PAY ATTENTION

Construction of Exercises

Following some questions received, **we clarify the exercise construction system for individual apparatuses**.

The value of the elements (points 1, points 2, 3, and 4) **is NOT** related to the age category.

In each age category, the exercise can be constructed by including elements of any value.

EXAMPLE: Category "YOUNG 2" on the beam. 5 elements: 2 of points 1, 1 of points 2, 1 of points 3, and 1 of points 4. STARTING TOTAL = 11 points.

Club Ranking

The ranking **is drawn** up by summing the best absolute position in the rankings across various age categories, but only for clubs present in all categories.

The score is assigned in relation to the absolute ranking of each category with an inverse score to the number of participants ranked.

EXAMPLE: Category "YOUNG 2" with 58 participants. First place gets 58 points, second place gets 57 points, and so on.