



DREAM CUP 2025

Technical Program – Individual

	A	B	C
2017 and younger 1 routine of choice	By regulations of the Dutch Gymnastics Federation, gymnasts of this age will not be judged. Every participating gymnast will receive a medal and a diploma.		
2016 1 routine of choice	<u>Free hands</u> Highest 6 DB count Max. 2 R (max 3 rotations) <u>Apparatus</u> Highest 5 DB count Max. 3 R Max. 8 DA	<u>Free hands</u> Highest 6 DB count Max. 2 R (max 3 rotations) <u>Apparatus</u> Highest 5 DB count Max. 3 R (1 rotation allowed) Max. 8 DA	<u>Free hands</u> Highest 6 DB count Max. 2 R (max 3 rotations) <u>Apparatus</u> Highest 5 DB count Max. 3 R (1 rotation allowed) Max. 8 DA
2014/2015 A/B: 2 routines of choice C: 1 routine of choice	<u>Free hands</u> Highest 6 DB count Max. 2 R (max 3 rotations) <u>Apparatus</u> Highest 5 DB count Max. 3 R Max. 8 DA	<u>Free hands</u> Highest 6 DB count Max. 2 R (max 3 rotations) <u>Apparatus</u> Highest 5 DB count Max. 3 R (1 rotation allowed) Max. 8 DA	<u>Free hands</u> Highest 6 DB count Max. 2 R (max 3 rotations) <u>Apparatus</u> Highest 5 DB count Max. 3 R (1 rotation allowed) Max. 8 DA
2012/2013 A/B: 2 routines of choice C: 1 routine of choice	<u>Free hands</u> Highest 7 DB count Max. 3 R (max 3 rotations) <u>Apparatus</u> Highest 6 DB count Max. 3 R Max. 12 DA	<u>Free hands</u> Highest 7 DB count Max. 3 R (max 3 rotations) <u>Apparatus</u> Highest 6 DB count Max. 3 R Max. 12 DA	<u>Free hands</u> Highest 7 DB count Max. 3 R (max 3 rotations) <u>Apparatus</u> Highest 6 DB count Max. 3 R Max. 12 DA
2010/2011 A: 3 apparatus of choice B: 2 apparatus of choice C: 1 apparatus of choice	FIG junior program 2025-2028	FIG junior program 2025-2028	FIG junior program 2025-2028
Seniors 2009 and older A: 3 apparatus of choice B: 2 apparatus of choice C: 1 apparatus of choice	FIG program 2025-2028	FIG program 2025-2028	FIG program 2025-2028



DREAM CUP 2025

Technical Program – Group

	A/B
<p>Benjamins 2014 and younger</p> <p>3 – 5 gymnasts 1 routine free hands or with apparatus of choice</p>	<p style="text-align: center;"><u>Free hands</u> 5 DB Max. 8 DC (min. 1 CC, 1 CR, 1 CL) No R</p> <p style="text-align: center;"><u>Apparatus</u> 3 DB 2 DE Max. 8 DC (min. 1 CC, 1 CR, 1 c[*]) No R</p>
<p>Pre-juniors 2012 and younger</p> <p>3 – 5 gymnasts 1 routine free hands or with apparatus of choice</p>	<p style="text-align: center;"><u>Free hands</u> 6 DB Max. 10 DC (min. 2 CC, 2 CR, 1 CL) Max. 1 R (max. 3 rotations)</p> <p style="text-align: center;"><u>Apparatus</u> 3 DB 3 DE Max. 10 DC (min. 2 CC, 2 CR, 1 c[*]) Max. 1 R</p>
<p>Juniors 2010 and younger</p> <p>4-5 gymnasts 1 routine with apparatus of choice</p>	<p>FIG junior program 2025-2028</p>
<p>Seniors 2009 and older</p> <p>4-5 gymnasts 1 routine with apparatus of choice</p>	<p>FIG program 2025-2028</p>