

# Elite

CHAMPIONSHIPS 

# GIMNASTICS



# COMPETITION GUIDE

# ELITE CHAMPIONSHIPS GYMNASTICS

## SUMMER TERM 2025

### GF ATRIUM, GAJAH MADA PLAZA

### 12 April 2025

Elite Gymnastics Classes Levels 1 - 7  
Pre-Elite (Recreational) Classes U5 - 7 & U8 - 18  
Elite Team :

- 1 team consists of up to 4 students
- Students within a team must be at the same level

## REGISTRATION PERIOD

*at every Academy Front Desk, based on the student's level*

### INDIVIDUAL

		MEMBERSHIP			
		VIP		PREMIERE	
Category	Registration Period	All Academy except PK	PK ONLY	All Academy except PK	PK ONLY
Early Bird	17 March - 6 April 2025	188,000 IDR	158,000 IDR	188,000 IDR	158,000 IDR
Regular	7-11 April 2025	238,000 IDR	188,000 IDR	238,000 IDR	188,000 IDR
Event Day	12 April 2025	288,000 IDR	238,000 IDR	288,000 IDR	238,000 IDR

### TEAM

		MEMBERSHIP			
		VIP		PREMIERE	
Category	Registration Period	All Academy except PK	PK ONLY	All Academy except PK	PK ONLY
Early Bird	17 March - 6 April 2025	688,000 IDR	638,000 IDR	738,000 IDR	688,000 IDR
Regular	7-11 April 2025	738,000 IDR	688,000 IDR	788,000 IDR	738,000 IDR
Event Day	12 April 2025	788,000 IDR	738,000 IDR	838,000 IDR	788,000 IDR

Competition Guide | Elite Championships Gymnastics

## PARTICIPANTS

Pre-Elite Individual

## AGE CATEGORIES

Boys & Girls 4-5 yrs

Boys & Girls 6-7 yrs

Boys & Girls 8-10 yrs

Boys & Girls 11+ yrs

## ELITE

INDIVIDUAL	AGE CATEGORY		TEAM ELITE	AGES
Level 1	Boys & Girls	4-7 yrs	Team Elite L1 Boys & Girls	4-18 yrs
	Boys & Girls	8-10 yrs	Team Elite L2 Boys & Girls	4-18 yrs
	Boys & Girls	11+ yrs	Team Elite L3 Boys & Girls	4-18 yrs
Level 2	Boys & Girls	5-8 yrs	Team Elite L4 Boys & Girls	4-18 yrs
	Boys & Girls	9+ yrs	Team Elite L5 Boys & Girls	4-18 yrs
Level 3	Boys & Girls	4-18 yrs	Team Elite L6 Boys & Girls	4-18 yrs
Level 4	Boys & Girls	4-18 yrs	Team Elite L7 Boys & Girls	4-18 yrs
Level 5	Boys & Girls	4-18 yrs		
Level 6	Boys & Girls	4-18 yrs		
Level 7	Boys & Girls	4-18 yrs		

## GYMNASTICS PRE-ELITE

### BOYS

AGE GROUP	APARATUS	EVENTS	REGISTRATION FEE
4 - 5 YRS / 6 - 7 YRS / 8 - 10 YRS / 11+ YRS	P-Bars	Individual	188,000 IDR
	Bars	Individual	188,000 IDR
	Tumbling	Individual	188,000 IDR
	Vault	Individual	188,000 IDR

### GIRLS

AGE GROUP	APARATUS	EVENTS	REGISTRATION FEE
4 - 5 YRS / 6 - 7 YRS / 8 - 10 YRS / 11+ YRS	Beam	Individual	188,000 IDR
	Bars	Individual	188,000 IDR
	Tumbling	Individual	188,000 IDR
	Vault	Individual	188,000 IDR

## GYMNASTICS ELITE

### BOYS

LEVELS	APARATUS	EVENTS	REGISTRATION FEE
L1 / L2 / L3 / L4 / L5 / L6 / L7	P-Bars	Individual	188,000 IDR
	Bars	Individual	188,000 IDR
	Tumbling	Individual	188,000 IDR
	Vault	Individual	188,000 IDR

### GIRLS

LEVELS	APARATUS	EVENTS	REGISTRATION FEE
L1 / L2 / L3 / L4 / L5 / L6 / L7	Beam	Individual	188,000 IDR
	Bars	Individual	188,000 IDR
	Tumbling	Individual	188,000 IDR
	Vault	Individual	188,000 IDR

## GYMNASTICS ELITE TEAM

BOYS			
CATEGORY	APARATUS	EVENTS	REGISTRATION FEE
L1 / L2 / L3 / L4 / L5 / L6 / L7	4 - 18 yrs	Team	688,000 IDR
GIRLS			
CATEGORY	APARATUS	EVENTS	REGISTRATION FEE
L1 / L2 / L3 / L4 / L5 / L6 / L7	4 - 18 yrs	Team	688,000 IDR

## 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.

## GYMNASTICS ELITE & TEAM ROUTINE

**WAG (Women's Artistic Gymnastics)**

**Tumbling, Bars, Beam, Vault**

**MAG (Men's Artistic Gymnastics)**

**Tumbling, Bars, P-Bar, Vault**

## 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/d94j7lTGdug?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/h9CwVC38l4A?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->

## JUDGING CRITERIA

1. Quality of Movement and Routines
2. Posture
3. Proper execution of Skills
4. Appearance (Uniform & Hair Do)
5. Musicality
6. Fluency

## SCORING SYSTEM

Score	Level	Award
0%-74%	Intermediate	Bronze
75%-84%	Advanced	Silver
85%-100%	Graduated	Gold

1. Scoring System is based on International Gymnastics Federation/FIG.
2. Judgement Criteria: Quality of Movement and Routines, Posture, Proper execution of Skills, Appearance (Uniform, Hair Do), Musicality, and Fluency.

## UNIFORM

### Gymnastics Dress Code:

#### 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.

## AWARDS

**1<sup>st</sup>**

Medal & Certificate



**2<sup>nd</sup>**

Ribbon & Certificate



**3<sup>rd</sup>**

Ribbon & Certificate



Trophy for All Around per level  
Elite Team per level & Certificate



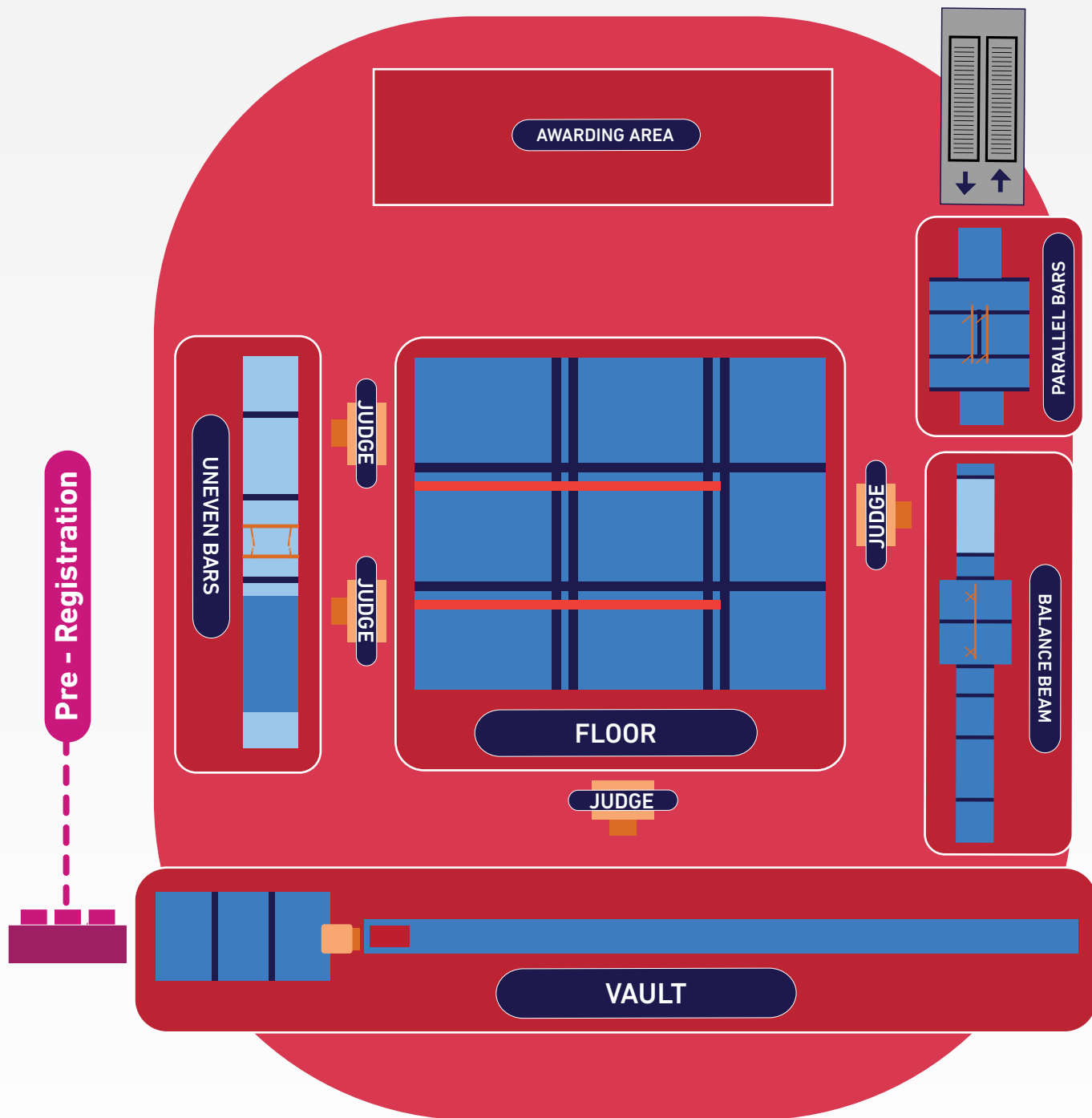
# RUNDOWN

Saturday, 12 April 2025

Pre-Registration	Age	Category	Competition
09:00-10:00	4-5 yrs	Boys & Girls	10:00-11:00
4-5 yrs Boys & Girls Awarding			
10:00-11:00	6-7 yrs	Boys & Girls	11:00-12:00
6-7 yrs Boys & Girls Awarding			
11:00-12:00	8-10 yrs	Boys & Girls	12:00-13:00
8-10 yrs Boys & Girls Awarding			
12:00-13:00	11+ yrs	Boys & Girls	13:00-14:00
11+ yrs Boys & Girls Awarding			
13:00-14:00	4-11+ yrs	Boys & Girls L1	14:00-15:00
Boys & Girls L1 Awarding			
14:00-15:00	5-9+ yrs	Boys & Girls L2	15:00-16:00
Boys & Girls L2 Awarding			
15:00-16:00	4-18 yrs	Boys & Girls L3	16:00-17:00
Boys & Girls L3 Awarding			
16:00-17:00	4-18 yrs	Boys & Girls L4-6	17:00-18:00
Boys & Girls L4-6 Awarding			
17:00-18:00	4-11+ yrs	Team Boys & Girls L1	18:00-19:00
Elite Team L1 Awarding			
18:00-19:00	5-9 yrs	Team Boys & Girls L2	19:00-20:00
Elite Team L2 Awarding			
19:00-20:00	4-18 yrs	Team Boys & Girls L3-7	20:00-21:00
Elite Team L3-7 Awarding			

# GUIDE MAP

## GF ATRIUM, GAJAH MADA PLAZA





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