



# Rock Olympics <sup>2025</sup>

**BORN TO COMPETE!**

## GYMNASTICS

RECREATIONAL U5-7 & U8-18  
ELITE 4+ YRS

## EVENT GUIDE



# WELCOME NOTE

## Welcome to RockOlympics 2025!

Dear RockStars,

It's time to step onto the grand stage of **RockOlympics 2025** - our most thrilling and competitive event yet! This is where **determination meets opportunity, talent meets challenge, and passion meets victory.**

At RockStar Academy, we believe that every child is **Born to Compete** - to **push their limits, embrace the journey, and discover their true potential.** RockOlympics is more than just a competition; it's a **test of resilience, sportsmanship, and the drive to be your best.**

This year, we're raising the bar:

- **More academies, more participants, and more intensity!**
- **New categories and expanded opportunities to shine!**
- **Bigger prizes, new sponsors, and world-class venues!**
- **Tennis & Ping Pong debut for even more competitive action!**

This is your time. **Step up, stand tall, and make your moment count.** The journey to greatness starts now!

**Let's compete, inspire, and make history together!**

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	
10 May 2025	Semi - Finals	Gymnastics	Gymnastics Studio, RSA Gajah Mada Plaza
24 May 2025	Finals	Gymnastics	

## REGISTRATION PERIOD

DATE	GROUP	EVENT FEE	PERIOD
10 May 2025	Gymnastics	Early Bird	15 April-4 May 2025
		Regular	5-9 May 2025
		Event Day	10 May 202

# 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

Saturday, 10 May 2025		Semi - Finals		Gymnastics Studio, RSA Gajah Mada Plaza	
Pre-Registration	Age	Category		Competition	
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	
<b>Break Time</b>					
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		18.00 - 19.00	

# GYMNASTICS SCHEDULE

Saturday, 24 May 2025		Final		Gymnastics Studio, RSA Gajah Mada Plaza	
Pre-Registration	Age	Category		Competition	
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	
<b>Awarding Boys &amp; Girls Recreational All Category</b>					
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	
<b>Awarding Boys &amp; Girls Elite L1 All Ages</b>					
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	
<b>Awarding Boys &amp; Girls Elite L2 All Ages</b>					
17.00 - 19.00	4 - 8 yrs	Elite Boys & Girls L3 - 7		18.00 - 20.00	
<b>Awarding Boys &amp; Girls Elite L3-7 All Ages</b>					

# EVENT PER GENRE


Genre	Category	Age Group	Remarks	Registration Fee	
 <b>GYMNASTICS</b> (Recreational)	Boys Gym 4 - 5 yrs	4 - 5 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 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 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 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	
 GYMNASTICS (Recreational)	Girls Gym 6 - 7 yrs	6 - 7 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 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	
 <b>GYMNASTICS</b> (Elite)	Boys Elite Gym L1	4 - 6 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 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 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 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	
 GYMNASTICS (Elite)	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><b>GYMNASTICS (Elite)</b></p>	Girls Elite Gym L1	4 - 6 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 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 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 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

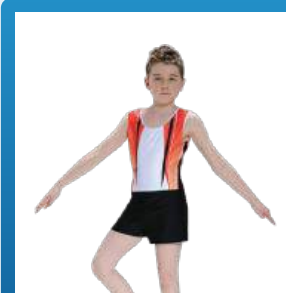
Gymnastics Dress Code:

### 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.

## 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 | 3. Apparatus Mastery |
| 2. Exercise Flow     | 4. Dress code        |

## AWARDING CEREMONY

1. Awarding Ceremony will be done after each age category match.
2. Winners for each category: 1<sup>st</sup> Position (Gold), 2<sup>nd</sup> Position (Silver), 3<sup>rd</sup> 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

### Uneven Bars

Tuck Swing 2x

Front Support

Forward Roll

Basket Hang

### P-Bars

Straight Hang

Tuck Hang

Straight Swing 2x

### Beam 100cm 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



# ELITE LEVELS 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**





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