Victoria Cup Competition - Block Competition Regulations

- In all matters concerning participating competitors that are not regulated by the present notice, the 2020 Competition Regulations of the Acrobatic Gymnastics discipline, the 2020 Hungarian National Regulations, and the FIG Code of Points 2017–2021 shall apply.
- The competition is announced for the following age groups:
    - Children (6–13 years)
    - Juniors (8–16 years)
    - Youth (10–18 years)
    - Seniors (13 years and above)
- Competitors must compete in the age group in which their partnership/group is registered. Each competitor may enter only one age group per competition year.
- The use of a sport-specific handstand apparatus is permitted. The apparatus must be presented to the Competition Director prior to the start of the competition, who, in consultation with the judges, will decide on its suitability.
- The maximum duration of the routine is 1 minute.
  The maximum number of elements is 10, each held for 3 seconds.
- During the routine, the competitor may step down to the floor twice (the final dismount counts as the third), while alternating between one-arm and two-arm support on the handstand apparatus.
- Judging is based on the correct technical execution of the elements.
- The difficulty value of elements is regulated by the valid FIG Code of Points 2017–2021.
- The table of handstands and various positions can be found on pages 12–13 of the FIG Difficulty Tables.
- Difficulty values for transitions are regulated by Table 4 on page 19 of the FIG Difficulty Tables.

<u>Requirements:</u>

- Entry requirement: a minimum of 3 safely performed elements in the Children category, and a minimum of 5 elements in higher age groups.
- For competitors competing in the four International Age Groups, only elements performed in a standing position with a value equal to or higher than the minimum required value shall be counted toward the difficulty score.
- According to the new regulations, the final valid score is determined by twice the technical score plus the difficulty value, minus time penalties.

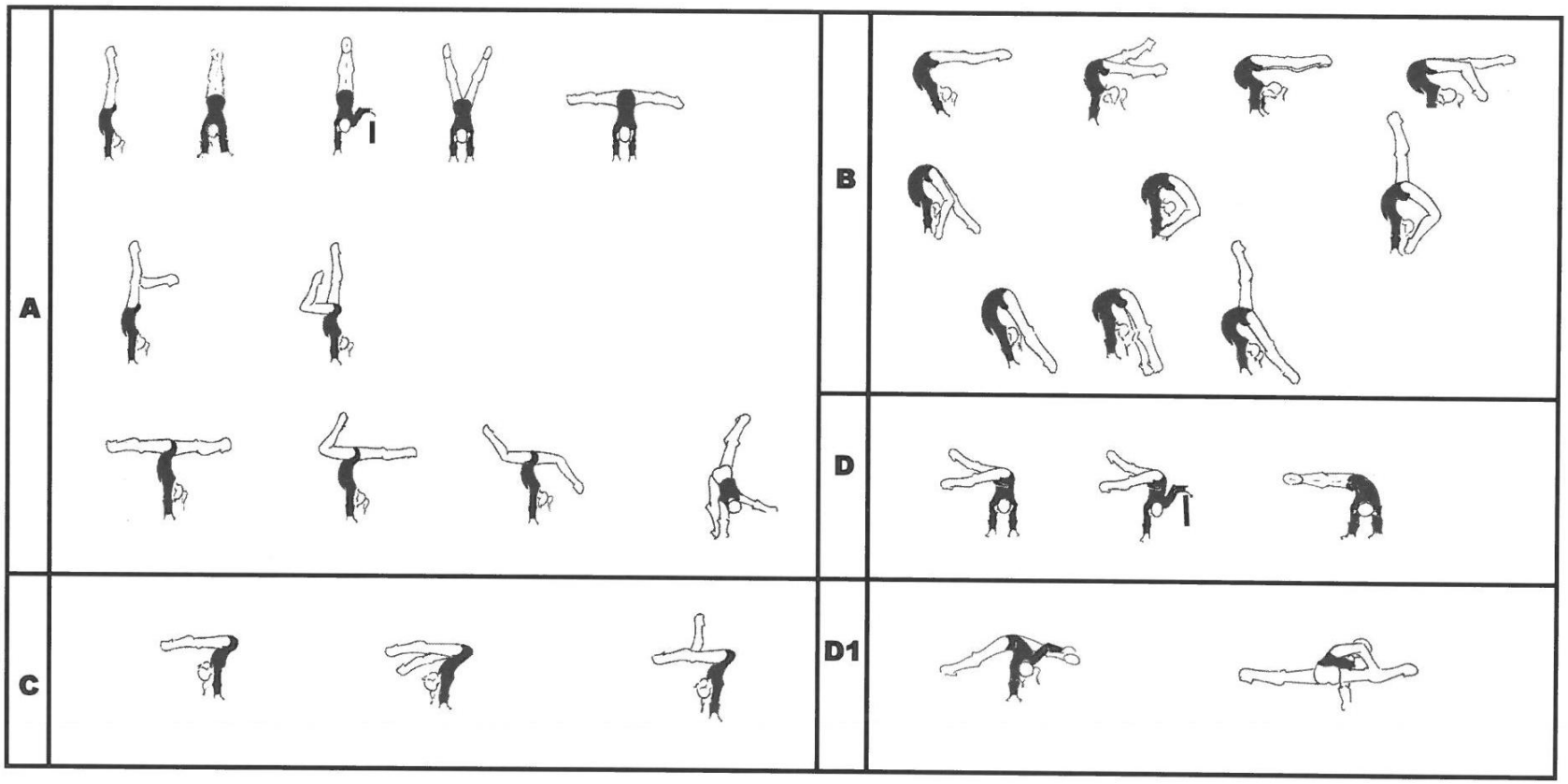
<u>Most common mistakes:</u>

- From the handstand and position table on pages 12–13 of the FIG Difficulty Tables, only one element per box may receive a difficulty value. The elbow balance and one-arm elbow balance are considered the same element. The two-arm handstand and the handstand supported on the floor and one support arm are also listed in the same box; therefore,

difficulty value may be awarded for only one of them. Both may not be included in the routine as separate 3-second holds.

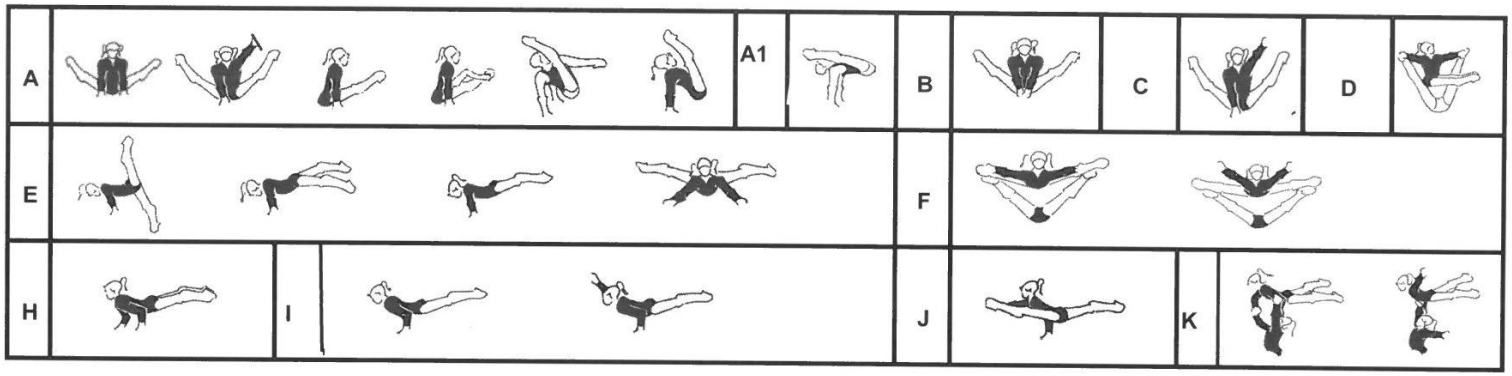
- The only exception to this rule is the high sitting hold.
- Difficulty value for transitions is awarded only if the final position is held for 3 seconds. Therefore, if after lowering from a handstand into a sitting hold the element continues immediately into an elbow balance, no difficulty value is awarded for the lowering transition.

CATEGORIES OF HANDSTANDS

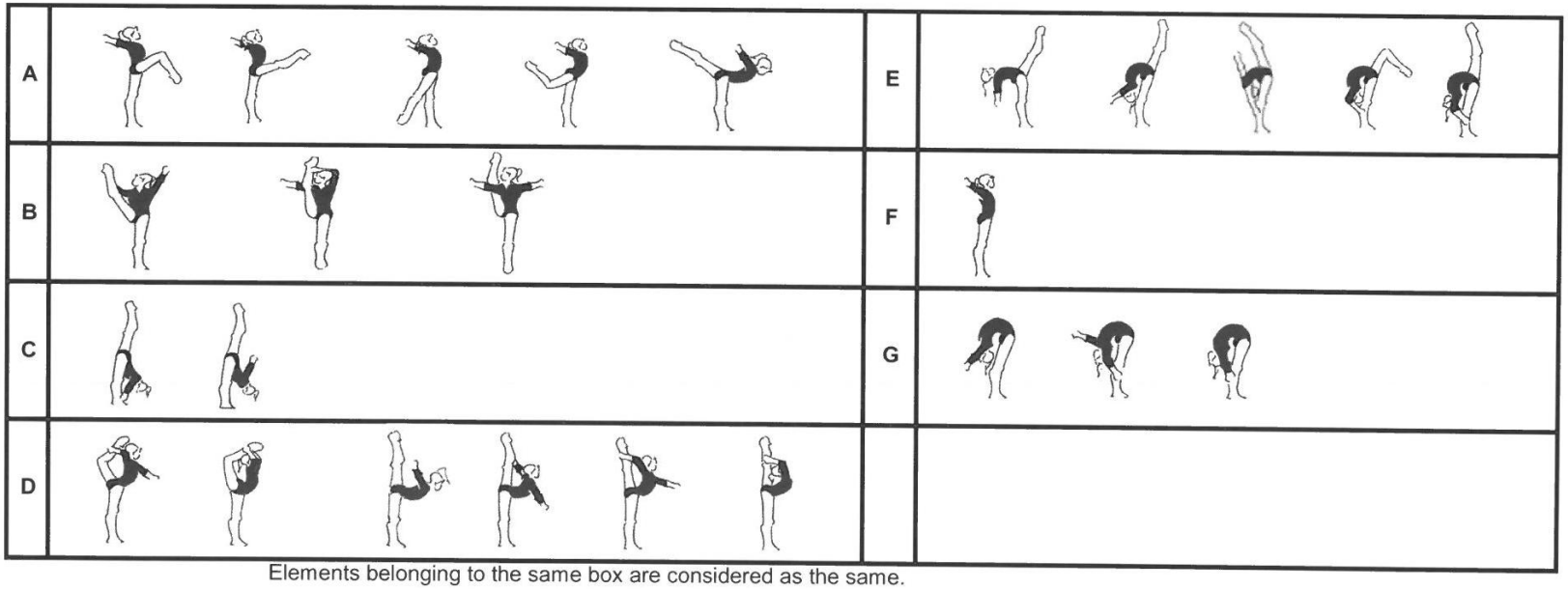


Handstands belonging to the same category are denoted by the letter that corresponds to the top letter of columns in the Tables of Difficulty-balance elements. Handstands belonging to the same category are considered as the same. The same system of categories must be applied to 1 arm handstands and 2 on 1 handstands.

CATEGORIES OF MISCELLANEOUS ELEMENTS



CATEGORIES OF FOOTSTANDS



Elements belonging to the same box are considered as the same.

Table of difficulty for motion between elements on Block according to FIG tables of difficulty page 19 table 4

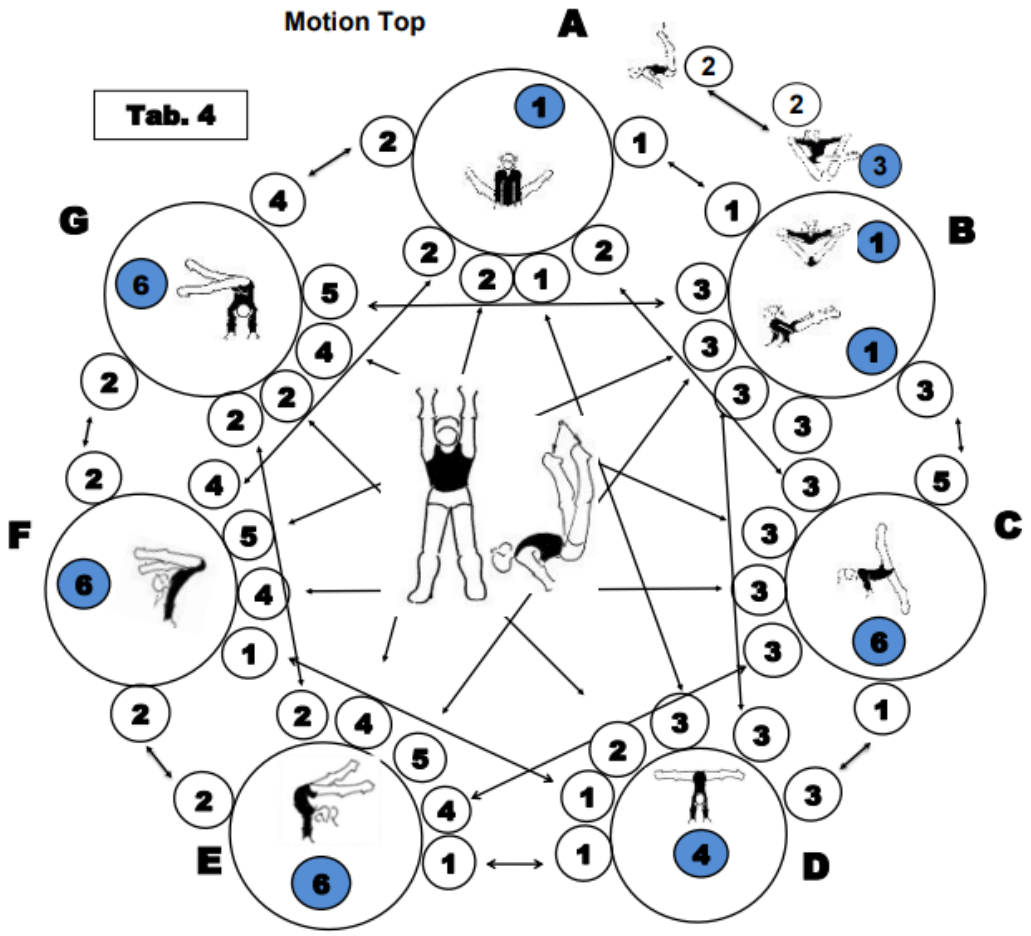


Table of Block difficulty elements

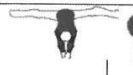
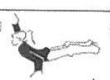
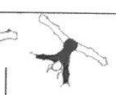
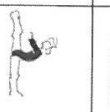
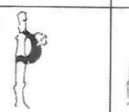
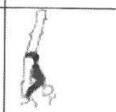
Two hand supported elements



												
1	2	1	4	6	8	10	6	6	7	6	8	
standing	back bend	Back bend leg hold with one arm		Back bend leg hold with both arms								
1	1	2		3								

One hand supported elements



															
2	2	6	7	9	10	7	4	4	6	8	10	12	10	10	
															
2	2	4	5	5	3	4	5	5	6	5	6	5	6	7	8