



Rock Olympics ²⁰²⁶

RACE AGAINST YOURSELF!

GYMNASTICS

**RECREATIONAL U5-7 & U8-18
ELITE L1-7**

Event Guide

Welcome Note

Welcome to RockOlympics 2026!

Dear RockStars Parents & Students,

We are proud to present **RockOlympics 2026** — our most dynamic and competitive stage, where every challenge becomes an opportunity and every passion finds its moment to shine.

This is more than an event.

This is a movement.

This year, we introduce a powerful theme: **Race Against Yourself!**

At RockStar Academy, we believe the greatest competition is not against others — but **against who you were yesterday.**

For **students**, this is a journey of setting personal goals, pushing limits, and discovering how far they can go.

For **parents**, it is a moment to witness your child grow in **confidence, resilience, and discipline** — understanding that true success comes from continuous self-improvement.

RockOlympics 2026 sets a new benchmark for excellence:

- **Higher level competition** with more academies and athletes.
- **Baby Olympics** for our youngest champions starting from 6 months.
- **Expanded categories** and new divisions.
- **Enhanced rewards** and exciting new sponsors.
- **Premium venues** designed to inspire peak performance.
- Introduction of **Pickleball** to the RockOlympics arena.

This is your challenge.

This is your growth.

This is your moment.

Because true victory begins when you choose to **Race Against Yourself.**

See you in the arena!

Warmest regards,

John Franklin
CEO, RockStar Academy

Competition Stages

Competitions	System		Stages
	Individual	Team	
Gymnastics	Point-Based	X	Semi Final - Final

Schedule & Venue

Date	Stage	Event	
9 May 2026	<i>Semi-Final</i>	Gymnastics	Gymnastics Studio, RSA Gajah Mada Plaza
24 May 2026	<i>Final</i>	Gymnastics	

Registration Period

Date	Group	Event Fee	Period
9 May 2026	Gymnastics	Early Bird	1 April-3 May 2026
		Regular	4-8 May 2026
		Event Day	9 May 2026

Gymnastics Events

Elite			Recreational	
Level	Categories		Categories	
Level 1	Girls/Boys	4-6 yrs.	Girls/Boys	4-5 yrs.
	Girls/Boys	7-8 yrs.	Girls/Boys	6-7 yrs.
	Girls/Boys	9-11 yrs.	Girls/Boys	8-10 yrs.
	Girls/Boys	12+ yrs.	Girls/Boys	11+ yrs.
Level 2	Girls/Boys	5-8 yrs.		
	Girls/Boys	9+ yrs.		
Level 3	Girls/Boys	All Ages		
Level 4	Girls/Boys	All Ages		
Level 5	Girls/Boys	All Ages		
Level 6	Girls/Boys	All Ages		
Level 7	Girls/Boys	All Ages		

Registration Fees

Memberships

Registration Period	VIP			Premiere		
	All Academy Except PK & CS	23 Paskal Bandung Only	Ciputra World Surabaya Only	All Academy Except PK & CS	23 Paskal Bandung Only	Ciputra World Surabaya Only
Early Bird	188,000 IDR	158,000 IDR	138,000 IDR	218,000 IDR	188,000 IDR	158,000 IDR
Regular	218,000 IDR	178,000 IDR	158,000 IDR	238,000 IDR	218,000 IDR	178,000 IDR
Event Day	238,000 IDR	198,000 IDR	178,000 IDR	258,000 IDR	238,000 IDR	198,000 IDR

Gymnastics Schedule

<i>Saturday, 9 May 2026</i>		<i>Semi - Finals</i>		<i>Gymnastics Studio, RSA Gajah Mada Plaza</i>	
<i>Pre-Registration</i>	<i>Age</i>	<i>Category</i>		<i>Competition</i>	
09.00 - 10.00	4 - 5 yrs	Recreational Boys & Girls		10.00 - 11.00	
10.00 - 11.00	6 - 7 yrs			11.00 - 12.00	
11.00 - 12.00	8 - 10 yrs			12.00 - 12.30	
11.00 - 12.30	11+ yrs			12.30 - 13.00	
<i>Break Time</i>					
13.00 - 14.00	4 - 6 yrs	Elite Boys & Girls L1		14.00 - 15.00	
14.00 - 15.00	7 - 8 yrs			15.00 - 16.00	
15.00 - 16.00	9 - 11 yrs			16.00 - 16.30	
15.00 - 16.30	12+ yrs			16.30 - 17.00	
16.00 - 17.00	5 - 8 yrs	Elite Boys & Girls L2		17.00 - 17.30	
16.00 - 17.30	9+ yrs			17.30 - 18.00	
17.00 - 18.00	4 - 18 yrs			Elite Boys & Girls L3 - 7	

Gymnastics Schedule

<i>Sunday, 24 May 2026</i>		<i>Finals</i>		<i>Gymnastics Studio, RSA Gajah Mada Plaza</i>	
<i>Pre-Registration</i>	<i>Age</i>	<i>Category</i>		<i>Competition</i>	
11.00 - 12.00	4 - 5 yrs	Recreational Boys & Girls		12.00 - 12.30	
11.00 - 12.30	6 - 7 yrs			12.30 - 13.00	
12.00 - 13.00	8 - 10 yrs			13.00 - 13.30	
12.00 - 13.30	11+ yrs			13.30 - 14.00	
Awarding Boys & Girls Recreational All Category					
14.00 - 15.00	4 - 6 yrs	Elite Boys & Girls L1		15.00 - 15.30	
14.00 - 15.30	7 - 8 yrs			15.30 - 16.00	
15.00 - 16.00	9 - 11 yrs			16.00 - 16.30	
15.00 - 16.30	12+ yrs			16.30 - 17.00	
Awarding Boys & Girls Elite L1 All Ages					
16.00 - 17.00	5 - 8 yrs	Elite Boys & Girls L2		17.00 - 17.30	
16.00 - 17.30	9+ yrs			17.30 - 18.00	
Awarding Boys & Girls Elite L2 All Ages					
17.00 - 19.00	4-18 yrs	Elite Boys & Girls L3-7		18.00 - 20.00	
Awarding Boys & Girls Elite L3-7 All Ages					

Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
<p>Gymnastics (Recreational)</p>	Boys Gym 4 - 5 yrs	4-5.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Gym 6 - 7 yrs	6-7.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Gym 8 - 10 yrs	8-10.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Gym 11+ yrs	11+ yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
Girls Gym 4-5 yrs	4-5.11 yrs	Individual	188,000 IDR	per student	
1. Beam		Individual	188,000 IDR	per student	
2. Bars		Individual	188,000 IDR	per student	
3. Tumbling		Individual	188,000 IDR	per student	
4. Vault		Individual	188,000 IDR	per student	

Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
 <p><i>Gymnastics</i> (Recreational)</p>	Girls Gym 6 - 7 yrs	6-7.11 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Gym 8 - 10 yrs	8-10.11 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Gym 11+ yrs	11+ yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student

Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
<p>Gymnastics (Elite)</p>	Boys Elite Gym L1	4-6.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L1	7-8.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L1	9-11.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L1	12+ yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L2	5-8.11 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L2	9+ yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
3. Tumbling	Individual		188,000 IDR	per student	
4. Vault	Individual		188,000 IDR	per student	

Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
 <p>Gymnastics (Elite)</p>	Boys Elite Gym L3	4 - 18 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L4	4 - 18 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Boys Elite Gym L5	4 - 18 yrs	Individual	188,000 IDR	per student
	1. P-Bars		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student

Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
<p>Gymnastics (Elite)</p>	Girls Elite Gym L1	4-6.11 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L1	7-8.11 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L1	9-11.11 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L1	12+ yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L2	5-8.11 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L2	9+ yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
3. Tumbling	Individual		188,000 IDR	per student	
4. Vault	Individual		188,000 IDR	per student	

Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
<p>Gymnastics (Elite)</p>	Girls Elite Gym L3	4 - 18 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L4	4 - 18 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L5	4 - 18 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
	Girls Elite Gym L6	4 - 18 yrs	Individual	188,000 IDR	per student
	1. Beam		Individual	188,000 IDR	per student
	2. Bars		Individual	188,000 IDR	per student
	3. Tumbling		Individual	188,000 IDR	per student
	4. Vault		Individual	188,000 IDR	per student
Girls Elite Gym L7	4 - 18 yrs	Individual	188,000 IDR	per student	
1. Beam		Individual	188,000 IDR	per student	
2. Bars		Individual	188,000 IDR	per student	
3. Tumbling		Individual	188,000 IDR	per student	
4. Vault		Individual	188,000 IDR	per student	

Registration

1. Participants must register at the Front Office.
2. On the day of the event, participants must pre-register and present the proof of payment/ registration receipt to the committee and receive a chest number minimum one hour before the competition starts.
3. Participants are required to wait at the designated area and wait to be called by the committee in front of the door.
4. Once the name is called, the participant will go to the apparatus of their choice (based on registration) to perform the routine.
5. After performing at an apparatus, participant will go straight way to the next apparatus (if they register to more than one apparatus).
6. If the participant is only registered to one (1) apparatus, he/she will directly go outside of the gymnastics area to wait for the result.
7. Disqualification will be given to participants who are late and are not able to present themselves after being called three (3) times.

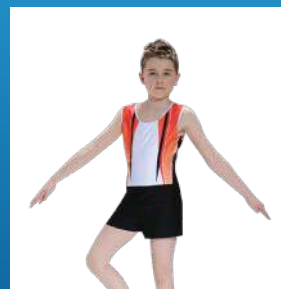
Uniform

Girls



- Women's Leotard (shorts and legging allowed)
- Barefoot
- Hair fully tight.

Boys



- Man's leotard with shorts or pants
- Barefoot
- Long hair must be tight.

All jewelries must be removed. Necklaces, earrings and watches cannot be worn during the competitions.

Registration

1. Elite Categories Routine is USAG Level 1-7.
2. Recreational Categories Routine is preparatory USAG.
3. Participants will have a time for warm up before their Scheduled competition starts (but only with a supervision by the assigned spotter). Participants are not allowed to use any apparatus other than designated by Coaches and Judges.
4. Warmup Regulation (Max practice time is 3 min for all apparatus):
 - Beam : Participant is allowed try 1 skill only before the competition.
 - Bars : Participant will perform 2 times : 1 – warmup (not being judge) and competition.
 - Tumbling: Cartwheel, forward roll, backward roll, handstand.
 - Vault: running jump with springboard.
 - P-bars: straight swing 3 times.
5. Participants are requested to warm up by themselves 10 minutes prior their competition turn.
6. RSA has the rights to disqualify participant competing in the wrong category / level/ age).
7. All participants will stand by outside the competition area, waiting Gym Manager call them based on pre-registration sequence.
8. Semi-Final Competition results will be given after all participants perform on the same Day.
9. Final Competition results will be given after each age category/Level.

Judging Criteria

1. Proper techniques
2. Exercise Flow
3. Apparatus Mastery
4. Dress code

Awarding Ceremony

1. Awarding Ceremony will be done after each age category match.
2. Winners for each category: 1st Position (Gold), 2nd Position (Silver), 3rd Positions (Bronze).
3. Winners will receive a Medal and Certificate of Achievement (Certificates will be distributed 1 month after the event).

Gymnastics Routines

Skills To Perform 4-7 Yrs

Floor

Straight Jump

Tuck Jump

Forward Roll

Cartwheel (Monkey Jump)

Back Forward Roll

Candle Stick

Table Top / Bridge

Middle Split

Rocking Chair

Stand Up

Unveven Bars

Tuck Swing 2x

Front Support

Forward Roll

Basket Hang

P-Bars

Straight Hang

Tuck Hang

Straight Swing 2x

Beam 100 cm with Extension

Mount Up to Squad

Walk Pase 2x

Walk Step Until End

Half Turn using 2 little hops

Side Pose

Straight Pose Turn

Dip Step Until End

Straight Jump

Dismount SLP

Vault

Bounce 3x

Straight Jump Landing SLP

Gymnastics Routines

Skills To Perform 8+ yrs

Floor

Straight Jump

Tuck Jump

Stradle Jump

Forward Roll

Carthwheel

Backward Roll

Landing With Knees

Push Up Position

Arch

Turn To Bright

Candle Stick

Middle Split Chest To The Mat

Rocking Chair

Half Hand Stand

Uneven Bars

Tuck Swing 2x

Front Support

Forward Roll

Stradle Hang

Walking Side On The High Bars

P-Bars

Straight Hang

Tuck Hang

Straight Swing To Strandle Travel

Straight Swing 2x To Dismount Slp

Beam

Mount Up + Fish Pose + Squad

Arabaseque

Kick Step 2x

Dip Step Until End

Straight Jump

Walk Pase Until End

Dismount Slp

Vault

Run To Jump Squad On

Landing Slp

Run To Jump Straddle On

Landing Slp

Recreational (Pre-Elite) Routines Video Tutorial

Boys 4-7 yrs P-Bars

<https://youtu.be/O1EJoUJExmg?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 4-7 yrs Vault

<https://youtu.be/d94j7ITGdug?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 4-7 yrs Bars

<https://youtu.be/-OZgUY5Ny-k?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 4-7 yrs Tumbling

<https://youtu.be/zjZ3JQSmrFs?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 4-7 yrs Beam

<https://youtu.be/IUCRWzWqZ-w?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 8+ yrs Tumbling

<https://youtu.be/4Cfq7rpe5BE?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 8+ yrs Vault

<https://youtu.be/u-pNI05kZho?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 8+ yrs Bars

<https://youtu.be/h9CwVC38I4A?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 8+ yrs Beam

<https://youtu.be/YllroM2Xz5A?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Boys & Girls 8+ yrs P-Bars

<https://youtu.be/efpPKzyNSWw?list=PL8F8pHzvCktitJwqjANVKHbpc6siQypQ->

Venue

Gymnastics Studio, RockStar Academy Gajah Mada Plaza



Disclaimer of Liability

Participation in all sports and performing arts activities—including but not limited to gymnastics, swimming, basketball, futsal, multi-sports, pickleball, table tennis, tennis, martial arts, parkour, ballet, dance, Broadway, contemporary dance, and cheerleading—involves inherent risks of physical injury or health-related incidents.

While RockStar Academy and its event organizers take all reasonable precautions to create a safe and supportive environment—including the provision of qualified medical personnel on standby during events (where applicable)—we shall not be held liable for any injuries, accidents, or medical conditions that may arise during training sessions, rehearsals, or competitions.

By participating in any activity, members and their parents or legal guardians acknowledge and accept full responsibility for all associated risks and confirm that their participation is entirely voluntary.

Please ensure you have thoroughly reviewed the event guide. Submission of your registration and payment constitutes your full understanding and acceptance of all event terms and conditions.

We remain fully committed to safety and emergency readiness; however, the final responsibility lies with each participant and their parent or guardian.

RockStar Academy's Events / Competition Code of Conduct

To maintain the integrity and spirit of the RockStar Academy's Events (Testing / Recitals) & Competitions, all participants, parents, coaches, and supporters are required to adhere to the following guidelines:

1. Positive Conduct:

All communication, including on social media, must reflect positivity and respect. Negative, offensive, or harmful content directed at the competition, participants, staff, or organization will not be tolerated.

2. Judges' Decisions:

All judges' scores and decisions are final. Participants and supporters are expected to respect these outcomes without dispute.

3. Respect and Sportsmanship:

Competitors, parents, and coaches must demonstrate respect toward fellow participants, staff, and opponents at all times. Good sportsmanship is a core value of this competition.

4. Dispute Resolution:

Any disputes, concerns, or appeals must be submitted only by email (studentcare.id@rockstaracademy.com) to the designated competition address. Such matters must not be raised during event/competition time to ensure a smooth and professional event.

5. Compliance and Consequences:

Failure to comply with these guidelines may result in sanctions, including the disqualification of an individual or team, at the discretion of the organizing committee.

6. Agreement to Terms:

By submitting payment for the event/competition, participants and their representatives acknowledge and agree to all Terms & Conditions outlined in this Guide.



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