

The CREATE[®] Team Cup 2020

4th International Artistic Gymnastics Tournament Hoogwoud

Saturday & Sunday 1st and 2nd of February 2020

<p>Regulations competition 3: Categories youth (2011-2010)</p> <p>FIG Code of Points 2017-2020</p> <ul style="list-style-type: none"> • Elements have to be from the CoP, except on bars. Bars has a compulsory exercise. • Start value= 10.00 (if all the requirements have been performed) • If a requirement has not been performed, deduction= 0.50 • Bonus= 0.50, maximum of 4x bonus • Maximum score=12.00 <p>Connection values as stated in the CoP</p>	
Vault	<p>Height Pegasus: 1.10, 1.15 1.00 Handspring forward = 10.00 pnt All-around/team competition: 1 vault</p> <p><i>To qualify for the apparatus final, the gymnast has to perform 2 vaults. The vaults can be the same.</i></p>
Bars	<p>Compulsory exercise. The gymnast does not have to perform any additional elements</p> <ul style="list-style-type: none"> ▪ Glide kip ▪ Cast to horizontal ▪ Hip circle bwd ▪ Bonus = cast to handstand (hip circle) ▪ Squat on ▪ Transition to high bar, $\frac{3}{4}$ giant; bonus= kip to high bar ▪ Cast to 30° under horizontal; bonus = cast to horizontal ▪ Underswing from high bar; bonus = salto in tuck position
Beam	<p>8 elements (3 acro elements & 3 dance elements & 2 optional) Every element with B-value=0.50 bonus</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. Acro element; bonus = acro element with flight 4. Acro elements in different directions (fwd/swd and bwd)
Floor	<p>8 elements (3 acro elements & 3 dance elements & 2 optional) Every dance-element with B-value=0.50 bonus</p> <ol style="list-style-type: none"> 1. A dance passage composed of <u>two</u> different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180° cross/side split or straddle position 2. Round-off flic-flac 2x; bonus = round-off flic-flac salto bwd tucked 3. Acro line with at least two connected flight elements fwd; bonus = two flight elements fwd, one being a salto fwd tucked 4. Third acro line with at least two connected flight elements; bonus = a different salto