



# TUM Technical Requirements

Regional Challenge Cup Series & Final

2022

Range & Conditioning will be assessed at Regional Challenge Cup Championships only.

Range & Conditioning		
1	Kick to handstand (1sec) forwards roll to stand →	
2	Straight leg forwards roll through pike to L-Sit →	
3	Lower to pike fold (3secs) lift back to L-Sit →	
4	Lower backwards to long arm dish (3secs) lower to flat →	
5	Arched hip lift with arms flat (3secs) lower to flat →	
6	Push up to bridge (3secs) lower and sit up to tuck →	
7	Backwards roll to front support (3secs) →	
8	Straight leg snap up to standing dish →	
9	Straight arm drive to head height and return →	
10	Jump half turn with arms lifted straight up by ears to land.	
Minimum standard to qualify to Inter-Regional Challenge Cup Final		70%

### TUM Technical requirements

Regional Challenge Cup Level 1						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
9 - 10yrs						
11-12yrs	1	Round Off	1	Round Off	1	Round Off
	2	Flic	2	Flic	2	Flic
	3	Flic	3	Whip	3	Back s/s (S)
	4	Flic	4	Flic		<b>15 metres of Track only</b>
	5	Flic	5	Flic		
	6	Back s/s (P)	6	Back s/s (T)		

Minimum Qualifying Standard Level 1	3 Exercise Score
	46.2

Regional Challenge Cup Level 2						
Age Groups	Exercise 1		Exercise 2		Exercise 3	
10-12yrs						
13-14yrs	1	Round Off	1	Round Off	1	Round Off
15+yrs	2	Flic	2	Flic	2	Flic
	3	Flic	3	Whip	3	Full Twisting Back s/s
	4	Flic	4	Flic		<b>15 metres of Track only</b>
	5	Flic	5	Flic		
	6	Flic	6	Flic		
	7	Flic	7	Flic		
	8	Back s/s (S)	8	Back s/s (T)		

<b>Minimum Qualifying Standard Level 2</b>	<b>3 Exercise Score</b>
	46.2

<b>Regional Challenge Cup Level 3</b>						
<b>Age Groups</b>	<b>Exercise 1</b>		<b>Exercise 2</b>		<b>Exercise 3</b>	
	Under 13yrs					
Over 13yrs	1	Round Off	1	Round Off	1	Round Off
	2	Whip	2	Whip	2	Flic
	3	Flic	3	Whip	3	Double Twisting Back s/s
	4	Flic	4	Flic		15 metres of Track only
	5	Whip	5	Flic		
	6	Flic	6	Flic		
	7	Flic	7	Flic		
	8	Back s/s (S)	8	Full Twisting Back s/s		

<b>Minimum Qualifying Standard Level 3</b>	<b>3 Exercise Score</b>
	46.2

#### Regional Challenge Cup Level 4

Age groups: 9-10yrs, 11-12yrs, 13-14yrs, 15+yrs

<b>Regional Challenge Cup Level 4</b>			
<b>Age Groups</b>	<b>Exercise 1</b>		<b>Exercise 2</b>
9-10yrs	1	Round Off	8 Skill Free Exercise
	2	Flic	
	3	Flic	Minimum Difficulty over two free exercises 2.6  Maximum Difficulty over 2 free exercises 3.3  No skill repetition across all 3 exercises in accordance with FIG rules  A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements
	4	Flic	
	5	Flic	
	6	Flic	
	7	Flic	
	8	Back s/s (T)	

<b>Minimum Qualifying Standard</b> 9-10yrs	<b>3 Exercise Score</b>
	48.8

		<b>Regional Challenge Cup Level 4</b>		
<b>Age Groups</b> 11-12yrs		<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
	1	Round Off	8 Skill Free Exercise	8 Skill Free Exercise
	2	Whip		
	3	Flic	Minimum Difficulty over two free exercises 2.8  Maximum Difficulty over 2 free exercises 4.0  No skill repetition across all 3 exercises in accordance with FIG rules  A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements	
	4	Flic		
	5	Whip		
	6	Flic		
	7	Flic		
	8	Back s/s (T)		

<b>Minimum Qualifying Standard</b> 11-12yrs	<b>3 Exercise Score</b>
	49.0

		<b>Regional Challenge Cup Level 4</b>		
<b>Age Groups</b> 13-14yrs		<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
	1	Round Off	8 Skill Free Exercise	8 Skill Free Exercise
	2	Whip		
	3	Flic	Minimum Difficulty over two free exercises 3.3  Maximum Difficulty over 2 free exercises 5.4	
	4	Whip		
	5	Whip		
	6	Flic		
	7	Flic		
	8	Back s/s (T)		

		<p>No skill repetition across all 3 exercises in accordance with FIG rules</p> <p>A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements</p>
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<b>Minimum Qualifying Standard 13-14yrs</b>	<b>3 Exercise Score</b>
	49.5

Regional Challenge Cup Level 4				
Age Groups		Exercise 1	Exercise 2	Exercise 3
<b>15+yrs</b>	1	Round Off	8 Skill Free Exercise	8 Skill Free Exercise
	2	Whip		
	3	Whip	Minimum Difficulty over two free exercises Women 3.6 Men 4.0  Maximum Difficulty over 2 free exercises Women 7.0 Men 7.5  No skill repetition across all 3 exercises in accordance with FIG rules  A penalty of 2.0 will be applied to complete (8 element) exercises that do not meet the minimum DD requirements	
	4	Whip		
	5	Whip		
	6	Flic		
	7	Flic		
	8	Back s/s (T)		

<b>Minimum Qualifying Standard 15+yrs</b>	<b>3 Exercise Score</b>
	Women 49.8 Men 50.2

\* Regions may exercise out of age events, but gymnasts are not eligible to qualify to the Inter-Regional Challenge Cup Final. However, the TC would strongly recommend gymnasts competing in 'out of age' groups (18+yrs) consider entering into the Adult British Championships.

## Competition Format

### Regional Challenge Cup Series

- Qualification (all 3 exercises)
- FIG rules will apply for the qualification round other than:

- Gymnasts who do not demonstrate the minimum difficulty performance standard will or compete 3 complete exercises will not be eligible to qualify for the Regional Challenge Cup Championships but may be awarded a medal at the Region's discretion.

### **Regional Challenge Cup Championships**

- Qualification (all 3 exercises) cumulative score
- FIG rules will apply for the qualification round

### **Qualification to the Inter-Regional Challenge Cup Final**

A maximum number of gymnasts per age group, per gender of 2 will be invited to attend the Inter-Regional Challenge Cup Final made up of the following:

- Places will be allocated in rank order from the Regional Challenge Cup Series/Championships events (max 3).
  - Gymnasts must have achieved the 70% range & conditioning minimum score
- In the event of a tied position the tie break rule will apply (see below)
- All Regions must submit the list of the gymnasts that have qualified to BG

Entry to the event must be completed by Regions via British Gymnastics' GymNET online Entry Portal by the published closing date.

### **Tie Breaks**

In case of a tie, at any place, the ranking will be determined by the following criteria:

1. The gymnast with the higher sum of the E-scores of the three exercises prevails
2. The gymnast with the higher sum of the E-scores of final two exercises
3. The gymnast with the higher E-score of the final exercise
4. The gymnast with the higher R&C score prevails (Regional Challenge Cup Championships)

If there is still a tie, the tie will not be broken