

WAG - ISLAND CUP PROGRAM 2024

There is no documentation in English (as French is the official language of COJI and the "Coupe des Îles program" is made from the French Federation of Gymnastic)

*Nevertheless, the Program COUPE des ILES is based on the same rules as FIG **except for requirements and Bonifications**. Also, some elements (skill, figure) are permitted above FIG program - page 174-175 (blue and green signs).*

Coupe des Îles : **NO BONIFICATION**, only requirements

VAULT / 2 jumps (same or different) only the best give points.

UNEVEN BARS / 4 requirements (each brings 0.50) only elements with value 0.1 or more can fulfill the requirement.

1. One "close turn" B or above
2. One Giant (Backward or Forward - with or without longitudinal rotation)
3. Connection Kip+Handstand 10° allowed (legs open or closed - tight)
4. Exit with somersault

BEAM : 3 gymnastic skills, 3 acrobatic skills + 2 you can choose

4 requirements (each brings 0.50) only elements with value 0.1 or more can fulfill the requirement.

1. connexion of 2 (at least) different gymnastic skills with at least one jump legs 180° (longitudinal or transversal)
2. one element from group 3 (turns - circled)* rolls can not fulfill the requirement -But 1.303, 1.403, 1.304, 1.207, 1.308, 1.514, 4.203, 4.204, 4.304, 4.105, 4.305, 4.206, 4.306, 4.307, 5.405, 5.505 are ok.
3. An "acrobatic serie" composed at least with 2 acrobatic linked in connexion (same or different) at least one with "flight" (any form of Handstand excepted).
4. acrobatics skill of different side (backward and forward-sideward).

"Hold positions" can not fulfill requirement number 2.

FLOOR : 3 gymnastic skills, 3 acrobatic skills + 2 you can choose

4 requirements (each brings 0.50) only elements with value 0.1 or more can fulfill the requirement.

1. A gymnastic "time" composed with 2 different jumps (linked directly or not - no connexion required, run, walk little jumping...are allowed in between). One of the Jump must be legs 180° (any direction). 2 feet push-off jumps can not be used, neither turns because the "stay on same place" ; the 1st jump of the "gymnastic time" has to be a 1 foot landing.
2. One frontward or backward somersault with at least longitudinal 360° in an acrobatic line.
3. 3 acrobatics lines with at least one composed of 3 elements.
4. One Frontward somersault (except 4.103) AND one Backward somersault, in an acrobatic line (the same or a different).