


13th Hong Kong Cup Hong Kong International Rhythmic Gymnastics Champio

Age Group	Item	Technical Requirement
- Award will be given by Category. - Difficulty & Execution according to 2025 - 2028 International Code of Point. All difficulties are free to choose. - Max point of each difficulty according to each category. In freehand a series of pre acrobatic movements count as R. 0.2 for 2 movements, 0.3 for 3 or more movements.		
Mini-Semi Group (2-5 ppl) Year 2022-2019		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 2018-2013	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 2012 - 2010	5 pair of Clubs / 5 Hoops	According to FIG 2025 - 2028 code of point Junior Regulation but M Music length: 2'15 - 2'30
Senior Group 2009 >	5 Hoops / 2 Balls + 3 Ribbon	According to FIG 2025 - 2028 code of point Regulation but Music length: 2'15 - 2'30

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