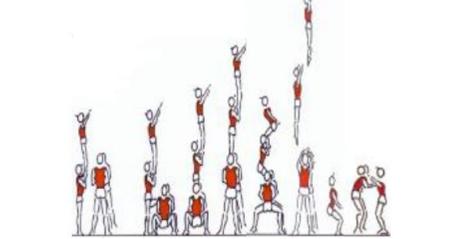
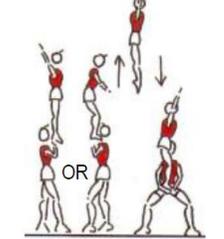
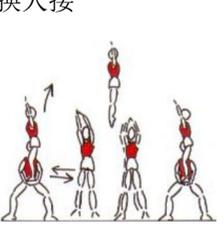
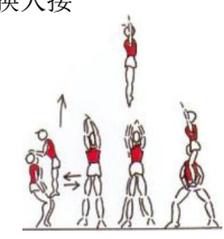
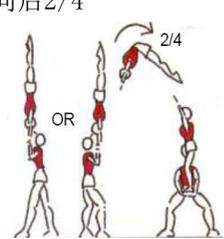
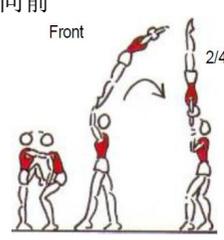
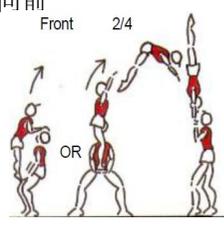
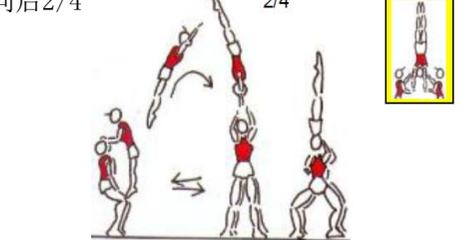
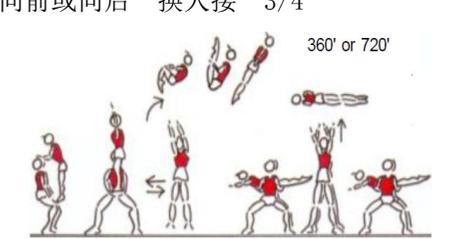
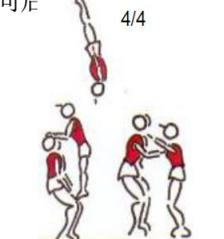
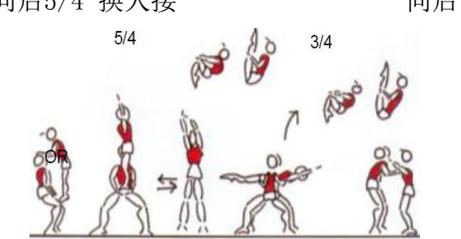
四人项目动作难度表（3级）

动力性	向前1/4 	向后1/4 		向前1/4 	转体360° 	转体360°换人接 	向前 侧翻3/4 
序号	1	2	3	4	5	6	7
动力性	向后1/4 						
序号	8						
动力性							
序号							
动力性							
序号							

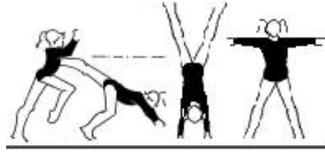
四人项目静力性动作难度表（4级）

I									
难度值	——	——	——	——	——				
II		OR 				OR 		OR 	
难度值	0.2		0.4	0.6	1.0		1.0		
III									
难度值	——	——	0.2	0.2	0.2	0.2	0.2	0.4	
IV									
难度值	0.4	0.4	0.4	0.4	0.6	0.6	1.0	1.0	

四人项目动力性动作难度表 (4级)

I							
难度值	——	——	0.2	0.2	0.6		
II		<p>换人接</p> 	<p>换人接</p> 	<p>向后2/4</p> 			
难度值	——	0.2	0.4	0.4			
III	<p>向前 Front</p> 	<p>向前 Front</p> 	<p>换人接 向前2/4</p> 	<p>向后2/4</p> 			
难度值	——	0.2	0.2	0.4			
IV	<p>向前或向后 换人接 3/4</p> 	<p>向后 4/4</p> 	<p>向后5/4 换人接</p> 	<p>向后</p> 			
难度值	0.2	0.2	0.6				

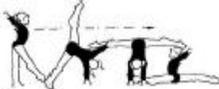
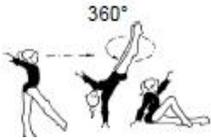
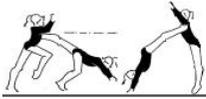
单人动作难度表（1级）

单人动作难度表（1级）								
平衡类	2" 	2" 	2" 	2" 				
序号	1	2	3	4				
柔软类								
序号	1	2	3	4				
灵巧类	前滚翻 		后滚翻 		侧手翻 			
序号	1		2		3			

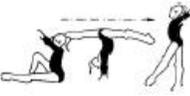
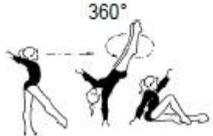
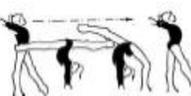
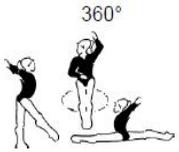
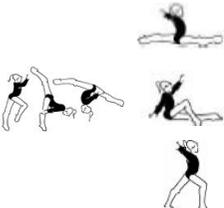
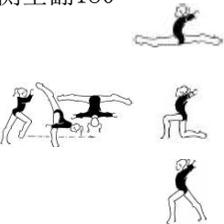
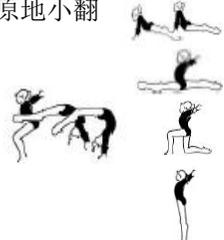
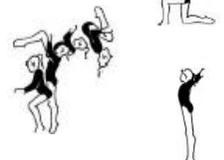
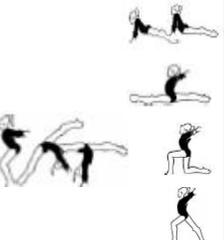
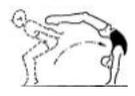
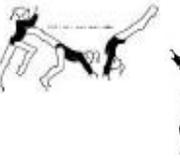
单人动作难度表 (2级)

单人动作难度表 (2级)								
平衡类	2" 	2" 	2" 	2" 	2" 			
序号	1	2	3	4	5			
柔软类								
序号	1	2	3	4	5			
灵巧类	连续两次侧手翻 							
序号	1		2	3				

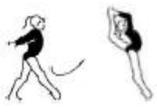
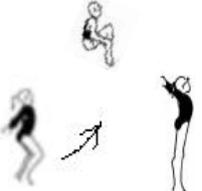
单人动作难度表 (3级)

单人动作难度表 (3级)								
平衡类	2"	2"	2"	2"	2"	2"	2"	
								
序号	1	2	3	4	5	6		
柔软类			180°					
								
序号	1	2	3	4	5			
灵巧类	前手反		毽子					
								
序号	1	2	3	4	5	6	7	

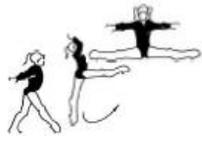
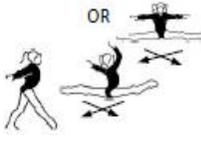
单人动作难度表 (4级)

平衡类	2" 	2" 	2" 	2"  或 	2" 	2" 	2" 	2" 
序号	1	2	3	4	5	6	7	8
柔软类		 或 	 360°		 或 	 或 	 360°	
序号	1	2	3	4	5	6	7	
灵巧类	挺身前空翻 	侧空翻180° 	原地小翻 	原地向后团身空翻 	助跑前手翻 			
序号	1	2	3	4	5	6		
翻腾类	助跑毽子 	后手翻 	团身后空翻 	屈体后空翻 	直体后空翻 	助跑前手翻 	助跑团身前空翻 	助跑屈体前空翻 
序号	1	2	3	4	5	6	7	8

跳步类动作 (1-2级)

动作								
序号	1	2	3	4	5			

跳步类动作 (3-4级)

动作								
序号	1	2	3	4				

双人4级静力性自选动作难度表

静力性							
难度值	1	13	3	3	2	2	4
编号	P1	P2	P3	P4	P5	P6	P7
静力性							
难度值	2	3	5	6	4	7	
编号	P8	P9	P10	P11	P12	P13	
静力性							
难度值	7	8	8	8	8	7	
编号	P14	P15	P16	P17	P18	P19	

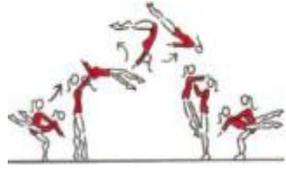
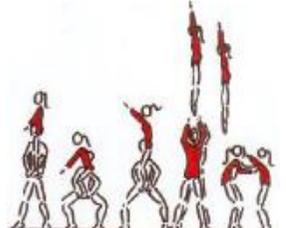
双人4级动力性自选动作难度表

动力性						
难度值	(180°) 2 (360°)	2	2	6	7	1 (0/4) 8 (4/4)
编号	D1	D2	D3	D4	D5	D6
动力性						
难度值	12	12	8	10	12	14
编号	D7	D8	D9	D10	D11	D12
简单下法的例子	<p>这些动作可以作为自选动作使用（当难度值大于1的时候），或者作为动力性动作简单的下法使用，如果做了这样的简单动作但不作为自选动作使用时，必须在比赛卡上标明且难度值为0</p>					
难度值	0					
编号	P Exit1	P Exit2	P Exit3	P Exit4	P Exit5	P Exit5

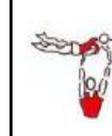
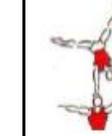
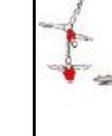
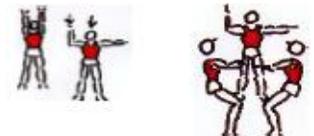
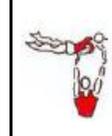
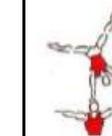
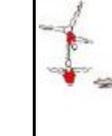
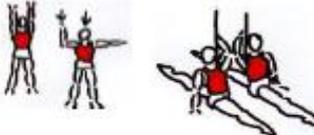
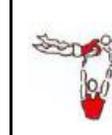
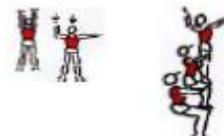
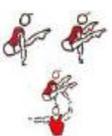
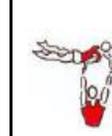
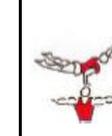
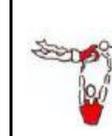
三人4级静力性动作自选难度表

下面人姿势			上面人姿势								
											
下面人难度值	5	+	1	3	4	2	3	5	7	5	6
编号	三人1	+	A	B	C	D	E	F	G	H	I
											
下面人难度值	1	+	1	3	X	2	3	5	7	5	6
编号	三人2	+	A	B	C	D	E	F	G	H	I
											
下面人难度值	6	+	1	3	4	2	5	7	9	7	8
编号	三人3	+	A	B	C	D	E	F	G	H	I
											
下面人难度值	4	+	1	3	X	2	5	7	9	7	8
编号	三人4	+	A	B	C	D	E	F	G	H	I
											
下面人难度值	10	+	2	4	5	3	5	7	X	7	8
编号	三人5	+	A	B	C	D	E	F	G	H	I

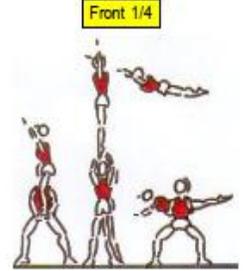
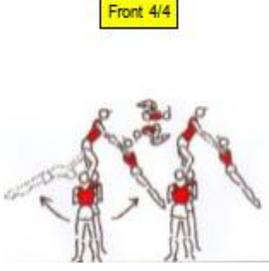
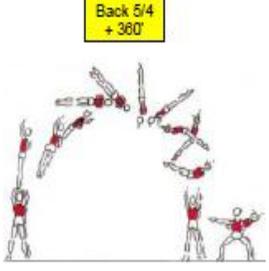
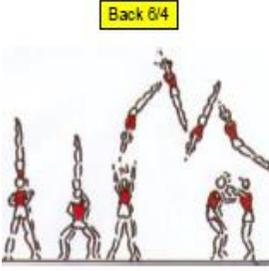
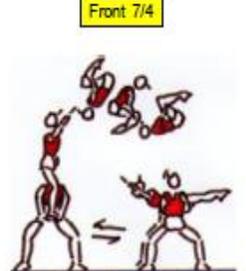
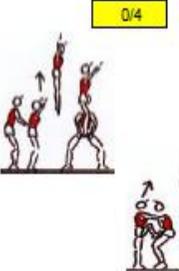
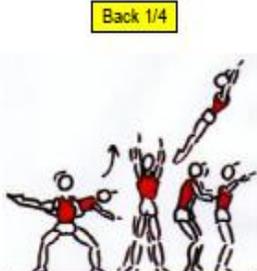
三人项目4级动力性自选动作难度表

动力性	<div style="text-align: center;">0/4</div> 	<div style="text-align: center;">Front 3/4</div> 	<div style="text-align: center;">Front 2/4</div> 	<div style="text-align: center;">Helicopter 2/4 + 180°</div> 	<div style="text-align: center;">From standing start</div> 
难度值	1	2	2	4	3
编号	D1	D2	D3	D4	D5
动力性	<div style="text-align: center;">Round off entry Back 4/4</div> 	<div style="text-align: center;">Front 6/4</div> 	<div style="text-align: center;">Back 6/4</div> 	<div style="text-align: center;">Back 8/4</div> 	
难度值	3	5	8	14	
编号	D6	D7	D8	D9	
简单的上法和下法	<p>这些动作可以作为自选动作使用（当难度值大于1的时候），或者作为动力性动作简单的上法和下法使用，如果做了这样的简单动作但不作为自选动作使用时，必须在比赛卡上标明且难度值为0</p>	<div style="text-align: center;">Back 1/4</div>  <div style="text-align: center;">Front 1/4</div> 	<div style="text-align: center;">Front or Back 0/4</div> 	<div style="text-align: center;">Back 1/4</div> 	<div style="text-align: center;">Front 1/4</div> 
难度值		1	1	1	1
编号		Entry1	Exit2	Exit3	Exit4

四人项目4级静力性自选动作难度表

下面人姿势			上面人姿势								
											
下面人难度	1	+	1	2	3	2	3	5	4	6	98
编号	四人1	+	A	B	C	D	E	F	G	H	I
											
下面人难度	5	+	1	2	3	2	3	5	4	6	98
编号	四人2	+	A	B	C	D	E	F	G	H	I
											
下面人难度	7	+	1	2	3	2	3	5	4	6	98
编号	四人3	+	A	B	C	D	E	F	G	H	I
											
下面人难度	10	+	2	3	4	3	4	6	5	x	x
编号	四人4	+	A	B	C	D	E	F	G	H	I
											
下面人难度	12	+	2	3	4	3	4	x	x	x	x
编号	四人5	+	A	B	C	D	E	F	G	H	I

四人项目4及动力性自选动作难度表

动力性	 Back 1/4	 Front 1/4	 Front 4/4	 Front 3/4	 Front 4/4
难度值	1	1	10	4	5
编号	D1	D2	D3	D4	D5
动力性	 Back 5/4 + 360°	 Back 4/4 + 360°	 Back 6/4	 Front 7/4	 Back 8/4
难度值	7	10	9	10	10
编号	D6	D7	D8	D9	D10
简单的上法和下法	<p>这些动作可以作为自选动作使用（当难度值大于1的时候），或者作为动力性动作简单的上法和下法使用，如果做了这样的简单动作但不作为自选动作使用时，必须在比赛卡上标明且难度值为0</p>				
难度值	 0/4	 Front or Back 0/4	 Back 1/4	 Front 1/4	
编号	1	1	1	1	
编号	Entry1	Exit2	Exit3	Exit4	