

RULES YOUTH MODIFIED MÄLARCUPEN

The program is based on CoP J 2022-24, with the following exceptions and clarifications:

- Dismonts: A = 0,1; B = 0,3; C = 0,5
- Time on FX = 75 sek.
- The gymnast must use the whole floor area (Deduction 0,3)
- One extra mat is allowed on FX (Must not be removed during the exercise).
- One extra mat is allowed on all apparatus, except PH.
- One cube/block (or similar) is allowed on PH for the mount.
- Vault difficulties = CoP 2022-24
- Vault height = Optional (up to 135 cm)
- 1 vault in AA; 2 vaults for Final (and qualification for Final).
- Short exercises as follows:
 - 6-8** elements = 10,0
 - 5** elements = 7,0
 - 4** elements = 6,0
 - 3** elements = 5,0
 - 2** elements = 4,0
 - 1** element = 3,0
 - 0** element = 0,0