



Elite

CHAMPIONSHIPS ★

GYMNASTICS

COMPETITION GUIDE

ELITE CHAMPIONSHIPS GYMNASTICS

WINTER TERM 2025

15 & 16 NOVEMBER 2025
GF ATRIUM, GAJA MADA PLAZA

NEW **Baby Gym** (Crawler • Walker • Jumper • Tots Gym)

Pre-Elite (Recreational)

Classes U5 - 7 & U8 - 18

Elite Gymnastics Classes

Levels 1 - 7

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

MEMBERSHIP

INDIVIDUAL & BABY

Category	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	20 October - 9 November 2025	188,000 IDR	158,000 IDR	138,000 IDR	218,000 IDR	188,000 IDR	158,000 IDR
Regular	10 - 14 November 2025	218,000 IDR	178,000 IDR	158,000 IDR	238,000 IDR	218,000 IDR	178,000 IDR
Event Day	15-16 November 2025 (based on schedule)	238,000 IDR	198,000 IDR	178,000 IDR	258,000 IDR	238,000 IDR	198,000 IDR

MEMBERSHIP

TEAM

Category	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	20 October - 9 November 2025	688,000 IDR	638,000 IDR	618,000 IDR	738,000 IDR	688,000 IDR	638,000 IDR
Regular	10 - 14 November 2025	738,000 IDR	688,000 IDR	638,000 IDR	788,000 IDR	738,000 IDR	668,000 IDR
Event Day	15 November 2025	788,000 IDR	738,000 IDR	688,000 IDR	838,000 IDR	788,000 IDR	698,000 IDR

Competition Guide | Elite Championships Gymnastics

PARTICIPANTS

BABY GYM

LEVEL	AGES	EVENTS	REGISTRATION FEE
Crawler	6-11 months	Individual	188,000 IDR
Walker	12-23 months	Individual	188,000 IDR
Jumper	24-35 months	Individual	188,000 IDR
Tots	36-47 months	Individual	188,000 IDR

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

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.

COMPETITION RULES & REGULATIONS

BABY CRAWLER

1. Babies between 6-11 months may enter the contest as long as they are not walking yet.
2. Babies below 6 months and above 12 months on the competition day will not be able to participate in the contest.
3. Registered baby and parent/legal guardian must be presented during the contest.
4. Babies will line up at the start line and at the signal, can be encouraged to crawl to the finish line.
5. Parents/legal guardians may not walk beside the child to encourage him or her and are not allowed to food to lure.
6. Only maximum of two adults will be allowed on the competition area with each baby. One adult will stay behind the baby at the start line and the other one - at the finish line.
7. Only babies are allowed to be on the competition area.
8. Babies cannot be push-started over the line.
9. Parents are NOT allowed to push, pull or touch their children while they are on competition area.
10. Participants will be disqualified if one of the parents touches the baby once the race starts.
11. Babies do not have to stay in their own lanes and rarely do.
12. Any baby standing up or begin to walk will be disqualified.
13. Any motivational strategy can be used: parents can wave toys, cell phones or keys to entice their little one to cross the finish line. No load or bad words are allowed.
14. Baby will start at the edge of the start line and first baby to crawl o the finish line wins! Baby must cross the finish line to be the winner. Each group has max of 5 min to cross the final line.
15. In case the final line was not reached by any of the participants in the group, then the whole group won't be qualified for the final.
16. Participants with the same time result will be invited for extra competition to verify winner.
17. The judges will base their decisions on what they see during each race. Videotapes are not used to determine the winner. The judges' decisions are final and unchangeable.
18. Strictly no food and drinks are allowed at the competition area!

COMPETITION RULES & REGULATIONS

BABY WALKER

1. Babies between 12-23 months may enter the contest as long as they have start walking.
2. Babies below 12 months and above 24 months on the competition day will not be able to participate in the contest.
3. Registered baby and parent/legal guardian must be presented during the contest.
4. Babies will line up at the start line and at the signal, will start a bean bag race.
5. Parents/legal guardians may not walk beside the child to encourage him or her and are not allowed to food to lure.
6. Only maximum of two adults will be allowed on the competition area with each baby. One adult will stay behind the baby at the start line and the other one - at the finish line.
7. Only babies are allowed to be on the competition area.
8. Babies cannot be push-started over the line.
9. Parents are NOT allowed to push, pull or touch their children while they are on competition area.
10. Participants will be disqualified if one of the parents touches the baby once the race starts.
11. Any motivational strategy can be used: parents can wave toys, cell phones or keys to entice their little one to cross the finish line. No load or bad words are allowed.
12. Baby will start at the edge of the start line and first baby to pass the finish line wins! Baby must cross the finish line to be the winner. Each group has max of 5 min to cross the final line.
13. In case the final line was not reached by any of the participants in the group, then the whole group won't be qualified for the final.
14. Participants with the same time result will be invited for extra competition to verify winner.
15. The judges will base their decisions on what they see during each race. Videotapes are not used to determine the winner. The judges' decisions are final and unchangeable.
16. Strictly no food and drinks are allowed at the competition area!

COMPETITION RULES & REGULATIONS

BABY JUMPER

1. Babies between 24-35 months may enter the contest as long as they are participate Jumper Class.
2. Babies below 24 months and above 36 months on the competition day will not be able to participate in the contest.
3. Registered baby and parent/legal guardian must be presented during the contest.
4. Babies will line up at the start line and at the signal, will start an obstacle bean bag race.
5. Parents/legal guardians may not walk beside the child to encourage him or her and are not allowed to food to lure.
6. Only maximum of two adults will be allowed on the competition area with each baby. One adult will stay behind the baby at the start line and the other one - at the finish line.
7. Only babies are allowed to be on the competition area.
8. Babies cannot be push-started over the line.
9. Parents are NOT allowed to push, pull or touch their children while they are on competition area.
10. Participants will be disqualified if one of the parents touches the baby once the race starts.
11. Baby will start at the edge of the start line and first baby pass the finish line wins! Baby must cross the finish line to be the winner. Each group has max of 5 min to cross the final line.
12. In case the final line was not reached by any of the participants in the group, then the whole group won't be qualified for the final.
13. Participants with the same time result will be invited for extra competition to verify winner.
14. The judges will base their decisions on what they see during each race. Videotapes are not used to determine the winner. The judges' decisions are final and unchangeable.
15. Strictly no food and drinks are allowed at the competition area!

COMPETITION RULES & REGULATIONS

TOTS GYM

1. Kids between 36-47 months may enter the contest as long as they are participate Tots Gym class.
2. Kids below 36 months and above 48 months on the competition day will not be able to participate in the contest.
3. Kids will line up at the start line and at the signal, will start an obstacle bean bag race.
4. Parents/legal guardians are not alllowed to enter the competition area.
5. Kids will start at the edge of the start line and first child pass the finish line wins! Kids must cross the finish line to be the winner. Each group has max of 5 min to cross the final line.
6. Participants with the same time result will be invited for extra competition to verify winner.
7. The judges will base their decisions on what they see during each race. Videotapes are not used to determine the winner. The judges' decisions are final and unchangeable.
8. Strictly no food and drinks are allowed at the competition area!

AWARDS

1st

Medal & Certificate



2nd

Ribbon & Certificate



3rd

Ribbon & Certificate



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



RUNDOWN

Pre-Elite, Elite & Elite Team

Saturday, 15 November 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			
14:00-16:00	5-9+ yrs	Boys & Girls L2-L7	15:00-17:00
Boys & Girls L2-L7 Awarding			
16:00-17:00	4-18 yrs	Team Boys & Girls L1-L7	17:00-18:00
Elite Team L1 - L7 Awarding			

RUNDOWN

Baby Gym

Sunday, 16 November 2025

Pre-Registration	Age	Category	Competition
09:00-10:00	6-11 months	Crawler	10:00-11:00
Crawler Awarding			
10:00-11:30	12-23 months	Walker	11:30-12:30
Walker Awarding			
Break Time			
12:30-13:30	24-35 months	Jumper	13:30 - 15:00
Jumper Awarding			
13:30-15:00	36-47 months	Tots Gym	15:00-16:30
Tots Gym Awarding			

CLOSED CLASSES

Gandaria City

Sunday, 16 November 2025

Time	Class Subject
10:00	Baby Walker 12 - 23 mo
11:00	Baby Crawler 6 - 18 mo
12:00	Baby Jumper 24 - 35 mo

**Living Wold
Alam Sutera**

Sunday, 16 November 2025

Time	Class Subject
12:00	Tots Gym U4
13:00	Baby Jumper 24 - 35 mo

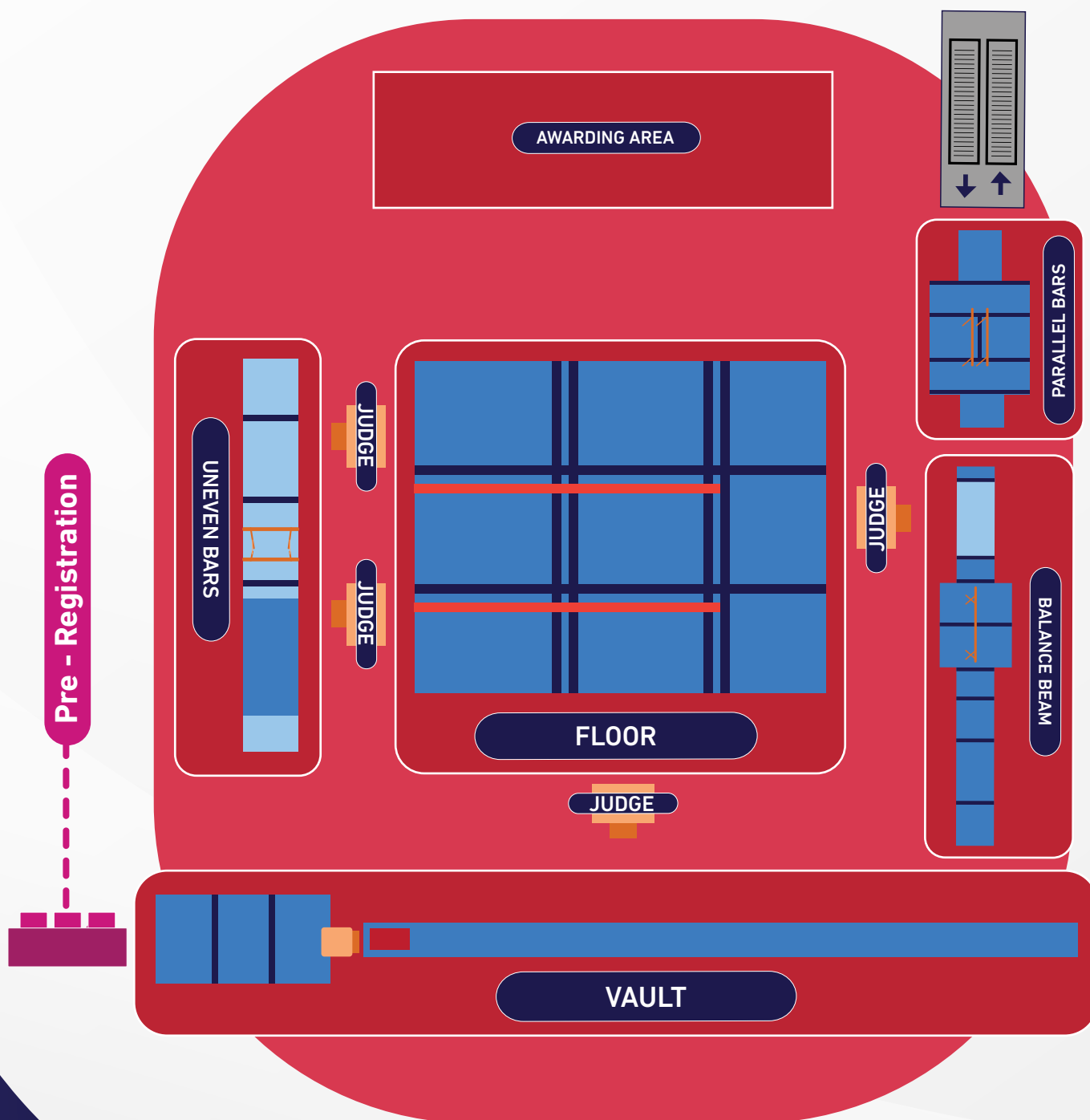
Mall of Indonesia

Sunday, 16 November 2025

Time	Class Subject
14:00	Tots Gym U4
17:00	Gymnastics U7 - 12

GUIDE MAP

GF ATRIUM, GAJA MADA PLAZA



EMERGENCY PROCEDURES

The following procedures shall be implemented whenever a student is injured in the course of activities conducted at Elite Championships.

1. The instructor shall immediately notify the health personnel present at the activity and the health personnel shall assume responsibility for the emergency treatment of the student.
2. If no health personnel are present, or if none can be immediately summoned to the student's aid, the instructor shall administer such first aid as may be necessary.
3. If the student's injury requires more than routine first aid, the instructor shall:
 - Summon an emergency personnel
 - Arrange for the student's transportation to the nearest hospital
4. The instructor or his/her designee shall promptly notify the Event Manager, the Program Coordinator, and the student's parent(s) or legal guardian(s) of the student's injury and the condition and location of the student.
5. An injured student who has been transported away from the premises must be accompanied by the instructor, a member of the Event Organizer, and the parents/guardians.

Readmission to Competition Activities

A student injured in the course of a competition activity will be permitted to participate in the competition only on the written permission of the medical inspector or designated team doctor, designated school health personnel who must first examine the student to determine his/her fitness to participate in competitions. Written notice of that determination, signed by the medical inspector or designated team doctor as appropriate, shall be given to the student's parent(s) or legal guardian(s).

Readmission to Competition Activities

The information provided in this Guide is of a general nature, and has been provided solely on the basis that users will be responsible for making their own assessment of it, having regard to their own circumstances, needs & requirements. While RockStar Academy endeavors to provide up to date information and guidance for your use, it may be open to misunderstanding or misinterpretation. Consequently, you should consult further with respective coordinators where you intend using this information. RockStar Academy expressly disclaims any liability associated with, or arising from the use or incorporation of the information provided in this Guide by the user.

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 / Competitions 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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