SUNSHINE CUP UNIT CATEGORIES
Children – Teens – Junior-senior B

Six catergories in every age group:
W2/WP – women's pair
W3/WG – women´s group/trio
MX2/MXP – mixed pair
M2/MP – men´s pair
M4/MG – men´s group
W4 – women's quartett

CHILDREN:
Age: 7 – 15 years
One combined routine – maximum 2:30 min
Difficulty: 40 Value / 100 = 0,4 difficulty
Minimum 5, maximum 8 pair/group elements
The value of static pair/group elements is not allowed to be higher, than twice the value of the dynamic elements and the other way around!

Elements:
- Minimum 3 static elements (one element from cat.1, one element from cat.2, one element from cat.3) must be held for 3 sec.

Pairs can hold the shoulder stand (cat. 3 Nr. 121) with hand support.

- Minimum **2 dynamic elements**:
  - catch elements are NOT obligatory (see in tables dynamic elements letter G),
  - maximum 2 arrivals on the ground from partner and maximum 5 arrivals on the ground are possible,
  - maximum 3 equal starting positions are allowed.

- 3 Individual elements **(one flexibility element from cat.1, one balance element from cat.1, and one agility or tumbling from cat. 2)**

The flexibility element must be held for 1 sec., the balance element must be held for 2 sec.

TEENS:
Age: 10 – 19 years
One combined routine – maximum 2:30 min
Difficulty: 60 Value / 100 = 0,6 difficulty
Minimum 6, maximum 8 pair/group elements
The value of static pair/group elements is not allowed to be higher, than twice the value of the dynamic elements and the other way around!

Elements:
- Minimum 3 static elements (one element from cat.1, one element from cat.2, one element from cat.3) must be held for 3 sec.

- Minimum 3 dynamic elements:
  - minimum one catch elements is obligatory (see in tables dynamic elements letter G),
  - maximum 2 arrivals on the ground from partner and maximum 5 arrivals on the ground are possible,
  - maximum 3 equal starting positions are allowed.

- 3 Individual elements (one element cat.1, one element cat.2, the third one is free)

The flexibility element must be held for 1 sec., the balance element must be held for 2 sec.

JUNIOR-SENIOR B:
Age: 11 +
One combined routine – maximum 2:30 min
Difficulty: 100 Value / 100 = 1,0 difficulty
The value of static pair/group elements is not allowed to be higher, than twice the value of the dynamic elements and the other way around!

Elements:
The combined routine must be performed according to the FIG YOUTH rules:
- All of the Balance and Dynamic restrictions apply.
- There must be a minimum of 3 static holds and 3 dynamic elements from FIG TOD 2025-2028. Each element must have a minimum difficulty value of 1. If this SR is not fulfilled, there is a penalty of 1.0 for each missing element.
- There must be a minimum of 1 catch. If this SR is not fulfilled, there is a penalty of 1.0.
- Not more than 3 landings (dismounts PLUS dynamic elements) on the floor will be evaluated for difficulty.

- **BUT unsupported handstand is NOT obligatory**.
- 3 Individual elements must be performed.
- Pairs: If a series is a combination of Balance and Dynamic elements, 4 elements for difficulty can be performed in this series.

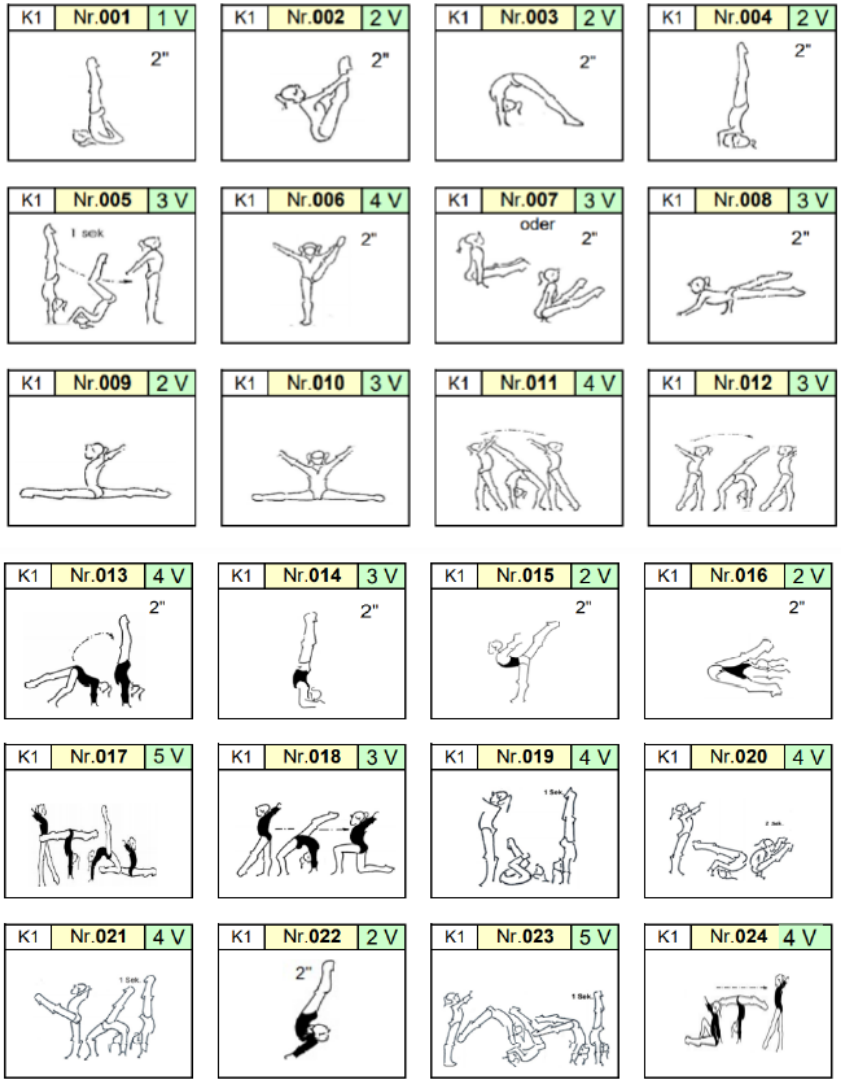
JUNIOR -SENIOR W4 – women's quartett

Age: 11 +

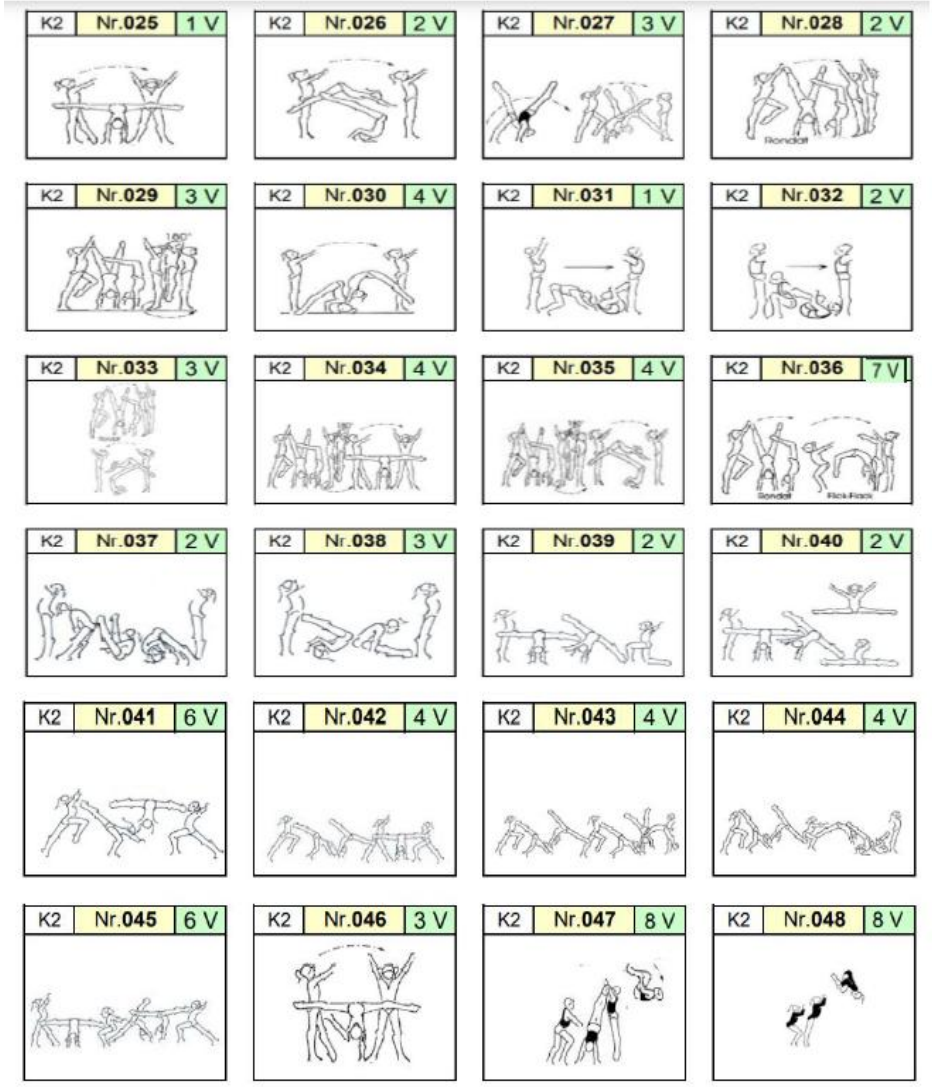
One combined routine must be performed according to TEENS' rules, but they are judget separatly.

INDIVIDUAL ELEMENTS

Category 1

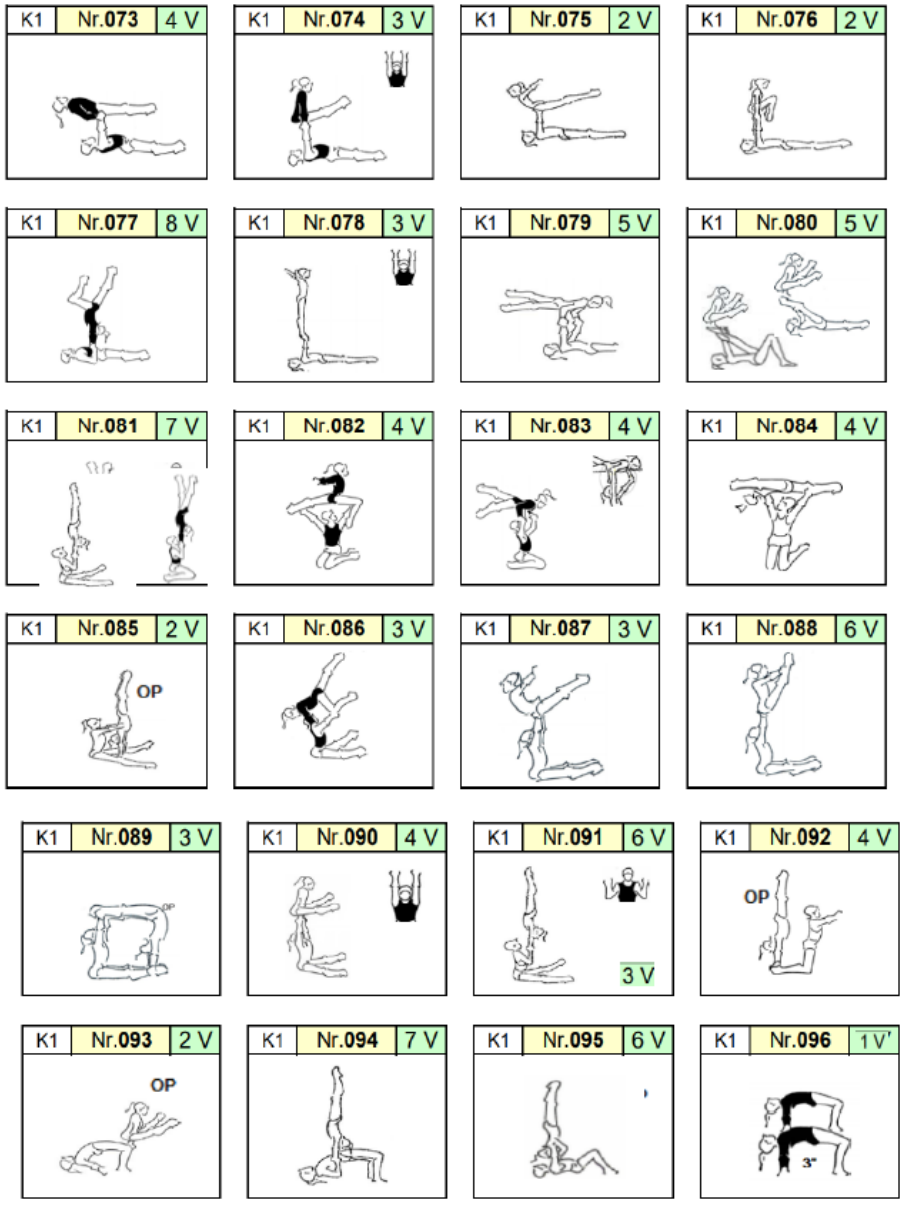


Category 2

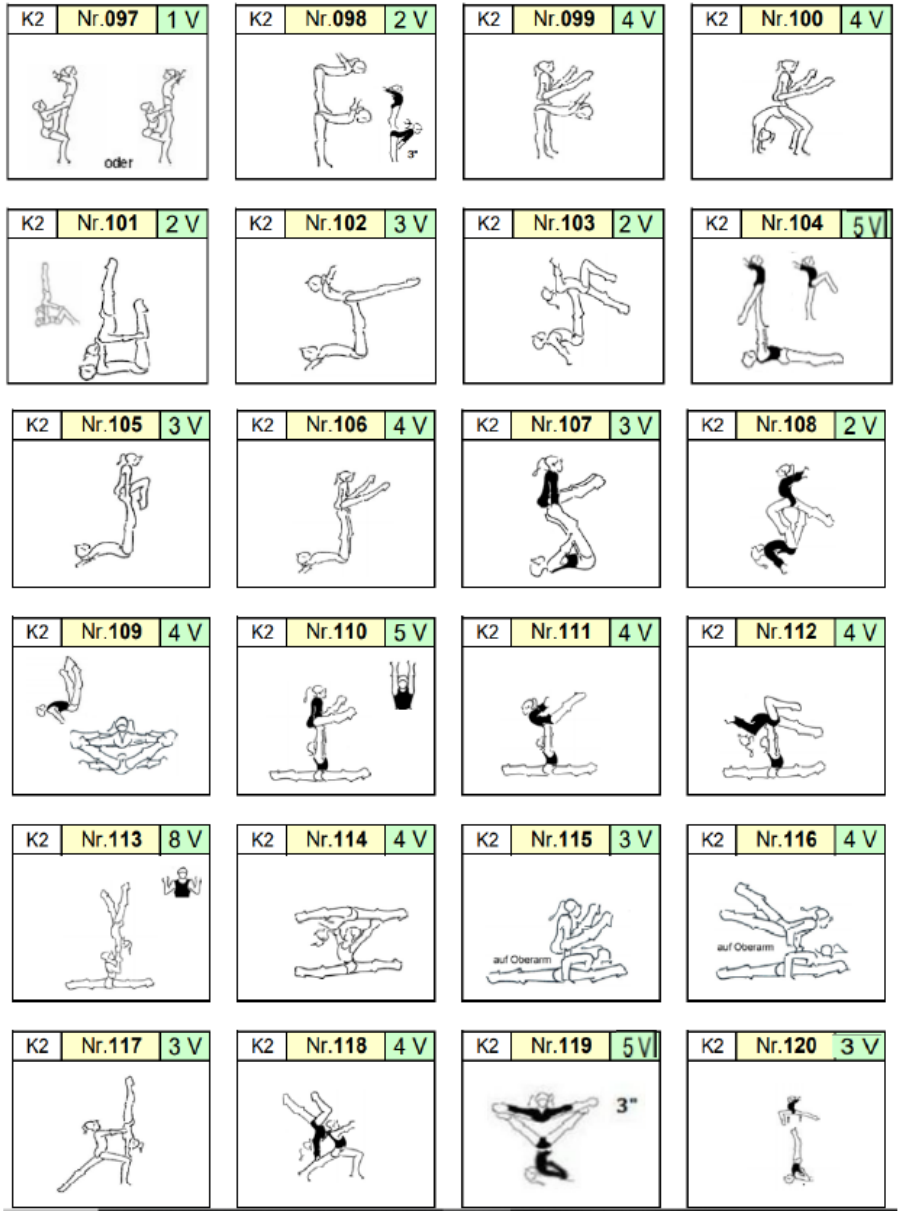


CHILDREN AND TEENS STATIC PAIR ELEMENTS

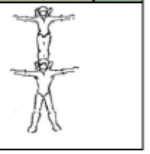
Category 1



Category 2



Category 3

K3	Nr.121	1 V
		

K3	Nr.122	5V
		

K3	Nr.123	3 V
		

K3	Nr.124	4V
		

K3	Nr.125	2 V
		

K3	Nr.126	3 V
		

K3	Nr.127	3V
		

K3	Nr.128	4V
		

K3	Nr.129	5 V
		

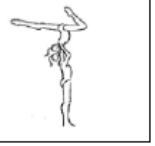
K3	Nr.130	3 V
		

K3	Nr.131	3 V
		

K3	Nr.132	4 V
		

K3	Nr.133	4 V
		

K3	Nr.134	6 V
		

K3	Nr.135	5 V
		

K3	Nr.136	5 V
		

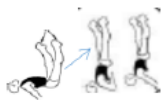
Transitions

	Nr.049	1 V
		

	Nr.050	1 V
		

	Nr.051	1 V
		

	Nr.052	1 V
		

	Nr.053	1 V
		

	Nr.054	1 V
		

	Nr.055	1 V
		

	Nr.056	

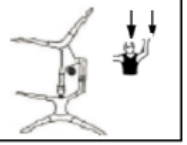
Only for M2 and MXP

K1	Nr.145	3 V
		

K1	Nr.146	4 V
		

K1	Nr. 147	5 V
		

K1	Nr.148	4 V
		

K1	Nr.149	8 V
		

K1	Nr.150	3 V
		

K1	Nr.151	5 V
		

K1	Nr.152	

K2	Nr.153	5 V
		

K2	Nr.154	8 V
		

K2	Nr.155	6 V
		

K2	Nr.156	6 V
		

K2	Nr.157	5 V
		

K2	Nr.158	2 V
		

K2	Nr.159	5 V
		

K2	Nr.160	

K3	Nr.161	5 V
		

K3	Nr.162	4 V
		

K3	Nr.163	5 V
		

K3	Nr.164	8 V

K3	Nr.165	6 V

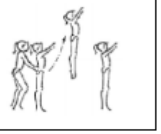
K3	Nr.166	

K3	Nr.167	

K3	Nr.168	

CHILDREN AND TEENS DYNAMIC PAIR ELEMENTS

D	Nr.169	1 V



G	Nr.170	2 V



G	Nr.171	3 V



D	Nr.172	5 V



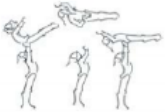
G	Nr.193	3 V



G	Nr.194	5 V



G	Nr.195	4 V



G	Nr.196	6 V



D	Nr.173	3 V



A	Nr.174	1 V



D	Nr.175	2 V



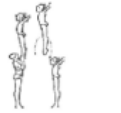
D	Nr.176	3 V



A	Nr.197	2 V



A	Nr.198	2 V



A	Nr.199	2 V



A	Nr.200	3 V



G	Nr.177	2 V



G	Nr.178	5 V



G	Nr.179	6 V



G	Nr.180	7 V



A	Nr.201	4 V



A	Nr.202	3 V



A	Nr.203	4 V



A	Nr.204	6 V



D	Nr.181	6 V



D	Nr.182	7 V



D	Nr.183	4 V



D	Nr.184	5 V



A	Nr.205	5 V



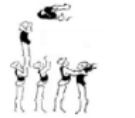
A	Nr.206	6 V



A	Nr.207	5 V



A	Nr.208	6 V



D	Nr.185	2 V



D	Nr.186	4 V



G	Nr.187	2 V



G	Nr.188	3 V



A	Nr.209	7 V



G	Nr.210	4 V



D	Nr.211	7 V



A	Nr.212	3 V



G	Nr.189	3 V

G	Nr.190	5 V

G	Nr.191	4 V

G	Nr.192	5 V

D	Nr.213	2 V

	Nr.214	3 V

	Nr.215	4 V

	Nr.216	4 V

CHILDREN AND TEENS DYNAMIC PAIR ELEMENTS

Only for M2 and MXP

D	Nr.217	2 V



D	Nr.218	3 V



G	Nr.219	5 V



A	Nr.220	4 V



A	Nr.221	6 V



	Nr.222	7 V



G	Nr.223	4 V



D	Nr.224	



A	Nr.225	2 V



D	Nr.226	4 V



D	Nr.227	3 V



A	Nr.228	2 V



D	Nr.229	4 V



	Nr.230	2 V

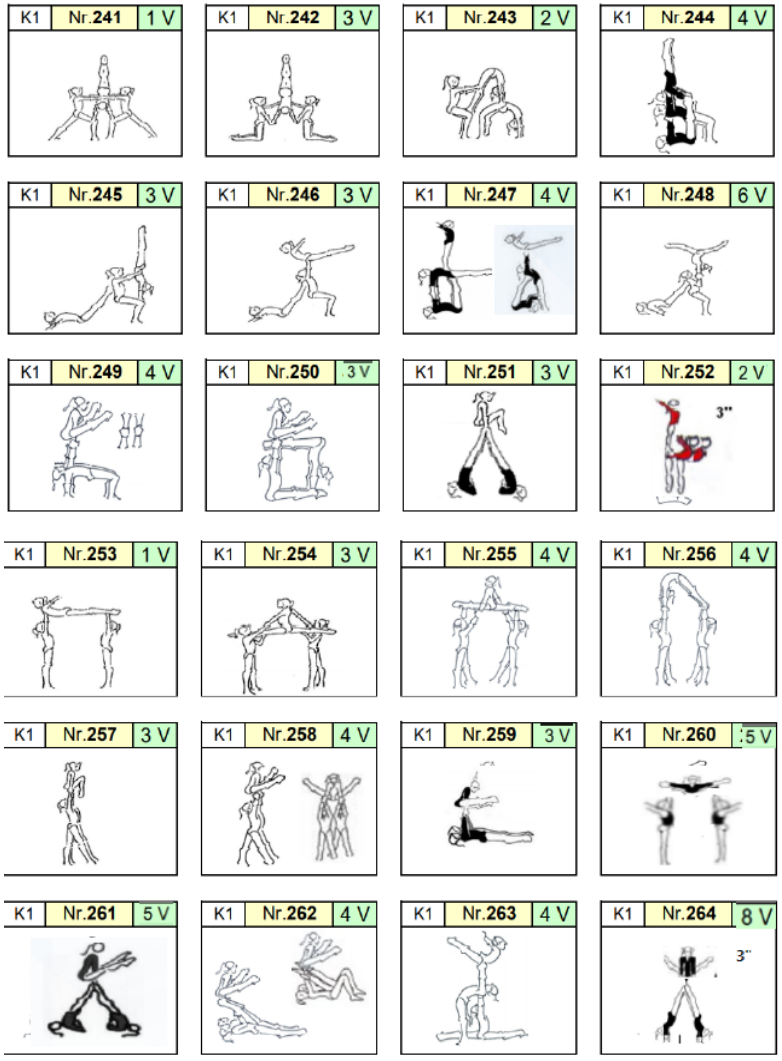


	Nr.231	

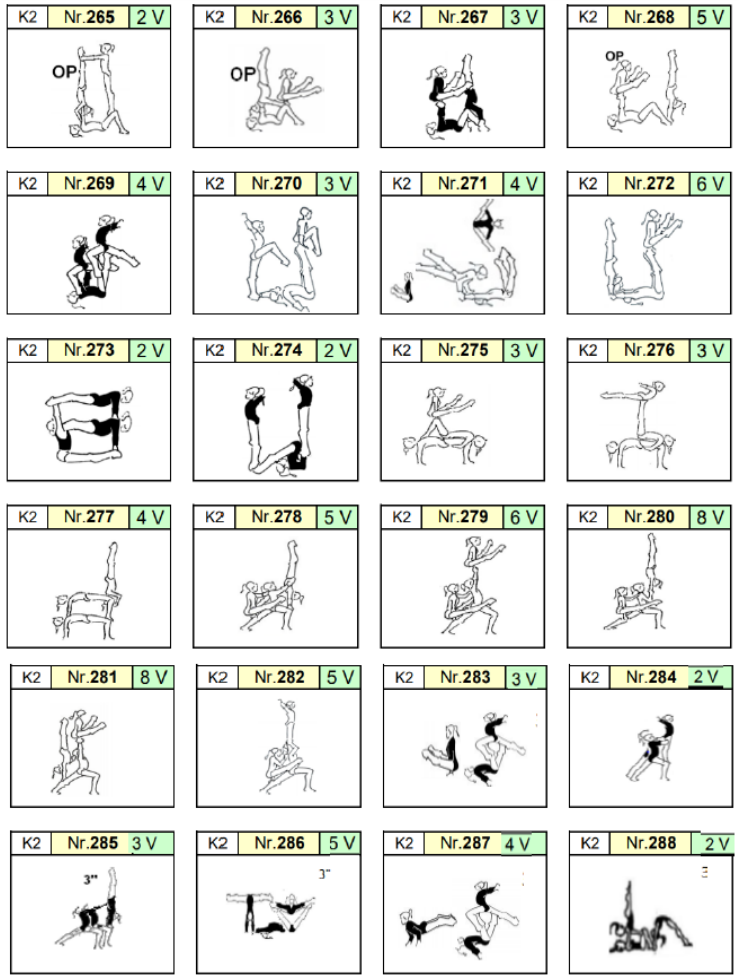
	Nr.232	

CHILDREN AND TEENS STATIC TRIO ELEMENTS

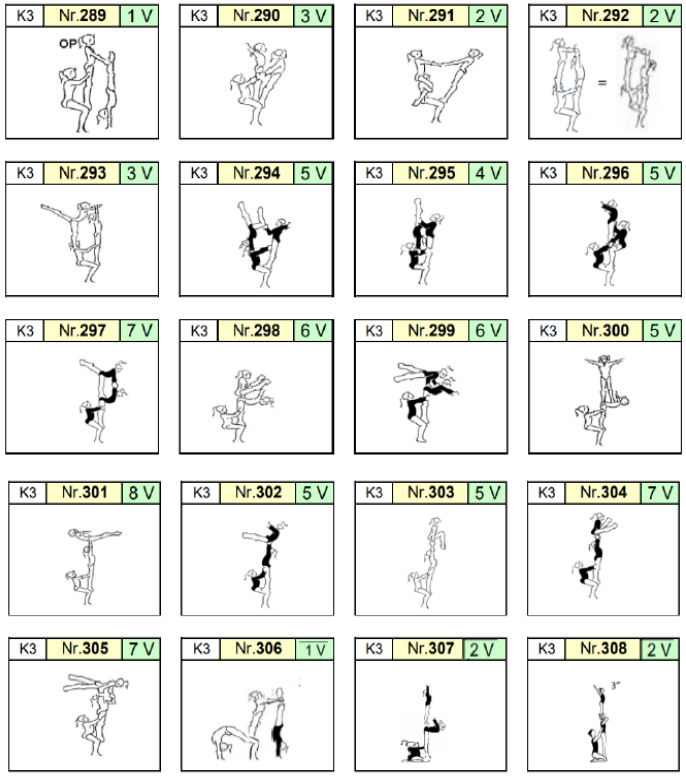
Category 1



Category 2



Category 3



CHILDREN AND TEENS DYNAMIC TRIO ELEMENTS

G | Nr.337 | 1 V



G | Nr.338 | 2 V



D | Nr.339 | 2 V



G | Nr.340 | 2 V



A | Nr.361 | 4 V



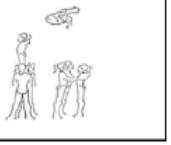
A | Nr.362 | 5 V



A | Nr.363 | 4 V



A | Nr.364 | 5 V



G | Nr.385 | 3 V



D | Nr.386 | 2 V



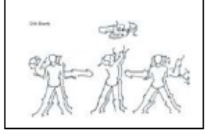
G | Nr.341 | 3 V



G | Nr.342 | 3 V



G | Nr.343 | 3 V



A | Nr.344 | 2 V



A | Nr.365 | 6 V



G | Nr.366 | 6 V



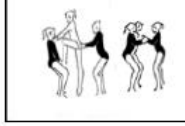
G | Nr.367 | 3 V



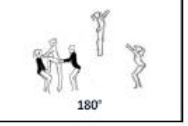
A | Nr.368 | 2 V



A | Nr.389 | 2 V



A | Nr.390 | 3 V



A | Nr.345 | 2 V



G | Nr.346 | 3 V



A | Nr.347 | 2 V



A | Nr.348 | 3 V



G | Nr.369 | 5 V



A | Nr.370 | 5 V



A | Nr.371 | 6 V



A | Nr.372 | 7 V



G | Nr.387 | 2 V



G | Nr.388 | 3 V



A | Nr.349 | 3 V



G | Nr.350 | 4 V



G | Nr.351 | 4 V



A | Nr.352 | 2 V



G | Nr.373 | 6 V



G | Nr.374 | 1 V



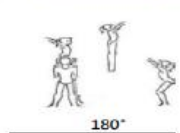
G | Nr.375 | 2 V



G | Nr.376 | 3 V



Nr.391 | 3 V



Nr.392 | 6 V



G | Nr.353 | 2 V

G | Nr.354 | 2 V

G | Nr.355 | 3 V

G | Nr.356 | 4 V

D | Nr.377 | 4 V

G | Nr.378 | 6 V

D | Nr.379 | 5 V

G | Nr.380 | 4 V

Nr.393 | 1 V

G | Nr.357 | 4 V

G | Nr.358 | 4 V

G | Nr.359 | 5 V

G | Nr.360 | 4 V

A | Nr.381 | 4 V

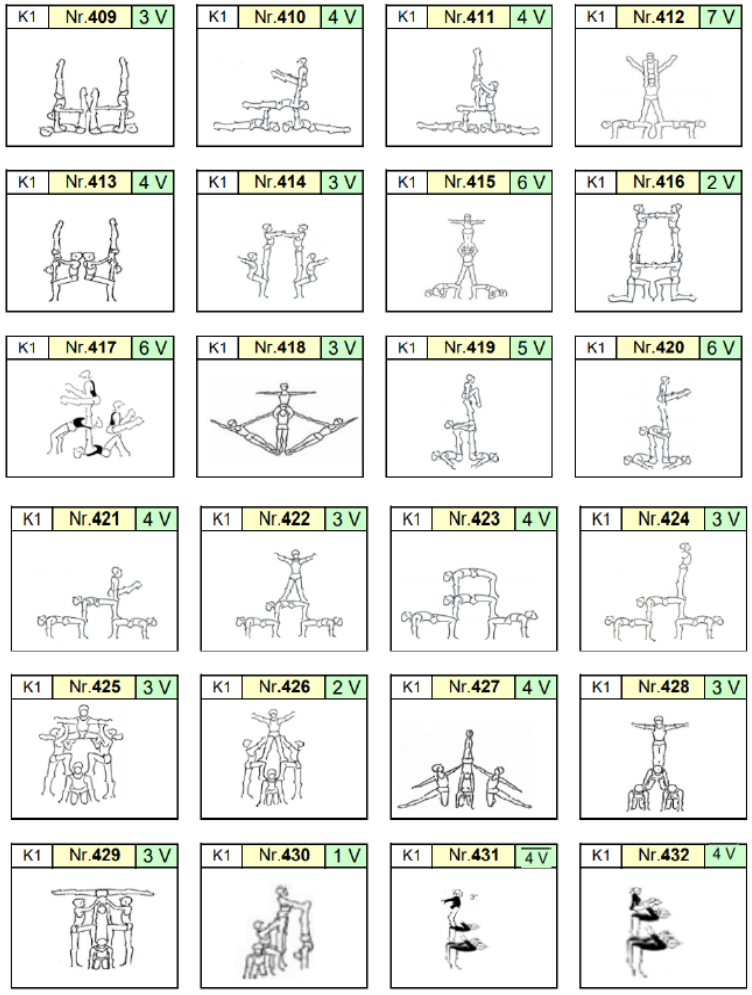
G | Nr.382 | 4 V

D | Nr.383 | 5 V

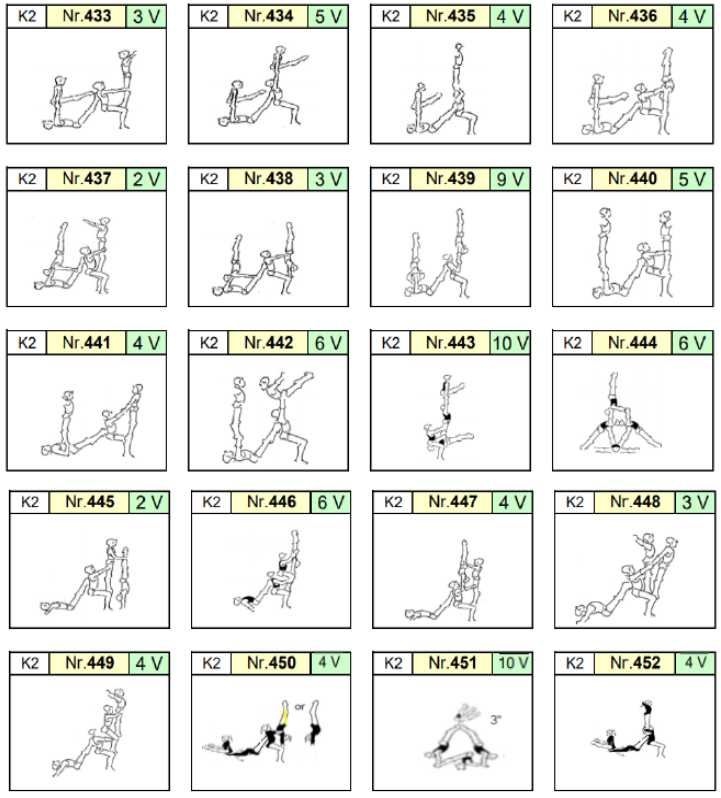
D | Nr.384 | 6 V

CHILDREN AND TEENS STATIC QUARTETT ELEMENTS

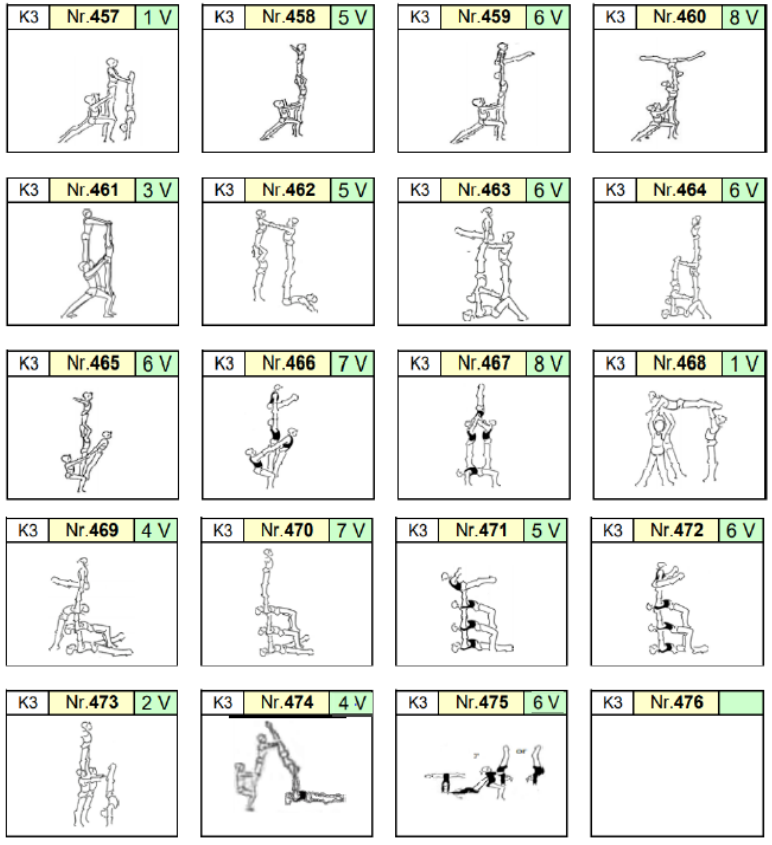
Category 1



Category 2



Category 3



CHILDREN AND TEENS DYNAMIC QUARTETT ELEMENTS

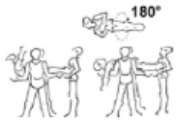
G	Nr.481	4 V
		

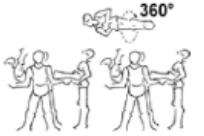
G	Nr.482	2 V
		

G	Nr.483	3 V
		

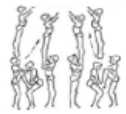
G	Nr.484	7 V
		

G	Nr.505	1 V
		

G	Nr.506	2 V
		

G	Nr.507	3 V
		

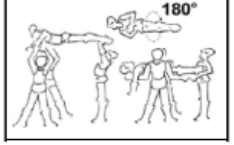
G	Nr.508	1 V
		

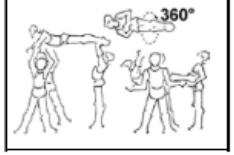
G	Nr.485	5 V
		

G	Nr.486	3 V
		

G	Nr.487	3 V
		

G	Nr.488	4 V
		

G	Nr.509	2 V
		

G	Nr.510	3 V
		

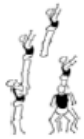
G	Nr.511	2 V
		

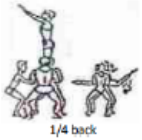
A	Nr.512	7 V
		

G	Nr.489	3 V
		

G	Nr.490	6 V
		

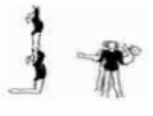
G	Nr.491	7 V
		

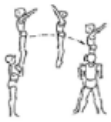
G	Nr.492	5 V
		

	Nr.513	3 V
		

	Nr.514	3 V
		

	Nr.515	2 V
		

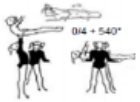
	Nr.516	2 V
		

G	Nr.493	7 V
		

G	Nr.494	6 V
		

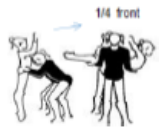
A	Nr.495	3 V
		

G	Nr.496	8 V
		

	Nr.517	4 V
		

	Nr.518	8 V
		

	Nr.519	8 V
		

	Nr.520	3 V
		

A	Nr.497	2 V
		

A	Nr.498	2 V
		

G	Nr.499	4 V
		

A	Nr.500	4 V
		

	Nr.521	2 V
		

	Nr.522	

	Nr.523	

	Nr.524	

A	Nr.501	5 V
		

A	Nr.502	6 V
		

D	Nr.503	4 V
		

D	Nr.504	2 V