

The CREATE[®] Team Cup 2020

4th International Artistic Gymnastics Tournament Hoogwoud

Saturday & Sunday 1st and 2nd of February 2020

<p>Regulations competition 1: Youth 2007, junior 2006-2005, senior >2004) FIG Code of Points 2017-2020</p> <ul style="list-style-type: none"> • Elements have to be from the CoP • Composite requirements 0.50 per requirement • Connection values as stated in the CoP 	
Vault	<p>Height Pegasus: 1.25 meter All-around/team competition: 1 vault</p> <p><i>To qualify for the apparatus final, the gymnast has to perform 2 vaults. The vaults have to be different, but can be from the same group.</i></p>
Bars	<ol style="list-style-type: none"> 1. Flight element from HB to LB or from LB to HB 2. Flight element on the same bar 3. Different grips (no cast, MT or DMT) 4. Non-flight element with 180° turn (no MT)
Beam	<p>8 elements (3 acro elements & 3 dance elements & 2 optional)</p> <ol style="list-style-type: none"> 1. One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (cross or side), or straddle position 2. Turn (Gr. 3) 3. One Acro series, min. of 2 flight elements, 1 being a salto (elements may be the same) 4. Acro elements in different directions (fwd/swd and bwd)
Floor	<p>8 elements (3 acro elements & 3 dance elements & 2 optional)</p> <ol style="list-style-type: none"> 1. A dance passage composed of <u>two</u> different leaps or hops connected directly or indirectly, one of them with 180° cross/side split or straddle position 2. Salto with LA turn (min. 360°) 3. Salto with double BA 4. Salto bwd and salto fwd (no aerials) in the same or different acro line