


12th Queens Cup Hong Kong International Rhythmic Gymnastics Championships 2024

Age Group	Item	Technical Requirement
<p>- Award will be given by Age - Difficulty & Execution according to 2022 - 2024 International Code of Point. All difficulties are free to choose. - Max point of each difficulty according to each category.</p> <p>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/axis, 0.4 for 3 or more movements with change level AND axis.</p>		
Mini-Semi Group (2-5 ppl) Year 2021-2018		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 large throw or Exchange Difficulty is required Music length: 1''00 - 1''30
Pre Junior Semi Group (2-5 ppl) Year 2017-2012	Hoop	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 or Exchange Difficulty is required Music length: 1''30 - 2''00
Junior Group 2011 - 2009	5 Balls / 5 Ropes	According to FIG 2022 - 2024 code of point Junior Regulation but Max 2 R - Music length: 2''15 - 2''30
Senior Group 2008 >	5 Hoops / 2 Balls + 3 Ribbon	According to FIG 2022 - 2024 code of point Regulation but Music length: 2''15 - 2''30