**Kelčovský dvojboj**

**CZECH-SLOVAK GYMNASTICS GAMES**

**23 April 2023**

**Vyšný Kelčov 658, Vysoká nad Kysucou**

[**https://gymnastikakelcov.sk/about.php?type=2**](https://gymnastikakelcov.sk/about.php?type=2)

**International competition for beginners and amateur gymnasts**

Entry closing day : 10 April 2022
Fees : 8 € per gymnast
Contact : lubod@seznam.cz or trener@gymnastikakelcov.sk

Sleepover is available for free in near school (own sleeping bag required).

Categories :

* Girls
	+ 1st category – Birthdate 2016 or 2017
	+ 2nd category – Birthdate 2015
	+ 3rd category – Birthdate 2014
	+ 4th category – Birthdate 2013
	+ 5th category – Birthdate 2012
	+ 6th category – Birthdate 2011
	+ 7th category – Birthdate 2010 and 2009
	+ 8th category – Birthdate 2008, 2007 and 2006
* Boys
	+ 11th category – Birthdate 2014 to 2017
	+ 12th category – Birthdate 2013 to 2010
	+ 13th category – Birthdate 2009 to 2004

**Requirements**

**Girls:**

**Table of recognized elements:**

[**https://gymsporty.cz/temp/prostna.pdf**](https://gymsporty.cz/temp/prostna.pdf)

[**https://gymsporty.cz/temp/kladina.pdf**](https://gymsporty.cz/temp/kladina.pdf)

**Categories 1 and 2**

Beam : free of 6 elements including inbound and outbound
Floor : free of 6 elements

**Category 3**

Beam : 8 elements, requirements:

* Leap
* Half turn on one leg
* Dismount element

Floor : 8 elements, requirements:

* Leap
* Half turn
* Roll

**Category 4**Beam (40cm) : 8 elements, requirements:

* Leap
* Half turn on one leg
* Acrobatic element
* Dismount element

Floor : 8 elements, requirements :

* Leap
* Full turn
* Acrobatic element
* Different acrobatic element dismount

**Categories 5-8**

Beam (100cm) : 8 elements, requirements :

* Leap
* Half turn on one leg
* Acrobatic element
* Dismount element

Floor : 8 elements, requirements :

* Leap
* Full turn
* Acrobatic element
* Different acrobatic element dismount

**Boys:**

**Table of recognized elements:**

[**http://gymnastikakelcov.sk/files/prostna%20-%20muzi.docx**](http://gymnastikakelcov.sk/files/prostna%20-%20muzi.docx)

**Category 11**

Floor : free of 6 elements

**Categories 12 and 13**

Floor : 8 elements, requirements:

* At least one element from each group
* Minimal 3 elements from groups 2 or 3
* No more than 5 elements from any group
* Last element from Level B from group 1 or A from groups 2 or 3