

DIRECTIVES	
Discipline	Women's Artistic Gymnastics
Date	2-4 May 2025
Venue	Topsportal Leek De Schelp 35A, 9351 NV, Leek The Netherlands
Organisation	Turnstad Groningen Sietze Munneke / Sarah Broersma <a href="mailto:communicatie@turnstadgroningen.nl">communicatie@turnstadgroningen.nl</a>
Program	Level A-D (see requirements attached to this file) 2016 and older <b>Pre registrations are due by 31 March 2025</b> <b>Registration via our website is open from 5 April to 12 April 2025</b>
Apparatus	Janssen & Fritsen
Entry fee	€25,00 per competitor <b>Payments are due by 19 April 2025</b>
Banking details	<i>Account Name:</i> Turnstad Groningen <i>IBAN number:</i> NL65INGB0000994652 <i>BIC number:</i> INGBNL2A <b>Club name must be indicated in the transfer!</b>
Judges	All participating clubs are requested to nominate a minimum of one judge for at least one day.  Judge nominations need to be submitted by <b>19 April 2025</b> via an email to <a href="mailto:communicatie@turnstadgroningen.nl">communicatie@turnstadgroningen.nl</a> in which the name of the judge and the day of preference is noted.
Music	Floor music must be sent as an MP3 file to <a href="mailto:muziektturnstad@gmail.com">muziektturnstad@gmail.com</a> in the following form: <i>competitionnumber_firstname_lastname.mp3</i>  Floor music need to be submitted by <b>26 April 2025</b> .
Awards	<ul style="list-style-type: none"> <li>- Per apparatus 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals (per age group)</li> <li>- All-Around 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place trophy (per age group)</li> </ul>
Insurance	The organizers will not be held liable for any incidents related to illness, accidents, repatriation, or similar occurrences. Each participating club is responsible for ensuring that all members of their delegation have valid insurance coverage for illness, accidents, and repatriation.
Deadlines	<b>Pre registration deadline:</b> 31 March 2025 <b>Registration via website:</b> 5 April 2025 – 12 April 2025 <b>Judge nomination deadline:</b> 19 April 2025 <b>Payment deadline:</b> 19 April 2025 <b>Music submission deadline:</b> 26 April 2025
Further information	Further information about competition schedules etc. will follow as soon as possible

# Attachments

## Requirements Level A

*Difficulty Value: 8 highest valued elements*  
*A (0.1) B (0.2) C (0.3) D (0.4) E (0.5)*  
*Minimum of 3 dance elements and 3 acro elements on BB and FX*

### Vault

According to the FIG

### Uneven Bars

1. Flight element HB – LB or flight element on the same bar
2. Flight element LB – HB
3. Element min 180° turn (no mount)
4. Element different grips

### Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro series, min. of 2 flight elements with or without hand support
4. Acro elements in different directions (fwd/swd and bwd)

### Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Salto with LA turn (min 360°)
3. Salto with double BA or series with 2 saltos
4. Salto fwd and bwd

**\*Only the first connection gets connection bonus**

## Requirements

### Connection Values

Uneven Bars	0.10	0.20
Same or different elements	B + B B + C	C + C or higher B + D or higher
Dismount bonus		C or higher
Balance Beam	0.10	0.20
Acro with flight	B + B	B + C or higher
Dance (2 different elements)	B + B A + C	B + C or higher A + D or higher
Turns (2 different elements)	A + B or higher	
Mix	B + B A + C	B + C or higher A + D or higher
Serie bonus	A + B + B	
Dismount bonus		C or higher
Floor Exercise	0.10	0.20
Saltos directly connected	A + B	B + B or higher A + C or higher
Saltos indirectly connected	B + B A + A + B A + C	B + B or higher A + A + C A + D or higher
Dance (2 different elements)*	B + C	C + C or higher
Turns (2 different elements)	B + B or higher	
Mix	B-salto + A-dance or higher	C-salto or higher + A-dance or higher
Dismount bonus		C or higher

# Attachments

## Requirements Level B

*Difficulty Value: 8 highest valued elements*

*A (0.1) B (0.2) C (0.3) D (0.4)*

*Minimum of 3 dance elements and 3 acro elements on BB and FX*

## Vault

According to the FIG

## Uneven Bars

1. Flight element HB – LB or LB to HB
2. Cast to hstd legs straddled or cast legs together (min 30° deviation)
3. Circle element group 2,4 or 5 through or to hstd
4. Element min 180° turn (no mount)

## Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro series, min. of 2 elements, at least 1 being with flight
4. Acro elements in different directions (fwd/swd and bwd)

## Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Salto with LA turn (min 360°)
3. Series with 2 saltos
4. Salto fwd and bwd

\*Only the first connection gets connection bonus

## Requirements

## Connection Values

Uneven Bars	0.10	0.20
Same or different elements	B + C	C + C or higher B + D or higher
Dismount bonus		C or higher
Balance Beam	0.10	0.20
Acro with flight	B + B	B + C or higher
Dance (2 different elements)	B + B A + C	B + C or higher A + D or higher
Turns (2 different elements)	A + B or higher	
Mix	B + B A + C	B + C or higher A + D or higher
Serie bonus	A + B + B	
Dismount bonus		C or higher
Floor Exercise	0.10	0.20
Saltos directly connected	A + B	B + B or higher A + C or higher
Saltos indirectly connected	B + B A + A + B A + C	B + C or higher A + A + C A + D or higher
Dance (2 different elements)*	B + B A + C	B + C or higher
Turns (2 different elements)	B + B or higher	
Mix	B-salto + A-dance or higher	C-salto or higher + A-dance or higher
Dismount bonus		C or higher

# Attachments

## Requirements Level C

*Difficulty Value: 8 highest valued elements*

*A (0.1) B (0.2) C (0.3)*

*Minimum of 3 dance elements and 3 acro elements on BB and FX*

### Vault

According to the FIG

### Uneven Bars

1. Flight element HB – LB or LB to HB
2. Cast to hstd legs straddled or cast legs together (min 45° deviation)
3. Circle element group 2,4 or 5 min B-value
4. Element min 180° turn (no mount)

### Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro series, min. of 2 elements, at least 1 being with flight
4. Acro elements in different directions (fwd/swd and bwd)

### Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Salto with LA turn (min 180°)
3. Series with layout salto
4. Salto fwd and bwd

\*Only the first connection gets connection bonus

## Requirements

### Connection Values

Uneven Bars	0.10	0.20
Same or different elements	B + B A + C	B + C or higher
Dismount bonus		B or higher
Balance Beam	0.10	0.20
Acro at least 1 with flight	A + B B + B	A + C or higher B + C or higher
Dance (2 different elements)	B + B A + C	B + C or higher
Turns (2 different elements)	A + B or higher	
Mix	A + B	B + B or higher A + C or higher
Serie bonus	A + B + B	
Dismount bonus		B or higher
Floor Exercise	0.10	0.20
Saltos directly connected	A + A	A + B or higher
Saltos indirectly connected	A + B	B + B or higher A + C or higher
Dance (2 different elements)*	B + B A + C	B + C or higher
Turns (2 different elements)	B + B or higher	
Mix	A-salto + A-dance or higher	B-salto or higher + A-dance or higher
Dismount bonus		B or higher

# Attachments

## Requirements Level D

*Difficulty Value: 7 highest valued elements*  
*A (0.1) B (0.2) C (0.3)*  
*Minimum of 3 dance elements and 3 acro elements on BB and FX*

## Vault

According to the FIG

## Uneven Bars

1. 2 different kips
2. Cast with legs together min horizontal
3. Two different elements, or one element min B-value group 2, 3, 4 or 5 (no flight)
4. Element min 180° turn (no mount)

## Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro element bwd or acro element min B-value
4. Two different acro elements, at least 1 through or to hstd

## Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Layour fwd or bwd or salto LA min 180°
3. Salto fwd
4. Salto bwd

## Requirements

## Connection Values

Uneven Bars	0.10	0.20
Same or different elements	A + B	B + B or higher A + C or higher
Dismount bonus		B or higher
Balance Beam	0.10	0.20
Acro with or without flight	A + B	B + B or higher A + C or higher
Dance (2 different elements)	A + B	B + B or higher A + C or higher
Mix	A + B	B + B or higher A + C or higher
Dismount bonus		B or higher
Floor Exercise	0.10	0.20
Saltos directly or indirectly connected	A + A	A + B or higher
Acro directly connected, 2 flight elements of which 1 salto	A + B	
Dance (2 different elements)*	A + B	B + B or higher A + C or higher
Turns (2 different elements)	A + B or higher	
Mix	A-acro flight + A-dance or higher	A-salto or higher + A-dance or higher
Dismount bonus		B or higher

\*Only the first connection gets connection bonus