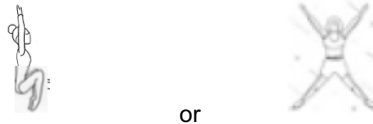


## TV – short program (categories Children 8-10 and 10-12)

*valid since 1 January 2026 until 31 December 2028*

1. One **A-BM series** consisting of at least two (2) body movements, including **twisting** (0.3 points)
2. One **B-BM series** consisting of at least three (3) body movements, including **release** (0.4 points)
3. One **C-BM series** consisting of at least four (4) body movements, including **lean/lunge** (0.5 points)
4. **Isolated jump: Tuck jump or X-jump** (take-off from *assemblé* or *plié*) (0.2 points)



5. **Leap series: Stag leap** (take-off from left leg, right leg raised front) + **Scissors leap with straight knees** (take-off from left leg, min. 90° amplitude between legs). 2 supports between the leaps. (0.3 points)



6. **Isolated balance: Pivot min. 360°** (free of choice) (0.2 points)

7. **Balance series: Balance with right leg raised side** min. 135° amplitude with hand support + **Balance with left leg raised front** min. 90° amplitude with/without hand/s support (0.3 points)

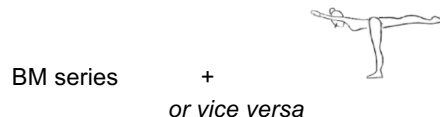


8. **Series of steps, skips and hops:** consists of at least 6 steps including traveling + combined with another movement group (0.3 points)

- For travelling, all gymnasts must move clearly, at least 1.5 m. Travelling means changing location within the competition area.

9. **Acrobatic element: Cartwheel** (any type, max. two variations of cartwheel allowed) (0.2 points)

10. **Combined series: BM series + balance or vice versa: BM series consisting of at least two (2) body movements + Balance with right leg raised back** min. 90° amplitude without hand/s support, body in horizontal position, or vice versa (0.5 points)



11. Two **Flexibility movements in front line (right & left):** min. 180° amplitude, can be included inside of any other required elements (0.1 points / each)

12. **Total side body wave:** can be included inside of any BMS (0.3 points)

13. **Total forward body swing:** can be included inside of any BMS (0.3 points)

**Required waves and swings** may be included in BMS or Combined Series.

**2/3 of the team must execute the required element acceptably to be counted in the TV.**

## TV – short program (categories Children 8-10 and 10-12)

valid since 1 January 2026 until 31 December 2028

|    | Required element                                                                                                                                                                                                                                                                          | Value      | Points |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------|
| 1  | A-BMS (at least 2 BMs, including <u>twisting</u> )                                                                                                                                                                                                                                        | 0.3        |        |
| 2  | B-BMS (at least 3 BMs, including <u>release</u> )                                                                                                                                                                                                                                         | 0.4        |        |
| 3  | C-BMS (at least 4 BMs, including <u>lean/lunge</u> )                                                                                                                                                                                                                                      | 0.5        |        |
| 4  | Isolated jump:  Tuck jump  or X-jump  | 0.2        |        |
| 5  | Leap series:  (RL raised front) +  (take-off from LL)                                                                  | 0.3        |        |
| 6  | Isolated balance:  Pivot min. 360° (free of choice)                                                                                                                                                      | 0.2        |        |
| 7  | Balance series: TT  (RL side with hand support) +  (LL front with/without support)                                    | 0.3        |        |
| 8  | Series of steps, skips and hops including <u>traveling</u> + combined with another movement group                                                                                                                                                                                         | 0.3        |        |
| 9  | Acrobatic element: Cartwheel (any type)                                                                                                                                                                                                                                                   | 0.2        |        |
| 10 | Combined series: BMS + T or T + BMS<br>BMS (at least 2 BMs) + balance <b>or vice versa</b>  (RL raised back)                                                                                           | 0.5        |        |
| 11 | Flexibility movements (180°): left and right                                                                                                                                                                                                                                              | 0.1<br>0.1 |        |
| 12 | Total Body Wave  (side)                                                                                                                                                                                | 0.3        |        |
| 13 | Total Body Swing  (forward)                                                                                                                                                                            | 0.3        |        |
|    | <b>TOTAL MAX.</b>                                                                                                                                                                                                                                                                         | <b>4.0</b> |        |

**Required wave and swing** may be included in BMS or Combined Series.

**2/3 of the team must execute the required element acceptably to be counted in the TV.**

## TV – short program (categories Children 12-14)

valid since 1 January 2026 until 31 December 2028

1. One **A-BM series** consisting of at least two (2) body movements, including **contraction** (0.3 points)
2. One **B-BM series** consisting of at least three (3) body movements, including **twisting** (0.4 points)
3. One **C-BM series** consisting of at least four (4) body movements, including **release and changing of the levels** (0.5 points)
  - For change of levels, all gymnasts must show at least one body movement in standing level and one body movement in floor level during the series.

4. **Isolated jump: Stag jump** (take-off from assemblé or plié, left leg raised front) (0.2 points)



5. **Leap series: Split leap** min. 135° amplitude (take-off from left leg, right leg raised front) + **Cossack leap** (take-off from right leg, left leg raised front). 1 or 3 supports between the leaps. (0.3 points)



6. **Isolated balance: Pivot** min. 360° (free of choice) (0.2 points)

7. **Balance series: Balance with left leg raised side** min. 135° amplitude with/without hand/s support, raised leg is bent + **Balance with right leg raised front** min. 90° amplitude without hand support, with bending forward, supporting leg bent (0.3 points)

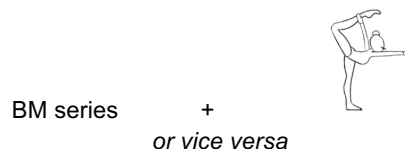


8. **Series of steps, skips and hops**: consists of at least 6 steps including **traveling** + combined with **change of the rhythm** (0.3 points)

- For travelling, all gymnasts must move clearly, at least 1.5 m. Travelling means changing location within the competition area.

9. **Acrobatic element: Cartwheel** (any type, max. two variations of cartwheel allowed) (0.2 points)

10. **Combined series: BM series + balance or vice versa: BM series consisting of at least two (2) body movements + Balance with right leg raised back** min. 135° amplitude with left hand support, raised leg is bent, or vice versa (0.5 points)



11. Two **Flexibility movements in front line (right & left)**: min. 180° amplitude, can be included inside of any other required elements (0.1 points / each)

12. **Total forward body wave**: can be included inside of any BMS (0.3 points)

13. **Total side body swing**: can be included inside of any BMS (0.3 points)

**Required waves and swings** may be included in BMS or Combined Series.

**2/3 of the team must execute the required element acceptably to be counted in the TV.**

## TV – short program (categories Children 12-14)

valid since 1 January 2026 until 31 December 2028

|    | Required element                                                                                                                                                                                                                              | Value      | Points |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------|
| 1  | A-BMS (at least 2 BMs, including <u>contraction</u> )                                                                                                                                                                                         | 0.3        |        |
| 2  | B-BMS (at least 3 BMs, including <u>twisting</u> )                                                                                                                                                                                            | 0.4        |        |
| 3  | C-BMS (at least 4 BMs, including <u>release</u> & <u>changing of the levels</u> )                                                                                                                                                             | 0.5        |        |
| 4  | Isolated jump:  Stag jump  ( <u>LL</u> raised front)                        | 0.2        |        |
| 5  | Leap series:  (RL raised front) +  ( <u>LL</u> raised front)               | 0.3        |        |
| 6  | Isolated balance:  Pivot min. 360° (free of choice)                                                                                                          | 0.2        |        |
| 7  | Balance series:  ( <u>LL</u> raised side) +  ( <u>RL</u> raised front)  | 0.3        |        |
| 8  | Series of steps, skips and hops including <u>traveling</u> + combined with change of the rhythm                                                                                                                                               | 0.3        |        |
| 9  | Acrobatic element: Cartwheel (any type)                                                                                                                                                                                                       | 0.2        |        |
| 10 | Combined series: BMS + <u>T</u> or <u>T</u> + BMS<br>BMS (at least 2 BMs) + balance <b>or vice versa</b><br>( <u>RL</u> raised back, left hand support)  | 0.5        |        |
| 11 | Flexibility movements (180°): left and right                                                                                                                                                                                                  | 0.1<br>0.1 |        |
| 12 | Total Body Wave  (forward)                                                                                                                                 | 0.3        |        |
| 13 | Total Body Swing  (side)                                                                                                                                   | 0.3        |        |
|    | <b>TOTAL MAX.</b>                                                                                                                                                                                                                             | <b>4.0</b> |        |

**Required wave and swing** may be included in BMS or Combined Series.

**2/3 of the team must execute the required element acceptably to be counted in the TV.**

## TV – short program (categories Juniors & Women)

valid since 1 January 2026 until 31 December 2028

1. **Leap series: Split leap** min. 135° amplitude (take-off from left leg, right leg raised front) + **Cabriole leap** (take-off from right or left leg). Max. 3 supports between the leaps. (0.3 points)



2. **Balance series: Balance with left leg raised back** min. 135° amplitude with right hand support, raised leg is bent + **Balance with right leg raised front** min. 90° amplitude without hand support, with bending forward, supporting leg bent (0.3 points)



3. **Combined series: Balance + leap: Balance with left leg raised side** min. 135° amplitude with left hand support, with lean to the right side, **supporting leg is straight**, raised leg is bent **or straight** + **Cossack leap** (take-off from left leg, right leg raised front) (0.3 points)

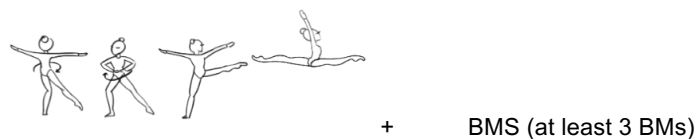


4. **Combined series: Balance + BM series: Pivot** min. 360° (free of choice) + **BM series consisting of at least three (3) body movements including changing of the levels** (0.5 points)

- For change of levels, all gymnasts must show at least one body movement in standing level and one body movement in floor level during the series.

Pivot min. 360° (free of choice) + BMS (at least 3 BMs) including changing of the levels

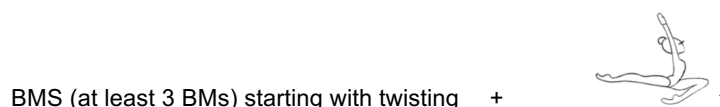
5. **Combined series: Leap + BM series: Split leap en tournant** min. 135° amplitude (take-off from left leg, right leg raised front) + **BM series consisting of at least three (3) body movements** (0.5 points)



6. **Combined series: BM series starting with contraction** + **Balance: BM series consisting of at least three (3) body movements starting with contraction** + **Balance with left leg raised front** min. 135° amplitude with both hands support, **supporting leg is bent or straight**, **raised leg is straight** (0.5 points)



7. **Combined series: BM series starting with twisting** + **Jump: BM series consisting of at least three (3) body movements starting with twisting** + **Stag jump** (take-off from assemblé or plié, left leg raised front) (0.5 points)

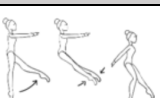
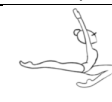
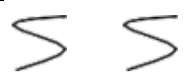


8. One **B-BM series** **consisting of at least three (3) body movements** including **traveling** (0.4 points)
- *For travelling, all gymnasts must move clearly, at least 1.5 m. Travelling means changing location within the competition area.*
9. One **C-BM series** **consisting of at least four (4) body movements** including **changing of directions and turning** (0.5 points)
- *For turning, all gymnasts must turn at least one full round (360°) during the series in either vertical or horizontal direction.*
  - *For change of directions, at least one (1) visible change of direction (forward, backward, lateral, diagonal, oblique) must be shown during the series.*
  - *Both criteria described above (turning and change of directions) must be performed.*
10. Two **Total body waves**: can be included inside of any BMS (0.3 points / each)
11. Two **Total body swings**: can be included inside of any BMS (0.3 points / each)

**Required waves and swings** may be included in BMS or Combined Series.

## TV – short program (categories Juniors & Women)

valid since 1 January 2026 until 31 December 2028

|    | Required element                                                                                                                                                                                                                                                                                                     | Value      | Points |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------|
| 1  | Leap series:  (RL raised front) +  (RL or LL)                                                                                                     | 0.3        |        |
| 2  | Balance series: TT  (LL raised back) +  (RL raised front)                                                                                          | 0.3        |        |
| 3  | Combined series: T +  or  (LL raised side) +  (RL raised front) | 0.5        |        |
| 4  | Combined series: Pivot min. 360° (free of choice) + BMS (at least 3 BMs) including <u>changing of the levels</u><br> + BMS                                                                                                          | 0.5        |        |
| 5  | Combined series:  (RL raised front) + BM series (3)<br> + BMS (at least 3 BMs)                                                                    | 0.5        |        |
| 6  | Combined series: BMS (at least 3 BMs) starting with <u>contraction</u> + <br>BMS + T (LL raised front)                                                                                                                          | 0.5        |        |
| 7  | Combined series: BMS (at least 3 BMs) starting with <u>twisting</u> + <br>BMS +  (LL raised front)                                           | 0.5        |        |
| 8  | B-BMS (at least 3 BMs, including <u>traveling</u> )                                                                                                                                                                                                                                                                  | 0.4        |        |
| 9  | C-BMS (at least 4 BMs, including <u>changing of direction</u> & <u>turning</u> )                                                                                                                                                                                                                                     | 0.5        |        |
| 10 | Total Body Waves                                                                                                                                                                                                                  | 0.3<br>0.3 |        |
| 11 | Total Body Swings                                                                                                                                                                                                                 | 0.3<br>0.3 |        |
|    | <b>TOTAL MAX.</b>                                                                                                                                                                                                                                                                                                    | <b>5.0</b> |        |

**Required waves and swings** may be included in BMS or Combined Series.