Acrobatic Freestyle Category (Floor gymnastics with blocks) – Individual and Pairs

Competition rules

Age groups and age requirements: According to he competition rules of the Victoria Cup, each gymnast must compete in their own category or in the category he/she would compete as a pair or trio. If the participant has never competed before as a pair or trio, his/her competition category should be selected by his/her age and gymnastics experience/ level.

All routines must be performed to music, what can be maximum 2 minutes long.

Scoring: The score of each routine consists of a technical (10) and an artistic (10) tariff, and difficulty value of the skills performed on blocks and on the floor, with the deductions for time faults.

All routines must include certain elements that are listed below and all elements must be drawn in consecutive order on the tariff sheet:

- **3 individual elements**: 1 flexibility (clearly displayed), 1 balance (2 sec), 1 agility

- **2 choreographic elements** from the element table (attached)

- and other **elements using the blocks** (3 sec) in line with the rules of each category. The blocks can be used differently (eg. moving them from one spot to another, picking them up or turning with them), as long as these moves fit the choreography of the routine. When using blocks, make sure to use a variety of elements, like levers, handstands and different standing positions.

List of skills using blocks:

Children category:

4 compulsory but freely chosen and different balance skills using blocks. One of them has to be a transition element.

Teens category:

5 compulsory but freely chosen balance skills using blocks. One of them has to be a transitional element and another one has to be a handstand.

Junior-Senior category:

5 compulsory but freely chosen balance skills using blocks. One of them must be a transitional element and another one has to be a handstand.

In other matters, the Victoria Cup Competition Rules 2026 shall apply.