

International Continental Cup

powered by Sunlive Malta Anadia – PORTUGAL 8th – 10th November, 2024

DIRECTIVES

Dear Sportfriends,

Sunlive Malta has the pleasure to invite your Federation and or/Club to participate in the aforementioned official International Event

DISCIPLINE	Men's Artistic Gymnastics (MAG) Women's Artistic Gymnastics (WAG)		
LOCAL ORGANIZING	Sunlive Malta		
COMMITTEE	19, San		
	Paolo/4, Triq I-		
	Isfargel, Attard		
	ATD		
	1522		
	MALTA Pharm (1350) 77163035 (00164345		
	Phone: (+356) 77163025/ 99164245 E-Mail: malta@sunlive.pt		
LOCATION	Anadia - Portugal		
DATE	8 th – 10 th November, 2024		
VENUE	High Performance Centre of Anadia Rua Ivo Neves, n° 405 -		
	Sangalhos https://www.rotadabairrada.pt/irt/show/car-velodromo-		
	nacional pt 187		
	This sport facility is a High-Performance Centre for Cycling, Fencing, Judo and		
	Gymnastics. In addition to the indoor track for Cycling, with 250m, it has also a Gymnastics competition area with 1100m2.		
APPARATUS SUPPLIER	Gymnova, Janssen & Fritsen, Speith		
74 17401100 COTT ELEK	dynmova, sanoson a rinson, openii		
EVENT LEVEL	WAG (see attached documents for details)		
EVENT LEVEL	CATEGORY A – FIG SENIOR RULES		
	(BORN 2008 AND OVER)		
	 CATEGORY B – FIG JUNIOR RULES 		
	(BORN 2009 – 2010)		
	 CATEGORY B (PRE-JUNIOR) - FIG JUNIOR 		
	RULES		

(BORN 2011 - 2013)

- CATEGORY C MODIFIED FIG RULES (AS PER REQUIREMENTS) AGE GROUPS: (2017 - 2015), (2014 -2012), (2011 – 2009), (2008 +)
- CATEGORY D MODIFIED FIG RULES (AS PER REQUIREMENTS) AGE GROUPS: (2017 - 2015), (2014 - 2012), (2011 - 2009), (2008 +)
- CATEGORY E (OPEN AGE) GYMNASTS ARE ASSESSED AND NOT JUDGED WITH SCORES (AS PER COMPETITION REQUIREMENTS)

TEAM COMPETITION (APPLICABLE FOR ALL CATEGORIES EXCEPT E) MIN. 3 – MAX. 5 gymnasts per team BEST 3 SCORES ON EACH APPARATUS to be taken for final team score TEAM CAN BE MADE UP FROM DIFFERENT AGE GROUPS WITHIN SAME CATEGORY

- » Awards:
- Team 1st, 2nd and 3rd per category
- Category A to D 'All Around' 1st, 2nd and 3rd Category A to D Individual Apparatus 1st, 2nd and 3rd (each apparatus)

MAG (see attached documents for details)

LEVEL 1

FIG SENIOR (≥18) COMPETITION - FIG RULES

FIG JUNIOR (15 - 17 YEARS) COMPETITION - FIG RULES

LEVEL 2 Youth Competition

FIG Age Group Program - Men's Competition Structure and Program FIG MAG Age Group Program (gymnastics.sport) FOR YOUTH COMPETITION

(P3 AND P4) - OPTIONAL ROUTINES DIVIDED INTO AGE GROUPS Age Groups: 8-9, 10-12, 13-15, ≥ 16 (categorized according to year of birth)

» Team:

Categories: Senior/Junior/P3/P4 (Different age groups can make a Team per category) MIN. 3 - MAX. 5 gymnasts per team BEST 3 SCORES ON EACH APPARATUS to be taken for final team score

- » Awards:
- Team 1st, 2nd and 3rd per category Category Senior, Junior, P3 and P4 'All Around' 1st, 2nd and 3rd
- Category Senior, Junior, P3 and P4 Individual Apparatus 1st, 2nd and 3rd (each apparatus)

RULES AND REGULATIONS	The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives: Statutes Code of Ethics Code of Conduct Technical Regulations Code of Discipline Code of Points and relevant Newsletters General Judges' Rules Specific Judges' Rules Anti-Doping Rules License rules (except for non-competitive events) FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events FIG Medical Guidelines for FIG Competitions and Events Media Rules Apparatus Norms Rules for Sanctioning (approval) of International Events Advertising and Publicity Rules Regulations for Award Ceremonies Accreditation Rules and subsequent decisions of the FIG Executive Committee
FEDERATIONS/CLUBS INVITED	Sunlive Malta invites all federations and clubs aiming to also give an extra opportunity for those developing gymnasts to compete in a friendly environment.
JUDGES AND JURIES	Sunlive Malta is asking all clubs and federations to bring at least 1 judge of Club, Regional/National or International level (valid license) for MAG AND WAG All judges must judge on all days of competition (no exceptions) €500 penalty for absence of judge
	ATTIRE: BLUE/BLACK SUIT + WHITE BLOUSE/SHIRT/TOP

REGISTRATION	Definitive	registration:	13 th August, 2024
DEADLINES	Nominativ	e registration:	30 th September, 2024
ENTRY FEES	An Entry Fee of EUR 70 per gymnast will be applied for this event for all delegation members. The payment to the LOC <u>must be received</u> on the account no later than 30th September, 2024 (refer to "bank account information" below). The entry fee is non- refundable. Entries without payment of the entry fees it time will be considered as invalid and will be refused.		
PROVISIONAL SCHEDULE	DATE	DAY	EVENT
	7 th Nov	Thursday	Arrival of the delegations for competition
	8 th Nov	Friday	Podium training (WAG & MAG) - Meeting of heads of delegations and judges



	9 th Nov	Saturday	DAY 1 - WAG	
			Opening March-in	
	10 th Nov	Sunday	DAY 2 - MAG	
			Opening March-in	
	11 th Nov	Monday	Departure of all delegations	
EVENT MANAGER	Francesca Borg			
	Phone: (+3	Phone: (+356) 99164245		
	E-mail: malta@sunlive.pt			
MEDICAL SERVICES	Physiothera	pists will be pr	ovided during the competition.	
VISA	your country	if a visa is requ	n your travel agent or the Portuguese Embassy or Consulate in irrived for your travel.	
	provided the	at the request is	ssist each Delegation member with an official invitation letter, made before 13th August, 2024 to the LOC.	
	The request passport nu Member as	must include the mber, passport of well as the city t	ne function, full name, gender, date of birth, citizenship and expiry date, the arrival and departure dates of the Delegation he visa application support letter must be sent to.	
INSURANCE	Sunlive Mal	ta will not be he , and the like.	eld responsible for any liabilities in case of accidents, illness,	
	All participating Federations/Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.			
	The LOC will verify the insurance upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.			
INTERNATIONAL TRANSPORTATION	The invited participating federations/clubs must pay for the travel costs of their delegation members. The Travel schedule form must be returned to the LOC by 30 th September,2024.			
LOCAL TRANSPORTATION				
	LOCAL TRANSPORTATION LOC will provide an airport transfer service from Porto and Lisbon Airport at an extra cost. Airport Transfers for individuals will be arranged upon request at an extra cost.			
	Group costs: Porto: EUR 50 per person per way Lisbon: EUR 65 per person per way			
	The local transportation from/to the hotel and the competition, training, and warm-up are included within the accommodation costs. A transport schedule will be provided. Local transportation for extra activities can be arranged upon request with an extra cost. Pickup and drop-off at airport can only be guaranteed if the Travel Schedule Form is returned to the LO by 30 th September, 2024.			



ACCOMMODATION

Accommodation must be booked through the LOC.

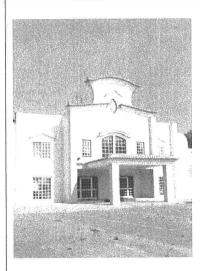
The accommodation costs, including all meals (full board - FB) per person/night, are as follows:

• Estalagem Sangalhos (3*)

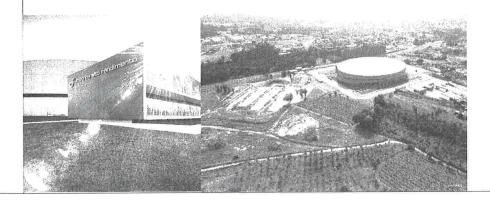


https://www.estalagem.sunlive.pt/

• Residential Estancia Hotel (3*)



· CAR (Centro de Alto Rendimento de Anadia)





110 EUR (single room, FB)
90 EUR (double room, FB)
80 EUR (triple room or more, FB)
DRINKS from the BAR are at an extra cost.

The invited participating federations must pay fo delegation members.	or the accommodation expenses of their			
Please fill in the accommodation form and return to the LOC by the 30th September, 2024.				
Cancellation or any changes in the delegation Afterwards all costs will have to be paid and	n must be NOTIFIED IMMEDIATELY. accommodation cannot be guaranteed.			
Cancellations will only be accepted by e-mail.				
In case of cancellation, costs will be refunded as	follows: By			
30th September, 2024— 100% refund				
By 30 th September — 15 th October, 2024 - 50	0% refund			
From 15 th October, 2024 — No Refund				
Final Banquet will be at the cost of €30 which i juices, beer and local wine during the meal). EXT The Tickets of final Banquet must be paid to the	ΓRA drinks from the bar are at an extra cost			
Each participating member federation/club is kindly requested to integrate the payment's purpose as follows: Continental Cup 2024 The participating federation/club is responsible for covering all bank fees in connection with the bank transfers. NAME: SUNLIVE INVESTIMENTOS IMOBILIARIOS LDA IBAN: PT50 0018 000803522421020 42 BIC/SWIFT: TOTAPTPL BANK: Banco Santander				
Sunlive Malta advertising and publicity norm	ns must be respected			
Live Scoring will be available.				
Facebook: Sunlive Malta				
Taccbook, Sullive Platta				
Definitive Registration	13 th August, 2024			
Definitive Registration Nominative Registration	13th August, 2024 30th September, 2024			
	30 th September, 2024 30 th September, 2024			
Nominative Registration Accommodation Form Travel Schedule Form	30th September, 2024 30th September, 2024 30th September, 2024			
Nominative Registration Accommodation Form Travel Schedule Form Visa Request Form	30th September, 2024 30th September, 2024 30th September, 2024 13th August, 2024			
Nominative Registration Accommodation Form Travel Schedule Form Visa Request Form Payment of the Entry Fee	30th September, 2024 30th September, 2024 30th September, 2024 13th August, 2024 30th September, 2024			
Nominative Registration Accommodation Form Travel Schedule Form Visa Request Form Payment of the Entry Fee Payment of the Accommodation Costs	30th September, 2024 30th September, 2024 30th September, 2024 13th August, 2024 30th September, 2024 30th September, 2024			
Nominative Registration Accommodation Form Travel Schedule Form Visa Request Form Payment of the Entry Fee Payment of the Accommodation Costs Payment of the local transportation	30th September, 2024 30th September, 2024 30th September, 2024 13th August, 2024 30th September, 2024 30th September, 2024 30th September, 2024			
Nominative Registration Accommodation Form Travel Schedule Form Visa Request Form Payment of the Entry Fee Payment of the Accommodation Costs	30th September, 2024 30th September, 2024 30th September, 2024 13th August, 2024 30th September, 2024 30th September, 2024			
	Please fill in the accommodation form and return to Cancellation or any changes in the delegation Afterwards all costs will have to be paid and Cancellations will only be accepted by e-mail. In case of cancellation, costs will be refunded as 30th September, 2024—100% refund By 30th September — 15th October, 2024—50th From 15th October, 2024—No Refund Final Banquet will be at the cost of €30 which juices, beer and local wine during the meal). EXThe Tickets of final Banquet must be paid to the Each participating member federation/club is kingayment's purpose as follows: Continental Cup 2024 The participating federation/club is responsible with the bank transfers. NAME: SUNLIVE INVESTIMENTOS IMOBILIARIOS LD. IBAN: PT50 0018 000803522421020 42 BIC/SWIFT: TOTAPTPL BANK: Banco Santander Totta S.A Sunlive Malta advertising and publicity norm			



FIG Age Group Program - Men's Competition Structure and Program

FIG MAG Age Group Program (gymnastics.sport) FOR YOUTH LEVEL 2

LEVEL 1 - FIG SENIOR (≥18) AND JUNIOR (15- 17 YEARS) COMPETITION - FIG RULES AND YOUTH LEVEL 2 - (P3 AND P4) - OPTIONAL ROUTINES DIVIDED INTO AGE GROUPS

Element Values & Maximum Number of Value Parts in D-score (including dismount)

Competition Class	Maximum # Elements	A-part value	B-part value	C-part value	D-part value	E-part value	F or G-part value
Class P3	6	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted
Class P4	7	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted

Evaluation of Short Exercises (maximum E-score)

Competition Class	8 elements	7 elements	6 elements	5 elements	4 elements	3 elements	2 elements	1 element
Class P3	10.0	10.0	10.0	8.0	6.0	4.0	2.0	1.0
Class P4	10.0	10.0	8.0	6.0	4.0	3.0	2.0	1.0

 $\frac{\text{Class P3 \& P4}}{\text{Age Groups: 8-9, 10-12, 13-15, } \geq 16} \text{ (categorized according to year of birth)}$

FLOOR EXERCISE

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* T0 s only permitted on Parimel, Horse 6 skulls maximum for Discore	Difficulty And 1 Bind 2 Cnd 3 Dnd 2* *Distantly permitted on Floritine! Horse *I set is maximum for 0-score
Developmental and Supplemental Skills	1 Round off or Gattymeeth A part. Element Group IV and in the same box. 2 Back-extension to handstand it A part. Element Group III. 3 Sallo-forward or backward fucked or pived in B. An, other skills which can reasonably be cafed a gymnastos skills A part.	1 Round off or Cartwheelf A part Element Group IV and in the same box 2 Back-extension to handstand if A part. Element Group II 3 Safto forward or backward tucked or piked if B Any other skills which can reasonably be called a gymnisches skill if A part.
Element Group Requirements (0.3 each)	Norwacrobasc element Acrobasc element forward Acrobasc element backward Dismount	Non-acrobatic element Acrobatic element forward Acrobatic element backward Dismount
Additional Regulations	Notifie and May recent one skill of A or B Value for difficulty	No time limit No Connection Banus May repeat the Ski IlanSich C Value for Difficulty or Banus

POMMEL HORSE

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1 B=0.2 C=0.3 D=0.4* "Disionly cermitted on Pommel Horse 6 skills maximum for Discore Can use vault board for mount	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* (Disipolity permitted on Prommel Horse) 7 sk. is maximum for Discore Can use you't board for mount
Developmental and Supplemental Skills	Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	A Circle element A single legiélement Dismount	Any turn of 90 including spindlet A scissor element. Dismount finishing through wendels wing or handstand.
Additional Regulations	May repeat one skill of Alpr B Value for Difficulty	May repeat one ski Lof Bior Civalue for Biffoutly

<u>RINGS</u>

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *Disprity permitted bril Pommel Horse diskills maximum for Discore	Difficulty And 1 B = 0.2 (C=0.3 D=0.4* **Distionly permitted an Portmet Horse 7 s.k. is maximum for Discore
Developmental and Supplemental Skills	Stradgled Front ever = Apart 2 Stradgled Back leven = A part 3 Straight arm press to handstand with stradgled legs = B part. Any other skills which can reasonably be called a gymnastics skill = A part	1 Stradded Front lever # A part 2 Stradded Back lever # A part 3 Straight arm press to handstand with stradded legs # B part 4 Forward or Backward giant with cent larms # B part Any other skills which dan reasonably be called a gymnastics skill # A part
Element Group Requirements (0.3 each)	* IL-stin cross support 2 Kip or Swing element 3. Dismount	1. Kip of Swingle ement 2. Strength hold skill excluding Listfor Straddle Listf 3. Dismobilit
Additional Regulations	One extraisiving is definitied. May repeat one skill of Alor Bivalue for Difficulty.	One extraisiving is permitted May repeat one skill of Bior C Value for Biffoulty

<u>VAULT</u>

	Class P3	Class P4
Permitted Vaults and Difficulty Values	Handspring = 2:0 Handspring 1:= 2:2 Handspring 1:1 = 2:5 1:501 = 2:0 1:501 = 6ft= 2:2 1:501 1:1 off = 2:5	Handsoring = 2.0 Handsoring 15 = 2.2 Handsoring 1-1 = 2.5 Handsoring Front Tuck = 2.7 Handsoring Front Tuck 1 ₂ = 2.9 Is on = 2.0 Is on 1.1 off = 2.5 Yurdsenko Tuck = 2.7 Yurdsenko Tuck = 3.7 Yurdsenko Straight = 3.7

PARALLEL BARS

Class P3	Class P4	
Difficulty A=0 1, B=0.2, C=0.3, D=0.4* *Discrip permitted on Pommel Horse	Difficulty A=0.1 B=0.2, C=0.3 D=0.4* 'Disionly permitted on Pommel Horse	
ő skil s maximum for Discote	7 sx 1s maximum for Discore	
1 Back uprise to support = A part = Element group in 2 Salto forward or backward fucked or pixed cismount = 8 Any other skills which can reasonably be deleted a gymnastics skill = A part	1 Back uprise to support # A part — Element group II 2 Salto forward or backward tucked or piked dismount # B Any other skills which can reasonably be dalled a gymnastics skill# A part	
1 Element in or brough supportion 2 tass 2 Element through long hang or undersom support on 2 bars 3 Dismount.	f Handstand - 2 sec hold 2 Element tryough long hang on 2 dat 3 Dismount	
One extra swing is permitted May repeat one skill of Alor B Value for Difficulty	One extra swing is permitted Way recestione skill of Bior C Value & Officulty	
	Difficutiv A=0.1, B=0.2, C=0.3, D=0.41 **Discrity permitted on Pommet Horse **Eskills maximum for Discore **Back upnse to support = A part — **Bement group to **2 Satis ferward or backward tucked or prediction on the backward tucked or prediction of = B **Any other skills which can reasonably be dealed gymnastics skill = A part **Bement in or briough supportion 2 bars **2 Element through long hanglar underarm support on 2 bars **2 Element through long hanglar underarm support on 2 bars **Dismount** **Check that swing is berthritted** **May repeat one skill of A or B Marus for	

HORIZONTAL BAR

	Class P3	Class P4		
Difficulty Values & Required Number of Elements	Difficulty, A=0.1. B=0.2. C=0.3, D=0.4* **Discrity permitted on Pommel Horse 6 sk. lis makimum for Discore	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *Dispinity permitted on Pommel Horse 7 sk. is maximum for Discore		
Developmental and Supplemental Skills	1 Back uprise to support = A part — Element group I 2 Swing Fwd harum, im n45" and grip change to overgip = A part — Element group I 3 Barly fwo prouette min 45" and grip change to undergrip = A part — Element group I 4 Saito farward or backward tucked or piece = A part I 5 Back saito dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part - Element group I 2. Swing Fivd "laturn in elab" and grolphange to overgop = A part - Element group I 3. Early two discustes - Element group I 4. Salto forward or backward tucked chocked = A part - Element group I 4. Salto forward or backward tucked chocked = A part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gyrmastics skill = A part		
Element Group Requirements (0.3 each)	1 Long hang swing with bir without turn 2 Any aple ement 3 Dismount	1. Long hang swing laiturn with hips at minimum bar height. 2. In bar element. 3. Salto Dismount.		
Additional Regulations	One extra swing is cermitted. Way receations skill of A or B Value for Difficulty.	One extra swing is permitted. May repeat one swill of Bior C Yallue for Difficulty or Bonus.		

Class Participation 3 (P3) - Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	DiPout, At0.1 B =0.2 C±0.3 D±0.4* Discoll, permitted on Dommel Hosse 6 so is maximum for Discore	Difficulty Aria 1: Bird 2: Craid 3 Drig 4* 1D signify barmated on Pommel Horse 5 st 1s max mum for Discore Can use val 100 and for mount	Difficulty A=0.1 (B =0.2 C=0.3) D=0.4* ID sorty committed on Portmet Horse Sisk its maximum for Discore		DHOUNT ARG 1 B RG 2 CRD 7 DF0 41 T DF0 41 P Pomme. Horse 6 Skill's maximum for Discore	Difficuty And 1.6 =0.2, C=0.3 D=0.2* "Discription middles on Pomme! Horse Bisk is maximum for Discore
Developmental and Supplemental Skills	Round off or Cartwheeler A cost Element (Proup IV) and in the same tox. Back to tension to remainstand e A part. Element (Proup III). Satisforwerd or backward husked prouved in B. Any other sells which can reasonably be called a symmatics skill.	An, other sales which can reasonably be caled a gymnastics sale = A part	1 Stradd ea Front lever = A part 2 Stradd ed Sets lever = A part 3 Straight arm press to names and with stradd ed egs = Bigant Ary other skills Amonican reasonatily de da ed a gymnastics skill = Aligant	Handspring = 20 handspring = 2.2 Handspring = 1 = 2.5 Handspring = 0.5 Handspring = 2.5 Handspring = 2.5 Handspring = 2.5	Back uprise to support # A part - Elementightup I Sato forward or backward fucked choked choked - E Any other ay its which can reasonably be cared at gymnastics skill # A part	1 Back Jense to support = A pan - Element group 1 2 Swing 3 with a torn min 45 and grip of hange to desprop = A pan - Element group 1 3 Barlly five products imn 45 and grip shange to undergrip = A pan - Element group 1 4 Sato ferward or backward tubeloom pixed = A pan 1 5 Back sato dismount avout = B pan Any other skills Amplit and pan 1 Any other skills Amplit
Element Group Requirements (0.3 each)	Non-acrobatole ament Apposatole ement forward Acrobatole ement backward Dismount	AC releièment Asing eileg element Dismount	1 English pross succord 2 Kp or Swing element 3 Distriction		1 Element in pripricular support on 2 bars 2 Element through ong hang or undersim support on 2 bars 3 Dismount.	1 Long hang swing with or without turn 2 Anyly ble elinent 3 Eismourt
Additional Regulations	No present to May recent one skill of Alor Bill value for or foulty.	May receptions are of Albi Bissue for Difficulty	One expaisiving is permitted. Vey repeat one skill of Aldr Billy age for 2 Houts.	A 2" attempt is permitted but within a seasoning	Chelextralswing is permitted: May repeat the skill of Alph Bi Value for difficulty	One extralswing is cermified. May receatione skill of A or B vialuation of figures.

Class Participation 4 (P4) - Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Officulty A=0.1 B=0.2 O=0.3 0=0.4* **Discription on Pommer Horse 7 so is maximum for Discore	Difficulty, A=3.1. B=0.2. C=0.3. D=0.4* 10 signly permitted on Promisel Horse 7 sx 1/s max mum for Discore Can use vau t poard for mount	Difficulty And 1 Bin 6 1, Cn0 3, Dn0 4* 1D signify permitted on Pommel Horse 1* skills max mum for Ciscore		Diffouty A=0.1 B=0.2 C=0.3 D=0.2* 1Ds only permitted on Pommer Horse 7 skirs maximum for Discore	Difficury And 1 Bind 2 Cind 3 Dind 21 TDIs only permitted on Pointrie Horse 7 skills malestrum for Discore
Developmental and Supplemental Skills	1 Round off or Cartwheelin A pain Element Group IV and in the same too. 2 Backnesters on to hard stand. Element Group III. 3 Saite ferward or backward tooked and seed. B. Any other skills which can reasonably be called a gymnastos skyllin A patt.	Any other skills which can reasonably be called a gymnastics skill = A part	1 Stradded Front even A part 2 Stradded Back Revertil A part 3 Shalphila micress to hardstand with stradded edge Bioler 1 Stranghinous Shindreased by 2 values rest oung Lisand Straddel Lists 5 Forward of Backward gant with cent arms = Biost Any other skills which can take the society be de ed a gymnastics skill A part	Handsping = 20 Handsping 14 = 25 Handsping 14 = 25 Handsping Front Tuck = 2.7 Handsping Front Tuck 12 = 2.9 Handsping Front Tuck 12 = 2.9 Handsping Front Tuck 12 = 2.9 Handsping Front Tuck 12.2 Tuch 11.04 = 2.5 Yurdenko Tuck 12.7 Yurdenko Tuck 12.7 Yurdenko Filak 11 = 2.9 Yurdenko Filak 11 = 2.9 Yurdenko Straight = 3.1	Beovuprae to support = A part = Blement group 1 Sato forward or becomend fucked or pred = B Any other skills which can teasorably be called a gymnastics skill = A part.	1. Back upman to subport # A part # Element group 2. Swing Plad is furn imm 45' and up change to overgit # A part # Element group 3. Back And provide imm 45' and up phange to undergrip # A part # Element group 4. Safto travard on backward bucked or gived # A part # Element group 5. Back safto dismount ayout Biblan Any other skills which can reasonably be bafted a gammastos skill # A part
Element Group Requirements (0.3 each)	Nomacrobatic element Acrobatic element forward Acrobatic element packward Dismount	1 Anyturn of 92 hinsuding songle: 2 Assisting ement 3 Dismoutt frishing throughweise swing an handstand	1 Kolor Swingleament 2 Strength hold skill (excluding List or Straddle List) 3 Distributi		Handstand - 2 sepincid Element arough long hang on 2 tars Dismount	". Long hang swing "silum wit in as almonium banne gr 2 in bar element 3 Salto Dismount
Additional Regulations	No ome limit No Connection Bonus May repeat one skill of Bior C value for Difficulty or Bonus	May receations skillof Bior Civalle for Difficulty	Chelektra swing is permitted May recestione at 8 of Blor Civalual for Officulty	A 21 strempt is permitted, but with 110 debuardh	Chelextralsking alpermitted. New repeat pre-skill of 8 or Clivate for Officusty.	Ohe extra swing is permitted. May repeat one skill of Blor C. Value, for Difficulty or Benus.