



CREATING
FUTURE LIFE
CHAMPIONS



Elite

CHAMPIONSHIPS

GYMNASTICS

COMPETITION GUIDE

ELITE CHAMPIONSHIPS GYMNASTICS

Winter Term 2024

GF ATRIUM, GAJAH MADA PLAZA

23 NOVEMBER 2024

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

Category

Registration Period

VIP

MEMBERSHIP

PREMIER

All Academy except PK

PK Only

All Academy except PK

PK Only

Early Bird

28 October -
17 November 2024

188,000 IDR

158,000 IDR

238,000 IDR

188,000 IDR

Regular

18 - 22 November 2024

238,000 IDR

188,000 IDR

288,000 IDR

238,000 IDR

Event Day

23 November 2024

288,000 IDR

238,000 IDR

338,000 IDR

288,000 IDR

TEAM

Category

Registration Period

VIP

MEMBERSHIP

PREMIER

All Academy except PK

PK Only

All Academy except PK

PK Only

Early Bird

28 October -
17 November 2024

688,000 IDR

638,000 IDR

738,000 IDR

688,000 IDR

Regular

18 - 22 November 2024

738,000 IDR

688,000 IDR

788,000 IDR

738,000 IDR

Event Day

23 November 2024

788,000 IDR

738,000 IDR

838,000 IDR

788,000 IDR

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 CATEGORIES

Level 1

Boys & Girls
Boys & Girls
Boys & Girls

4-7 yrs
8-10 yrs
11+ yrs

Level 2

Boys & Girls
Boys & Girls

5-8 yrs
9+ yrs

Level 3

Boys & Girls

4-18 yrs

Level 4

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

TEAM ELITE

AGES

Team Elite L1 Boys & Girls

4-18 yrs

Team Elite L2 Boys & Girls

4-18 yrs

Team Elite L3 Boys & Girls

4-18 yrs

Team Elite L4 Boys & Girls

4-18 yrs

Team Elite L5 Boys & Girls

4-18 yrs

Team Elite L6 Boys & Girls

4-18 yrs

Team Elite L7 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

1st

Medal & Certificate



2nd

Ribbon & Certificate



3rd

Ribbon & Certificate



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

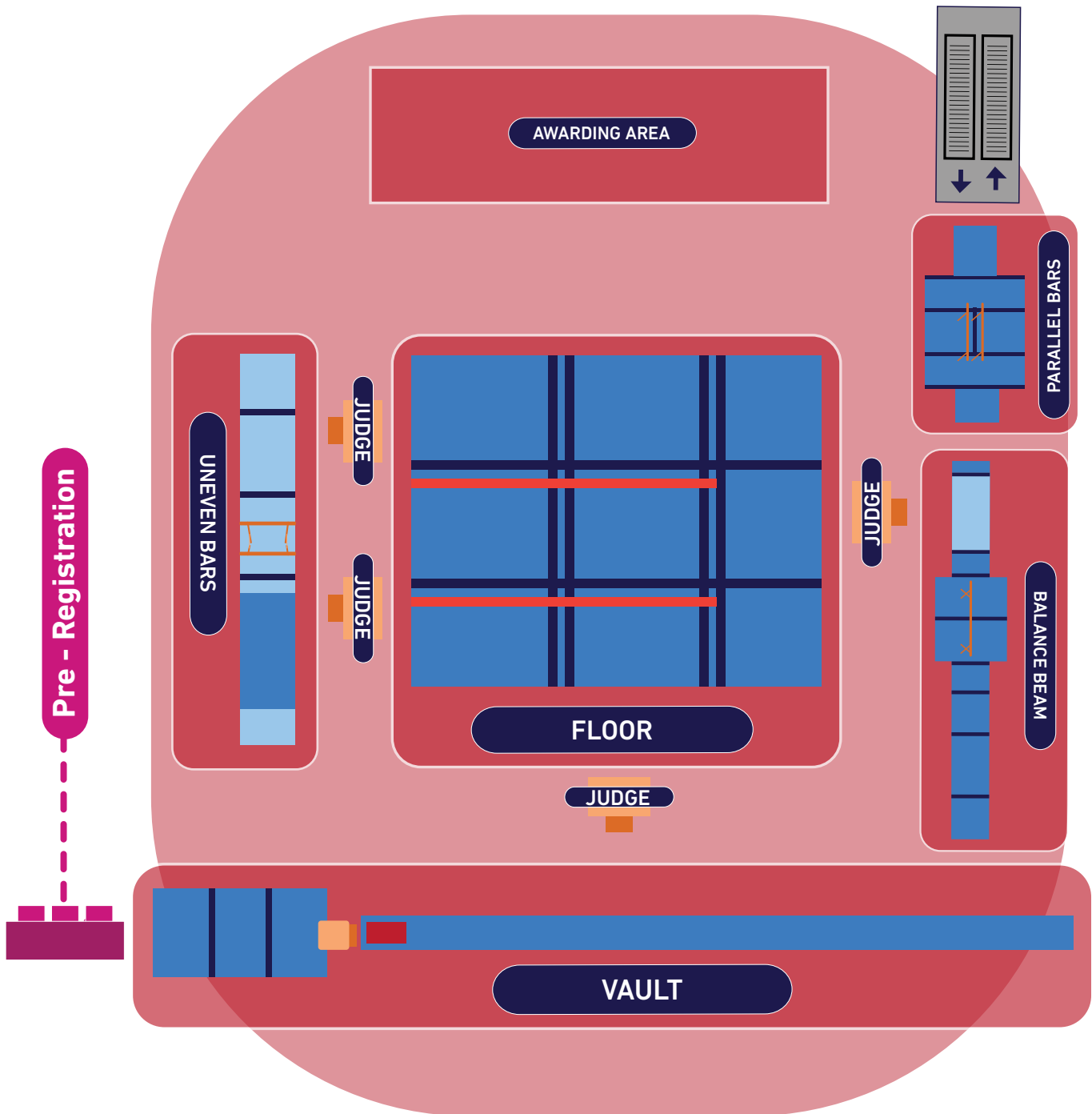
RUNDOWN

Saturday, 23 November 2024

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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