

13th Hong Kong Cup Hong Kong International Rhythmic Gymnastics Championships 2025

Age Group	Item	Cat A - Requirement (Professional Teams Level & FIG Level)	Cat B - Requirement (Club competition level: Recommended Training 4-7 hours per week Do not accept National Team, Province/ Region Team or Elite Team)	Cat C - Requirement (Club Pre-competition level: Recommended Training 3 hours or below per week Do not accept National Team, Province/ Region Team or Elite Team)
1. Award will be given by Age Group & Category (A, B, C) 2. Age Group with over 9 gymnasts will split according to birth year 3. Regulation are according to 2025 - 2028 International Code of Point. All difficulties are free to choose 4. Max point of each difficulty according to each category. 5. In Freehand, a series of pre acrobatic movements count as R: 0.2 for 2 movements, 0.3 for 3 or more movements 6. Body Wave in Baby - Child - 0.2/each, qty according to below detail criteria. 7. Cat B & C: All Risk can change to R1 , only complete 1 full rotation/ pre-acrobatic movement after throw count as 0.1 + criteria				
Baby Age 3-4 Year 2021 or younger	1). <input type="checkbox"/> 2). By Choice	NA	NA	4 DB (0.1 - Max 0.5 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Full Body Wave Max 6 DA Max 2 R Music length: 1'00 - 1'30
Mini Age 5-6 Year 2020 - 2019	1). <input type="checkbox"/> 2). By Choice	5 DB (0.1 - Max 0.6 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Full Body Wave Max 10 DA Max 2 R Music length: 1'15 - 1'30	5 DB (0.1 - Max 0.6 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Full Body Wave Max 8 DA Max 2 R Music length: 1'00 - 1'30	4 DB (0.1 - Max 0.5 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Full Body Wave Max 6 DA Max 2 R Music length: 1'00 - 1'30
Child Age 7-8 Year 2018 - 2017	1). <input type="checkbox"/> 2). By Choice	6 DB (highest 6 count) Max 12 DA (in chronological order) Max 3 R Music length: 1'15 - 1'30	5 DB (0.1 - Max 0.6 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Full Body Wave Max 10 DA Max 2 R Music length: 1'15 - 1'30	5 DB (0.1 - Max 0.6 per each) Min 1 Jump, 1 Turn, 1 Balance 2 Full Body Wave Max 8 DA Max 2 R Music length: 1'00 - 1'30
Child Age 9-10 Year 2016 - 2015	1). <input type="checkbox"/> 2). By Choice 3). By Choice Cat A accept 1st Routine by Choice	6 DB (highest 6 count) Max 12 DA (in chronological order) Max 3 R Music length: 1'15 - 1'30	6 DB (0.1 - Max 0.6 per each) Max 12 DA (in chronological order) 2 Full Body Wave Max 3 R Music length: 1'15 - 1'30	6 DB (0.1 - Max 0.6 per each) Max 12 DA (in chronological order) 2 Full Body Wave Max 2 R Music length: 1'15 - 1'30
Child Age 11-12 Year 2014 - 2013	1). <input type="checkbox"/> 2). By Choice 3). By Choice Cat A accept 1st Routine by Choice	6 DB (highest 6 count) Max 12 DA (in chronological order) Max 3 R Music length: 1'15 - 1'30	6 DB (0.1 - Max 0.6 per each) Max 12 DA (in chronological order) 2 Full Body Wave Max 3 R Music length: 1'15 - 1'30	6 DB (0.1 - Max 0.6 per each) Max 12 DA (in chronological order) 2 Full Body Wave Max 2 R Music length: 1'15 - 1'30
Junior Year 2012 - 2010	By Choice X 3 Cat B accept 1st Choice <input type="checkbox"/>	6 DB (highest 6 count) Max 12 DA (in chronological order) Max 3 R Music length: 1'15 - 1'30	6 DB (highest 6 count) Max 12 DA (in chronological order) Max 3 R Music length: 1'15 - 1'30	NA
Senior Year 2009 >	By Choice X 4 Cat B accept 1st Choice <input type="checkbox"/>	8 DB (highest 8 count) Max 15 DA (in chronological order) Max 4 R Music length: 1'15 - 1'30	8 DB (highest 8 count) Max 15 DA (in chronological order) Max 4 R Music length: 1'15 - 1'30	NA