

## Schwerter Ruhr-Trophy 2024 Programm – Technical Program

<u>Category</u>	<u>Level A</u>	<u>Level B</u>	<u>Level C</u>
Minis (2017 – 2016)	two exercises (without apparatus + apparatus by choice) <i>max. 6 DB (0,1-0,5) / max. 6 DA / min. 2 S / min. 1 R1+</i> <i>* w/o apparatus min. 1 R2</i>	one exercise (apparatus by choice) <i>max. 6 DB (0,1-0,5) / max. 6 DA / min. 2 S / min. 1 R1+</i>	one exercise (without apparatus) <i>max. 6 DB (0,1-0,5) / max. 6 DA / min. 2 S / min. 1 R2</i>
Kids (2015 – 2014)	two exercises (apparatus by choice + apparatus by choice) <i>max. 6 DB (0,1-0,6) / max. 12 DA / min. 2 S / max. 3 R</i>	two exercises (without apparatus + apparatus by choice) <i>max. 6 DB (0,1-0,6) / max. 12 DA / min. 2 S / max. 3 R</i> <i>* w/o apparatus max. 8 DB / min. 1 R2</i>	one exercise (apparatus by choice) <i>max. 6 DB (0,1-0,6) / max. 12 DA / min. 2 S / max. 3 R</i>
Pre-Juniors (2013 – 2012)	two exercises with apparatus by choice According to FIG for junior	two exercises with apparatus by choice According to FIG for junior	one exercise with apparatus by choice According to FIG for junior
Juniors (2011 – 2009)	two exercises with apparatus by choice According to FIG for junior	two exercises with apparatus by choice According to FIG for junior	one exercise with apparatus by choice According to FIG for junior
Adults (2008 and older)	two exercises with apparatus by choice According to FIG for senior	two exercises with apparatus by choice According to FIG for senior	one exercise with apparatus by choice According to FIG for senior