

# CATEGORIES AND TECHNICAL PROGRAM

## Friendship Cup 2025



### CATEGORY A

Mini 2017 and younger	2 exercises (WA + Apparatus)	Body Difficulty max 5 DA: Max. 5 / A: 10,00 / E: 10,00 Max. 2 R (risk with one rotation possible)
Pre – Children  2016 2015	3 exercises by choice (WA + 2 Apparatus)	Body Difficulty max 6 DA: Max. 8 / A: 10,00 / E: 10,00 Max. 2 R (risk with one rotation possible)
Children  2014 2013	4 exercises by choice  (WA + 3 Apparatus)	Body Difficulty max 6 DA: Max. 10 / A: 10,00 / E: 10,00 Max. 3 R
Pre- Junior  2012	Hoop, Ball, Clubs, Ribbon	International terms for juniors
Junior  2011 2010	Hoop, Ball, Clubs,  Ribbon	International terms for juniors
Senior 2009  and older	Hoop, Ball, Clubs,  Ribbon	International terms for seniors

### AWARD CATEGORY A

- AWARD FOR EACH YEAR OF BIRTH
- EACH GYMNAST RECEIVES A PARTICIPATION MEDAL AND PRESENT.
- ALL-AROUND COMPETITION: FIRST 3 GYMNASTS RECEIVE A CUP.
- SEPARATE AWARD FOR EACH APPARATUS IN CATEGORY A (FLOOR, ROPE, HOOP, BALL, CLUBS, RIBBON): FIRST 3 GYMNASTS RECEIVE MEDAL

! As soon as the competition day 08.02.2025 reaches the time limit, the registration in the Category A will be closed.



## CATEGORY B

Mini 2017 and younger	1 exercise  WA	Body Difficulty max 5 DA: Max. 5 / A: 10,00 / E: 10,00 Max. 2 R (risk with one rotation possible)
Pre – Children 2016 2015	2 exercises by choice (WA + 1 Apparatus)	Body Difficulty max 6 DA: Max. 8 / A: 10,00 / E: 10,00 Max. 2 R (risk with one rotation possible)
Children 2014 2013	2 exercises by choice (WA + 1 Apparatus)	Body Difficulty max 6 DA: Max. 10 / A: 10,00 / E: 10,00 Max. 3 R
Pre Junior 2012	2 Apparatus by choice	International terms for juniors
Junior 2011 2010	2 Apparatus by choice	International terms for juniors
Senior 2009 and older	2 Apparatus by choice	International terms for seniors

### Award Category B

- Award for each year of birth
- Each gymnast receives a participation medal and present.
- All-around competition: First 3 gymnasts receive a medal.
- Separate award for each Apparatus in Category B (rope, hoop, ball, clubs, ribbon): First 3 gymnasts receive medal

! As soon as the competition day 07.02.2025 reaches the time limit, the registration in the Category B will be closed.



## CATEGORY B LIGHT

<i>Mini</i> <i>2017 and younger</i>	1 exercise WA	Body Difficulty max 5 BD max. 0.3 DA: Max. 5 / A: 10,00 / E: 10,00 Max. 2 R (risk with one rotation possible)
<i>Pre – Children</i> <i>2016</i> <i>2015</i>	1 exercise by choice WA	Body Difficulty max 6 BD max. 0,3 DA: Max. 8 / A: 10,00 / E: 10,00 Max. 2 R (risk with one rotation possible)
<i>Children</i> <i>2014</i> <i>2013</i>	1 exercise by choice Apparatus	Body Difficulty max 6 BD max 0.3 DA: Max. 10 / A: 10,00 / E: 10,00 Max. 3 R
<i>Pre Junior</i> <i>2012</i>	1 Apparatus by choice	International terms for juniors
<i>Junior</i> <i>2011</i> <i>2010</i>	1 Apparatus by choice	International terms for juniors
<i>Senior</i> <i>2009 and older</i>	1 Apparatus by choice	International terms for seniors

### Award Category B light

- Award for each year of birth
- Each gymnast receives a participation medal and present.
- All-around competition: First 3 gymnasts receive a medal.

## CATEGORY Youngsters

Youngsters 2019 and younger	1 exercise WA	Category for Beginners in Rhythmic Gymnastics Podium is split between all participating gymnasts 1- 3 rank
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