



More than just a competition,
It's an inspiration

Zagreb
Christmas
Masters
- Stjepan Boltižar Memorial

Saturday, 29th November 2025



ZTD "Hrvatski Sokol"
Trg Republike Hrvatske 6
Zagreb, Croatia

Directives

INFORMATION AND RULES FOR THE COMPETITION

Organizer: **Zagreb Gymnastics Club "Hrvatski Sokol"**

Date: **Saturday, 29th November 2025**

Venue: **ZTD „Hrvatski Sokol“, Republic of Croatia Square 6,
(Trg Republike Hrvatske 6), Zagreb, Croatia**

Competition: **Artistic gymnastics adult woman and man competition, individuals and teams.
The WAG competition will start at 10:00 a.m., and the end is scheduled for 11:30 a.m.**

The MAG competition will start at 1:00 p.m., and the end is scheduled for 2:30 p.m.

The award ceremony is scheduled 30 minutes after the end of the MAG competition.

The warm-up will be provided 45 minutes before the start of each competition.

The definitive schedule and start list will be sent after registration closes.

Training: **Training will be available on Friday, November 28th, 2025, from 6:30 p.m. to 9:00 p.m. in the same hall where the competition will be held.**

Entries: **On-line via Google form:**

<https://docs.google.com/forms/d/e/1FAIpQLSeNqz1BTRuEuDH6a8bZoTRAQuRqnoIUyBTvtxTOYzRu8-npzQ/viewform?usp=header>

The deadline for entry is November 14th 2025.

Entry fee: **50 € payable to bank account:**

BENEFICIARY: ZTD Hrvatski Sokol

VAT ID: HR62134292408

BANK: Erste&Steiermarkische bank d.d.

BANK ADDRESS: Jadranski trg 3a, 51 000 Rijeka

IBAN: HR3124020061100723848

SWIFT: ESBCHR22

AMOUNT: 50 EUR

PAYMENT DESCRIPTION: registration fee (participant's name and surname)

The deadline for payment is 21st November 2025.

For any questions regarding the competition, contact ztdhs.tajnistvo@gmail.com.

RULES FOR WOMEN

CATEGORIES

Category	Age in years*	Minimum required number of elements per apparatus**
I	26-35	5
II	36-45	4
III	46-55	3
IV	56-65	2
V	65+	2

* Age is calculated by the birthday in the current year

** Elements also include any gymnastic move and element of balance or strength which are not listed in the current FIG code of points

RULES FOR JUDGING

The competitor chooses the number of apparatuses to exercise, but the total score is calculated as **the sum of the two best scores**.

The final score per apparatus is calculated as the sum of “E” score and “D” score.

“E” score will start from 10 points. The final deduction is calculated as half as regulated in the current FIG code of points.

“D” score: There are no element group requirements, thus, there are no awards for element group requirement fulfilment. A maximum of 5 different most difficult elements per apparatus can be calculated for “D” score in each category, including dismount if performed. The elements have double value from the same elements as regulated in the current FIG code of points (A difficulty – 0.2 points; B difficulty – 0.4 points, etc). In addition, gymnastic elements that are not listed in the current FIG code of points have 0.1 value. Each missing element for the corresponding category requirement is penalised by 2 points. Exercise without elements is scored with 0 points.

Competitors can choose to perform the exercise on the low beam.

Vault: Each competitor can choose the vault table height and use one or two springboards or a small trampoline. “D” score for vault has the value according to the current FIG code of points. Vaults that are not listed in the current FIG code of points have “D” value of 1.0 point. IV and V category competitors can use a gymnastic box in the desired height instead of the vault table, and they can jump into leg support on the table/box with or without arm support.

Bonus:

- UNEVEN BARS:

- **connections (each connection is awarded):**

- elements must be listed in the current FIG code of points and directly connected:

0.1 bonus	0.2 bonus
A + A (must be different)	A or more + B or more (must be different)

- transition from one to the other bar

- if any transition, including squat on jump to high bar is performed, the exercise is awarded with 0.2 bonus.

- elements with handstand position

- if any element with a handstand position is performed, the exercise is awarded with 0.5 bonification

- dismount

- dismount listed in the current FIG code of points is awarded with 0.2 bonus

- BALANCE BEAM:

- connections (each connection is awarded):

- acrobatic, dance or mixed connections of elements listed in the current FIG code of points

0.1	0.2
A + A (must be different)	A or more + B or more (must be different)

- dismount

- dismount listed in the current FIG code of points is awarded with 0.2 bonus

- FLOOR EXERCISE:

- connections (each connection is awarded):

- two acrobatic elements, both with flight phase
- two turns
- mixed connection (acrobatic element with flight phase + jump)

0.1	0.2
A + A (must be different)	A or more + B or more (must be different)

- saltos

- if any salto listed in the current FIG code of points is performed, the exercise is awarded with 0.2 bonus

RULES FOR MEN

CATEGORIES

Category	Age in years*	Minimum required number of elements per apparatus**
I	31-40	6
II	41-50	5
III	51-60	4
IV	61-70	3
V	70+	2

* Age is calculated by the birthday in the current year

** Elements also include any gymnastic move and element of balance or strength which are not listed in the current FIG code of points

RULES FOR JUDGING

The competitor chooses the number of apparatuses to exercise, but the total score is calculated as **the sum of the three best scores**.

The final score per apparatus is calculated as the sum of “E” score and “D” score.

“E” score will start from 10 points. The final deduction is calculated as half as regulated in the current FIG code of points.

“D” score: There are no element group requirements, thus there are no awards for element group requirement fulfilment, except for dismount (see “Bonus” below). A maximum of 6 different most difficult elements per apparatus can be calculated for “D” score in each category, including dismount if performed. The elements have double value from the same elements as regulated in the current FIG code of points (A difficulty – 0.2 points; B difficulty – 0.4 points, etc). In addition, gymnastic elements that are not listed in the current FIG code of points have 0.1 value. Each missing element for the corresponding category requirement is penalised by 2 points. Exercise without elements is scored with 0 points.

The height of the parallel bars is according to personal choice. Each competitor can perform an exercise on the high bar above the safety pit. IV and V category competitors can choose to exercise on a low bar and low rings.

Vault: Each competitor can choose the vault table height and use one or two springboards or a small trampoline. “D” score for vault has value according to the current FIG code of points. Vaults that are not listed in the current FIG code of points have “D” value of 1.0 point. IV and V category competitors can use a gymnastic box in the desired height instead of the vault table, and they can jump into leg support on the table/box with or without arm support.

Bonus:

- **Dismount** element group value equals the difficulty value of the dismount. (e.g. A dismount gets 0.2 for difficulty value and 0.2 as element group value). This does NOT apply to the floor exercise.
- **Stick landing** after the dismount, minimum A (also vaults listed in the current FIG code of points) will be awarded with 0.2 bonus, except for the pommel horse.
- **Floor:** if any salto listed in the current FIG code of points is performed, the exercise is awarded with 0.2 bonus.
- **Pommel horse:** if any circle listed in the current FIG code of points is performed, the exercise is awarded with 0.2 bonus.
- **Rings:** if any support (also including handstands, sits and scale supports) is performed, the exercise is awarded with 0.2 bonus.
- **Parallel bars:** if any handstand is performed, the exercise is awarded with 0.2 bonus.
- **Horizontal bar:** if any swing through handstand (also including free hip circle, Stalder and Endo) is performed, the exercise is awarded with 0.2 bonus.



RULES FOR TEAM COMPETITION

Each WAG or MAG team consists of a minimum three and maximum five competitors, with a maximum of two competitors from the same category in the team. Each competitor receives points depending on the final placement in her/his age category. The last gets one point, the next to the last gets two points and so on. If there is only one competitor in the age group, she/he gets one point and a credit that will be used as an advantage in case of tied team results. The team score is calculated by summing the three best placings in each team.

The team can be based on the national or club level. More than one team can be registered from each country or club. Possibly, WAG or MAG teams with competitors mixed from different countries can be registered if the individuals have no other possibility to participate in a team. Each team must have a captain who is in charge of registering her/his team. The name of the team is based on the national or club name, and if there are several teams from the same country or club, an additional designation (e.g. by colour, number or else) is required. The captains should send applications to ztdhs.tajnistvo@gmail.com not later than 14th November 2025.