



RockOlympics 2024
CULTIVATING TALENTS

GYMNASTICS

RECREATIONAL U5-7 & U8-18
ELITE 4+ YRS

WELCOME NOTE

Welcome to RockOlympics 2024!

At RockStar Academy, we are committed to cultivating talents, and RockOlympics serves as an extraordinary platform for our students to showcase their skills and create lasting memories.

We firmly believe that participation in this event offers our students valuable experiences and fosters essential qualities such as discipline, respect, friendship, leadership, teamwork, and resilience. RockOlympics is not just about competition; it's about instilling important life lessons and values in our students.

This year's RockOlympics promises to be the biggest and best yet, with exciting new additions including:

- Baby Competitions in Walker, Jumper & Tots Gym
- Dance Move & Groove Competitions
- Parkour Speed & Freestyle Competitions
- Individual Singing Competitions
- Semi-Finals & Finals held in the Mall Atrium
- Best Costume Awards for the Performing Arts Individual & Team Competitions

Additionally, our students in performance arts programs will have the opportunity to perform in the Neo Atrium of Neo Soho Mall during both the Semi-Finals and Grand Finals.

We want to extend our best wishes to all the students participating in RockOlympics 2024. Let's continue to cultivate the talents of our future life champions!

Warmest regards,

John Franklin
CEO, RockStar Academy

COMPETITION STAGES

COMPETITIONS	SYSTEM		STAGES
	INDIVIDUAL	TEAM	
GYMNASTICS	Point-Based	X	Semi Final - Final

SCHEDULE

DATE	STAGE	EVENT & VENUE	
25 May 2024	Semi - Finals	Gymnastics	Gymnastics Studio, RSA Lippo Mall Puri
16 June 2024	Finals	Gymnastics	Gymnastics Studio, RSA Mall of Indonesia

GYMNASTICS EVENTS

Elite		
Level	Categories	
Level 1	Girls/Boys	4-6 yrs.
	Girls/Boys	7-8 yrs.
	Girls/Boys	9-11 yrs.
	Girls/Boys	12+ yrs.
Level 2	Girls/Boys	5-8 yrs.
	Girls/Boys	9+ yrs.
Level 3	Girls/Boys	All Ages
Level 4	Girls/Boys	All Ages
Level 5	Girls/Boys	All Ages
Level 6	Girls/Boys	All Ages
Level 7	Girls/Boys	All Ages

Recreational	
Categories	
Girls/Boys	4-5 yrs.
Girls/Boys	6-7 yrs.
Girls/Boys	8-10 yrs.
Girls/Boys	11+ yrs.

REGISTRATION

DATE	EVENT	EVENT FEE	PERIOD
25 May 2024	Gymnastics	Early Bird	1 - 19 May 2024
		Regular	20 - 24 May 2024
		Event Day	25 May 2024

Registration Period	VIP		Premiere	
	All Academy (except PK)	23 Paskal Only	All Academy (except PK)	23 Paskal Only
Early Bird	188,000 IDR	158,000 IDR	238,000 IDR	188,000 IDR
Regular	238,000 IDR	188,000 IDR	288,000 IDR	238,000 IDR
Event Day	288,000 IDR	238,000 IDR	338,000 IDR	288,000 IDR

GYMNASTICS SCHEDULE

Saturday, 25 May 2024		Semi - Finals		RSA Lippo Mall Puri	
Pre-Registration	AGE	CATEGORY		COMPETITION	
09.00 - 10.00	4 - 5 yrs	Recreational Boys & Girls		10.00 - 11.00	
10.00 - 11.00	6 - 7 yrs			11.00 - 12.00	
11.00 - 12.00	8 - 10 yrs			12.00 - 12.30	
11.00 - 12.30	11+ yrs			12.30 - 13.00	
Break					
13.00 - 14.00	4 - 6 yrs	Elite Boys & Girls L1		14.00 - 15.00	
14.00 - 15.00	7 - 8 yrs			15.00 - 16.00	
15.00 - 16.00	9 - 11 yrs			16.00 - 16.30	
15.00 - 16.30	12+ yrs			16.30 - 17.00	
16.00 - 17.00	5 - 8 yrs	Elite Boys & Girls L2		17.00 - 17.30	
16.00 - 17.30	9+ yrs			17.30 - 18.00	
17.00 - 18.00	4 - 18 yrs			Elite Boys & Girls L3 - 7	

GYMNASTICS SCHEDULE

Sunday,
16 June 2024

Finals

RSA
Mall Of Indonesia

Pre-Registration	AGE	CATEGORY	COMPETITION
11.00 - 12.00	4 - 5 yrs	Recreational Boys & Girls	12.00 - 12.30
11.00 - 12.30	6 - 7 yrs		12.30 - 13.00
12.00 - 13.00	8 - 10 yrs		13.00 - 13.30
12.00 - 13.30	11+ yrs		13.30 - 14.00
Awarding Boys & Girls Recreational All Category			
14.00 - 15.00	4 - 6 yrs	Elite Boys & Girls L1	15.00 - 15.30
14.00 - 15.30	7 - 8 yrs		15.30 - 16.00
15.00 - 16.00	9 - 11 yrs		16.00 - 16.30
15.00 - 16.30	12+ yrs		16.30 - 17.00
Awarding Boys & Girls Elite L1 All Ages			
16.00 - 17.00	5 - 8 yrs	Elite Boys & Girls L2	17.00 - 17.30
16.00 - 17.30	9+ yrs		17.30 - 18.00
Awarding Boys & Girls Elite L2 All Ages			
17.00 - 19.00	4 - 18 yrs	Elite Boys & Girls L3 - 7	18.30 - 20.00
Awarding Boys & Girls Elite L3-7 All Ages			

REGISTRATION FEE

GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE	
GYMNASTICS (Recreational)	Boys Gym 4-5 yrs				
	1	P-Bars	4 - 5 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Boys Gym 6-7 yrs				
	1	P-Bars	6 - 7 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Boys Gym 8-10 yrs				
	1	P-Bars	8 - 10 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Boys Gym 11+ yrs				
	1	P-Bars	11+ yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
Girls Gym 4-5 yrs					
1	Beam	4 - 5 yrs	Individual	188,000 IDR per student	
2	Bars		Individual	188,000 IDR per student	
3	Tumbling		Individual	188,000 IDR per student	
4	Vault		Individual	188,000 IDR per student	
Girls Gym 6-7 yrs					
1	Beam	6 - 7 yrs	Individual	188,000 IDR per student	
2	Bars		Individual	188,000 IDR per student	
3	Tumbling		Individual	188,000 IDR per student	
4	Vault		Individual	188,000 IDR per student	

REGISTRATION FEE

GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE	
GYMNASTICS (Recreational)	Girls Gym 8-10 yrs				
	1	Beam	8 - 10 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Girls Gym 11+ yrs				
	1	Beam	11+ yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
3	Tumbling	Individual		188,000 IDR per student	
4	Vault	Individual		188,000 IDR per student	

REGISTRATION FEE

GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE	
GYMNASTICS (Elite)	Boys Elite Gym L1				
	1	P-Bars	4 - 6 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Boys Elite Gym L1				
	1	P-Bars	7 - 8 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Boys Elite Gym L1				
	1	P-Bars	9 - 11 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Boys Elite Gym L1				
1	P-Bars	12+ yrs	Individual	188,000 IDR per student	
2	Bars		Individual	188,000 IDR per student	
3	Tumbling		Individual	188,000 IDR per student	
4	Vault		Individual	188,000 IDR per student	

REGISTRATION FEE

GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE
GYMNASTICS (Elite)	Boys Elite Gym L2			
	1 P-Bars	5 - 8 yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
	Boys Elite Gym L2			
	1 P-Bars	9+ yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
	Boys Elite Gym L3			
	1 P-Bars	4 - 18 yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
	Boys Elite Gym L4			
1 P-Bars	4 - 18 yrs	Individual	188,000 IDR per student	
2 Bars		Individual	188,000 IDR per student	
3 Tumbling		Individual	188,000 IDR per student	
4 Vault		Individual	188,000 IDR per student	
Boys Elite Gym L5				
1 P-Bars	4 - 18 yrs	Individual	188,000 IDR per student	
2 Bars		Individual	188,000 IDR per student	
3 Tumbling		Individual	188,000 IDR per student	
4 Vault		Individual	188,000 IDR per student	

REGISTRATION FEE

GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE
GYMNASTICS (Elite)	Girls Elite Gym L1			
	1 Beam	4 - 6 yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
	Girls Elite Gym L1			
	1 Beam	7 - 8 yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
	Girls Elite Gym L1			
	1 Beam	9 - 11 yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
	Girls Elite Gym L1			
	1 Beam	12+ yrs	Individual	188,000 IDR per student
	2 Bars		Individual	188,000 IDR per student
	3 Tumbling		Individual	188,000 IDR per student
	4 Vault		Individual	188,000 IDR per student
Girls Elite Gym L2				
1 Beam	5 - 8 yrs	Individual	188,000 IDR per student	
2 Bars		Individual	188,000 IDR per student	
3 Tumbling		Individual	188,000 IDR per student	
4 Vault		Individual	188,000 IDR per student	
Girls Elite Gym L2				
1 Beam	9+ yrs	Individual	188,000 IDR per student	
2 Bars		Individual	188,000 IDR per student	
3 Tumbling		Individual	188,000 IDR per student	
4 Vault		Individual	188,000 IDR per student	
Girls Elite Gym L3				
1 Beam	14 - 18 yrs	Individual	188,000 IDR per student	
2 Bars		Individual	188,000 IDR per student	
3 Tumbling		Individual	188,000 IDR per student	
4 Vault		Individual	188,000 IDR per student	

REGISTRATION FEE

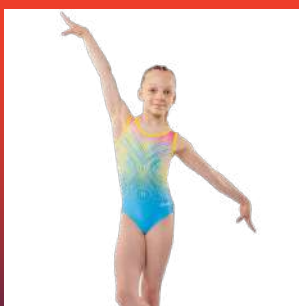
GENRE	CATEGORY	AGE GROUP	REMARKS	REGISTRATION FEE	
GYMNASTICS (Elite)	Girls Elite Gym L4				
	1	Beam	4 - 6 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Girls Elite Gym L5				
	1	Beam	7 - 8 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Girls Elite Gym L6				
	1	Beam	9 - 11 yrs	Individual	188,000 IDR per student
	2	Bars		Individual	188,000 IDR per student
	3	Tumbling		Individual	188,000 IDR per student
	4	Vault		Individual	188,000 IDR per student
	Girls Elite Gym L7				
1	Beam	12+ yrs	Individual	188,000 IDR per student	
2	Bars		Individual	188,000 IDR per student	
3	Tumbling		Individual	188,000 IDR per student	
4	Vault		Individual	188,000 IDR per student	

REGISTRATION

1. Participants must register at the Front Office.
2. On the day of the event, participants must pre-register and present the proof of payment/ registration receipt to the committee and receive a chest number minimum one hour before the competition starts.
3. Participants are required to wait at the designated area and wait to be called by the committee in front of the door.
4. Once the name is called, the participant will go to the apparatus of their choice (based on registration) to perform the routine.
5. After performing at an apparatus, participant will go straight way to the next apparatus (if they register to more than one apparatus).
6. If the participant is only registered to one (1) apparatus, he/she will directly go outside of the gymnastics area to wait for the result.
7. Disqualification will be given to participants who are late and are not able to present themselves after being called three (3) times.

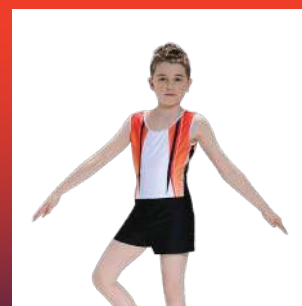
DRESS CODE

GIRLS



- Women's Leotard (shorts and legging allowed)
- Barefoot
- Hair fully tight.

BOYS



- Man's leotard with shorts or pants
- Barefoot
- Long hair must be tight.

All jewelries must be removed. Necklaces, earrings and watches cannot be worn during the competitions.

REGISTRATION

1. Elite Categories Routine is USAG Level 1-7.
2. Recreational Categories Routine is preparatory USAG.
3. Participants will have a time for warm up before their Scheduled competition starts (but only with a supervision by the assigned spotter). Participants are not allowed to use any apparatus other than designated by Coaches and Judges.
4. Warm-up Regulation (Max practice time is 3 min for all apparatus):
 - Beam : Participant is allowed try 1 skill only before the competition.
 - Bars : Participant will perform 2 times : 1 – warm-up (not being judge) and competition.
 - Tumbling: Cartwheel, forward roll, backward roll, handstand.
 - Vault: running jump with springboard.
 - P-bars: straight swing 3 times.
5. Participants are requested to warm up by themselves 10 minutes prior their competition turn.
6. RSA has the rights to disqualify participant competing in the wrong category / level/ age).
7. All participants will stand by outside the competition area, waiting Gym Manager call them based on pre-registration sequence.
8. Semi-Final Competition results will be given after all participants perform on the same Day.
9. Final Competition results will be given after each age category/Level.

JUDGING CRITERIA

1. Proper techniques
2. Exercise Flow
3. Apparatus Mastery

MEDAL CEREMONY

1. Medal Ceremony will be done after each Event.
2. Winners for each category: 1st Position (Gold), 2nd Position (Silver), 3rd Position (Bronze).
3. Winners will receive a Medal and Certificate of Achievement (Certificates will be distributed 1 month after the event).

GYMNASTICS ROUTINES

SKILLS to Perform 4-7 yrs

Floor

Straight Jump

Tuck Jump

Forward Roll

Cartwheel (Monkey Jump)

Back Forward Roll

Candle Stick

Table Top / Bridge

Middle Split

Rocking Chair

Stand Up

Uneven Bars

Tuck Swing 2x

Front Support

Forward Roll

Basket Hang

P-Bars

Straight Hang

Tuck Hang

Straight Swing 2x

Beam 100cm with extension

Mount Up to Squad

Walk Pose 2x

Walk Step Until End

Half-turn with 2 little hops

Side Pose

Straight Pose Turn

Dip Step Until End

Straight Jump

Dismount SLP

Vault

Bounce 3x

Straight Jump Landing SLP

GYMNASTICS ROUTINES

SKILLS to Perform 8+ yrs

Floor

Straight Jump

Tuck Jump

Stradle Jump

Forward Roll

Carthwheel

Backward Roll

Landing With Knees

Push Up Position

Arch

Turn To Bright

Candle Stick

Middle Split Chest To The Mat

Rocking Chair

Half Hand Stand

P-Bars

Straight Hang

Tuck Hang

Straight Swing To Stradle Travel

Straight Swing 2x To Dismount SLP

Beam

Mount Up + Fish Pose + Squad

Arabesque

Kick Step 2x

Dip Step Until End

Straight Jump

Walk Pase Until End

Dismount SLP

Uneven Bars

Tuck Swing 2x

Front Support

Forward Roll

Stradle Hang

Walking Side on the High Bars

Vault

Run to Jump squad on

Landing SLP

Run to jump straddle on

Landing SLP

Venue Semi-Finals

📍 Gymnastics Studio, RSA Lippo Mall Puri



Venue Finals

📍 Gymnastics Studio, RSA Mall Of Indonesia





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