

CONTINENTAL CUP 2023

WOMEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

CATEGORY E (OPEN AGE)

Friendly Competition aimed at Beginner to Pre- Developmental gymnasts - with no start values to routines so routines will be ranked by the judge based on their performance and requirement level.

Medals will be awarded (Excellent routine = GOLD, Very Good routine = SILVER, Good routine = BRONZE) after every routine

All gymnasts will also be awarded a mini- trophy and certificate for participation.

VAULT – Handspring to flat back – 1 or 2 springboards (Min. 80cm safety mats) - **2 Vaults (best to be considered)**

SINGLE BAR (150cm) – From stand, hang;

L-Sit (3 secs) (Half lever) into trolley swing x 3

From third swing into pull over (bent or straight arms)

Back hip circle

Cast towards max. 45°angle to push off backwards and land on mat (dismount)

BEAM (110CM) – (MIN. 1 LINE LONG) MIN. 6 ELEMENTS FROM:

MOUNTS: Squat through to sit or Jump to middle sit or Straddle on with ¼ turn

JUMPS/LEAPS/TURNS: Straight jump, Tuck jump, cat leap, Sissone, Wolf jump, ½ turn on 1 or 2 feet

BALANCES: Back, front or side balance for min. 2 secs at min. 90° level

ELEMENTS: Cross handstand, Forward roll, Cartwheel, Forward or Back walkover

DISMOUNTS: Cartwheel ¼ turn or Round-Off or Handspring

FLOOR (MIN. 1 MINUTE LONG) MIN. 8 ELEMENTS FROM:

JUMPS/LEAPS/TURNS: ½ or 1/1 turn, Min. Straight jump ½ turn, Min. Tuck jump ½ turn, Min. Cat leap ½ turn, Wolf jump, Split jump, Sissone, Split leap

ELEMENTS: Handstand into forward roll, Backward roll to handstand (bent or straight arms), Cartwheel, Forward walkover, Back walkover, Handspring (1 or 2 feet landing), Round-off, Flic-flac

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WOMEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

CATEGORY D (AGE GROUPS: 7 – 9, 10 – 12, 13 – 15, 16+) PENALTIES ACCORDING TO COP

NO ELEMENTS ABOVE 'B' VALUE IN COP ARE TO BE CONSIDERED

Max Value for SHORT EXERCISE: 10,00 (5 elements or more), 8,00 (4 elements), 6,00 (3 elements), 4,00 (2 elements), 2,00 (1 element)

Start Value on UB, BB and FX = DV (A = 0,2; B = 0,4) + CR (0,5 each)

VAULT (Heights: 7 – 9: 115cm, 10 – 12: 120cm, 13 – 15: 125cm)

1st Vault: Overall and Team Score and the BEST Vault (if 2 Vaults performed) for the Vault Individual Apparatus medal

Any Vault from the code (1 or 2 springboards)

UNEVEN BARS – MAX. 3 EXTRA DV ELEMENTS ALLOWED not from requirements

Requirements (MAX 3,50): Upstart/Kip to straddle handstand; Back hip circle; LB TO HB element from COP (no deduction for jump); 2 x swings; Pullover; Cast to baby giant; Dismount (from COP)

BEAM (Heights: 7 – 9: 115cm, 10 – 12: 120cm, 13 – 15: 125cm) Min. 4 elements + DMT (Min. 3 acrobatic elements)

MAX. 3 EXTRA DV ELEMENTS ALLOWED

Requirements (MAX 2,00): 2 elements min. 'B' value (MT/DMT or on beam); Dance series (min. 1 jump/leap 180°); Turn (min. 180°); Switch leap (the ONLY 'C' ELEMENT ALLOWED)

FLOOR - Min. 4 elements + DMT

MAX. 3 EXTRA DV ELEMENTS ALLOWED

NB: AN ACRO LINE CONSISTS OF A MINIMUM OF 2 DIRECTLY CONNECTED FLIGHT ELEMENTS

Requirements (MAX 2,50): 1 acro flight element min. 'B' value; 1 forward acro line; 1 backward acro line; Dance passage (min. 180° leap); Turn (min. 360°)

POINTS TO REMEMBER:



(if done twice in a routine, one will not count)



(if switch ring is devalued, there is no passage)

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WOMEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

CATEGORY C (AGE GROUPS: 7 – 9, 10 – 12, 13 – 15, 16+) PENALTIES ACCORDING TO COP

Max Value for SHORT EXERCISE: 10,00 (6 elements or more), 8,00 (5 elements), 6,00 (4 elements), 4,00 (3 elements), 2,00 (2 or less elements)

Start Value on UB, BB and FX = DV (A = 0,1; B = 0,2; C = 0,4; D = 0,6) + CR (0,5 each)

VAULT (Heights: 7 – 9 and 10 – 12: 120cm, 13 – 15: 125cm)

1st Vault: Overall and Team Score and the BEST Vault (if 2 Vaults performed) for the Vault Individual Apparatus medal

If 2 Vaults: must have a different second flight (can be from same group)

UNEVEN BARS – MAX. 2 EXTRA DV ELEMENTS ALLOWED not from requirements

Requirements (MAX 3,00): Upstart/Kip to handstand (straight legs); Close bar element; LB TO HB element from COP; Cast to handstand on HB (straddle); Back giant; Dismount (from COP)

BEAM (Heights: 7 – 9 and 10 – 12: 120cm, 13 – 15: 125cm) Min. 5 elements + DMT (Min. 3 acrobatic elements)

MAX. 2 EXTRA DV ELEMENTS ALLOWED

Requirements (MAX 2,00): Acrobatic series (min. 1 flight element); Dance series (min. 1 jump/leap 180°); Turn (min. 360°); Fwd/Side + Bwd element

FLOOR - Min. 5 elements + DMT

MAX. 2 EXTRA DV ELEMENTS ALLOWED

NB: AN ACRO LINE CONSISTS OF A MINIMUM OF 2 DIRECTLY CONNECTED FLIGHT ELEMENTS, ONE OF WHICH MUST BE A SALTO

Requirements (MAX 2,00): Fwd/Side + Bwd element; 1 acro line with min. 360° salto; Dance passage (min. 180° leap); Turn (min. 360°)