

12th Queens Cup Hong Kong International Rhythmic Gymnastics Championships 2024

Age Group	Item	Cat A - Requirement (Training 6 hours or above per week)	Cat B - Requirement (Training 4-5 hours per week)	Cat C - Requirement (Training 3 hours or below per week)
<p>- Award will be given by Age Group & Category (A, B, C) - Age Group with over 9 gymnasts will split according to birth year</p> <p>1. In Freehand, a series of pre acrobatic movements count as DER: 0.1 for 2 movements, 0.2 for 3 or more movements, 0.3 for 3 or more movements with change level OR axis 0.4 for 3 or more movements with change level AND axis</p> <p>2. Dance steps in Baby - Child Age 10-12 category - 0.3/each, qty according to below detail criteria. 3. Body Wave in Baby - Child Age 10-12 category - 0.3/each, qty according to below detail criteria. 4. Pre DER movement value is max 0.2 (1 rotation in air +0.1 + throw & catch may increase extra 0.1; 2 rotation will still count as 0.1) 5. Difficulty & Execution according to 2022 - 2024 International Code of Point. All difficulties are free to choose. 6. Max point of each difficulty according to each category.</p>				
Baby Age 3-4 Year 2020 or younger	1). <input type="checkbox"/> 2). By Choice	NA	NA	3 DB (0.1 - 0.2 per each) Min 1 Jump, 1 Turn, 1 Balance 1 Dance Step 1 Full Body Wave Max 2 DA Max 1 Pre acrobatic movement (count as 0.1 in DB) No DER No large throw is required Music length: 1'00 - 1'30 Combine DB NOT allowed
Mini Age 5-6 Year 2019 - 2018	1). <input type="checkbox"/> 2). By Choice	6 DB (0.1 - 0.4 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 2 Full Body Wave Max 8 DA FH Max 2 DER Max 1 Pre DER movement + 0.2 (1 rotation in air +0.1 + throw & catch extra score) Music length: 1'15 - 1'30 Combine DB NOT allowed	4 DB (0.1 - 0.3 per each) Min 1 Jump, 1 Turn, 1 Balance 1 Dance Step 1 Full Body Wave Max 4 DA Max 2 Pre acrobatic movements (count as 0.1 each in DB) No large throw is required Music length: 1'00 - 1'30 Combine DB NOT allowed	3 DB (0.1 - 0.2 per each) Min 1 Jump, 1 Turn, 1 Balance 1 Dance Step 1 Full Body Wave Max 2 DA Max 1 Pre acrobatic movement (count as 0.1 in DB) No DER No large throw is required Music length: 1'00 - 1'30 Combine DB NOT allowed
Child Age 7-8 Year 2017 - 2016	1). <input type="checkbox"/> 2). By Choice	7 DB (0.1 - 0.5 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 2 Full Body Wave Max 10 DA FH Max 3 DER Max 1 Pre DER movement + 0.2 (1 rotation in air +0.1 + throw & catch extra score) Music length: 1'15 - 1'30 Combine DB NOT allowed	6 DB (0.1 - 0.4 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 2 Full Body Wave Max 8 DA FH Max 2 DER Max 1 Pre DER movement + 0.2 (1 rotation in air +0.1 + throw & catch extra score) Music length: 1'15 - 1'30 Combine DB NOT allowed	4 DB (0.1 - 0.3 per each) Min 1 Jump, 1 Turn, 1 Balance 1 Dance Step 1 Full Body Wave Max 5 DA FH Max 2 DER, Apparatus No DER No large throw is required Music length: 1'00 - 1'30 Combine DB NOT allowed
Child Age 9-10 Year 2015 - 2014	1). <input type="checkbox"/> 2). By Choice 3). By Choice	7 DB (0.1 - 0.6 per each), combine DB allowed Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 3 Full Body Wave Max 15 DA Max 3 DER Music length: 1'15 - 1'30	7 DB (0.1 - 0.5 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 3 Full Body Wave Max 12 DA Max 2 DER Music length: 1'15 - 1'30 Combine DB NOT allowed	6 DB (0.1 - 0.4 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 2 Full Body Wave Max 8 DA FH Max 2 DER Max 1 Pre DER movement + 0.2 (1 rotation in air +0.1 + throw & catch extra score) Music length: 1'15 - 1'30 Combine DB NOT allowed
Child Age 11-12 Year 2013 - 2012	1). <input type="checkbox"/> 2). By Choice 3). By Choice	7 DB (0.1 - 0.6 per each), combine DB allowed Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 3 Full Body Wave Max 15 DA Max 3 DER Music length: 1'15 - 1'30	7 DB (0.1 - 0.5 per each), combine DB allowed Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 3 Full Body Wave Max 12 DA Max 2 DER Music length: 1'15 - 1'30	6 DB (0.1 - 0.4 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Dance Steps 2 Full Body Wave Max 8 DA FH Max 2 DER Max 1 Pre DER movement + 0.2 (1 rotation in air +0.1 + throw & catch extra score) Music length: 1'15 - 1'30 Combine DB NOT allowed
Junior Year 2011 - 2009	By Choice X 3 Cat B accept 1st Choice <input type="checkbox"/>	According to FIG 2022 - 2024 code of point Junior Regulation Music length: 1'15 - 1'30	According to FIG 2022 - 2024 code of point Junior Regulation but Max 12 DA Max 2 DER Music length: 1'15 - 1'30	NA
Senior Year 2008 >	By Choice X 4 Cat B accept 1st Choice <input type="checkbox"/>	According to FIG 2022 - 2024 code of point Regulation Music length: 1'15 - 1'30	According to FIG 2022 - 2024 code of point Regulation but Max 15 DA Max 2 DER Music length: 1'15 - 1'30	NA