

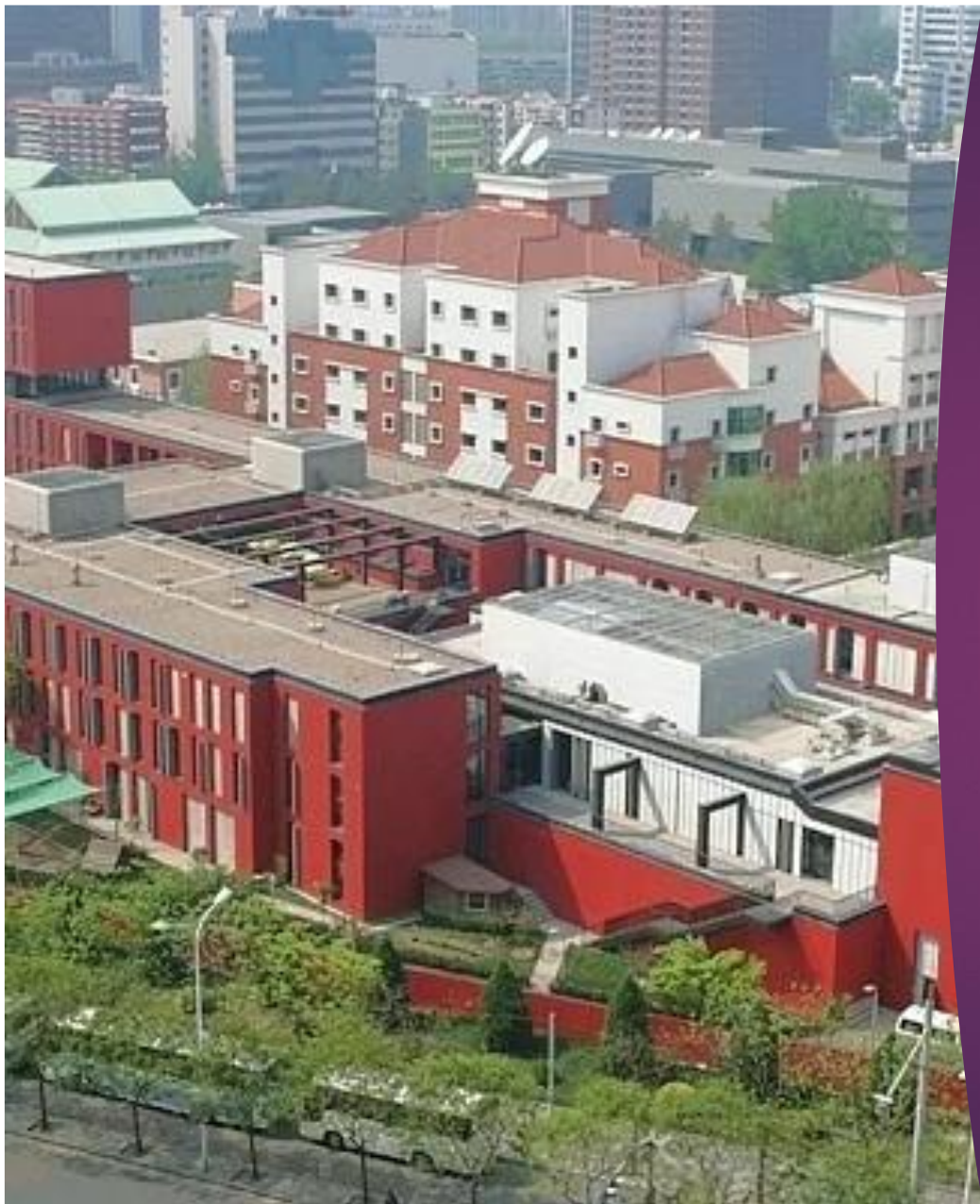
2026
Shanghai Vera
Rhythmic Gymnastics Club
7th Spring International Cup
上海Vera艺术体操俱乐部
第七届春季国际杯

Date 日期
May 29th-31st | 5月29-31日



Shanghai Vera Rhythmic
Gymnastics 7th Spring
International Cup 2026
International Clubs League
2026年上海Vera艺术体操俱
乐部第七届春季国际杯
国际俱乐部联赛比赛

DATE日期:2026 MAY 29TH-31ST



Venue地点

GERMAN SCHOOL SHANGHAI (YANGPU CAMPUS)
上海德国学校（杨浦区）

ADDRESS地址: SHANGHAI GERMAN SCHOOL, 758
JIANGWAN CITY ROAD, XINJIANGWAN CITY
SUBDISTRICT, YANGPU DISTRICT, SHANGHAI. 上海市
杨浦区新江湾城街道江湾城路758号上海杨浦德国学校



Payment and registration deadline 费用和报名限时



Payment and registration deadline 费用和报名限时: by May 1st 2026, 2026年5月1日前

1 routine 1项	400 yuan元, 75 USD
2 routines 2项	500 yuan元, 85 USD
3 routines 3项	600 yuan元, 95 USD
4 routines 4项	700 yuan元, 105 USD
Group Competition event 集体自选比赛项目	300 yuan元 (每人 each), 45 USD

Each team is required to provide one referee per team. If a referee is not provided, the team will have to pay 1,000 yuan (145 USD) to organizer. 每队须提供一名裁判。如未提供裁判，该队须向主办方支付1000元人民币（约合145美元）。

Individual competition rules 个人自选比赛过程



Individual competition rules 个人自选比赛规程	
Year 2020-2021年龄组	BD 4, (Max value 0.5) min 1 of each BD, 2W, 2S, R n/a
Year 2019年龄组	BD 6, min 1 of each BD, 2W, 2S, R 1, AD Max最多 8
Year 2017 年龄组	BD 6, min最少 1 of each BD, 2S, R 1, DA max 最多12
Year 2018年龄组	BD 6, min最少 1 of each BD, 2S, R 1, DA max最多 12
Year 2017年龄组	BD 6 min最少 1 of each BD, 2S, R 2, DA max最多 12
Year 2016年龄组	BD 6, min最少 1 of each BD, 2S, R 2, DA max最多 12
Year 2015年龄组	BD 6, min最少 1 of each BD, 2S, R 3, DA max最多12
Year 2014年龄组	BD 6, min最少1 of each BD, 2S, R 3, DA max最多 12
Year 2013年龄组	BD 6, min最少1 of each BD, 2S, R 3, DA max最多 12
Year 2012年龄组	BD 6, min最少1 of each BD, 2S, R 3, DA max最多 12
Year 2011年龄组	BD 6, min最少1 of each BD, 2S, R 4, DA max最多 12
Year 2010 and older	FIG juniors 青少年

Groups 组别



Group A 组	Group B 组	Group C 组
9-12 h per week (每周训练9-12小时)	3-9 h per week (每周训练3-9小时)	3-4 h per week (每周训练3-4小时)

Competition Rules 比赛规程



Individual Competition event 个人自选比赛项目			
	Group A组	Group B组	Group C组
Year 2019-2020 年龄组	Group A组 FH徒手+2 App by choice 徒手+2项器械	Group B组 FH+1 App by choice 徒手+1项器械	Group C组 FH徒手
Year 2018 年龄组	Group A组 FH徒手+2 App by choice 徒手+2项器械	Group B组 FH+1 App by choice 徒手+1项器械	Group C组 FH徒手
Year 2017 年龄组	Group A组 FH徒手+2 App by choice 徒手+2项器械	Group B组 FH+1 App by choice 徒手+1项器械	Group C组 FH徒手
Year 2016 年龄组	Group A 组 FH+3 App by choice 徒手+3项器械	Group B组 FH+2 App by choice 徒手+2项器械	Group C组 FH徒手
Year 2015 年龄组	Group A 组 FH+3 App by choice 徒手+3项器械	Group B组 FH+2 App by choice 徒手+2项器械	Group C组 FH+1 App by choice 徒手+1项器械
Year 2014 年龄组	Group A 组 FH+4 App by choice 徒手+4项器械	Group B组 FH+2 App by choice 徒手+2项器械	Group C组 FH+1 App by choice 徒手+1项器械
Year 2013 年龄组	Group A 组 FH+4 App by choice 徒手+4项器械	Group B组 FH+2 App by choice 徒手+2项器械	Group C组 FH+1 App by choice 徒手+1项器械
Year 2012 年龄组	Group A 组 FH+4 App by choice 徒手+4项器械	Group B组 组 FH+2 App by choice 徒手+2项器械	Group C组 FH+1 App by choice 徒手+1项器械
Year 2011 年龄组	Group A 组 FH+4 App by choice 徒手+4项器械	Group B 组 FH+3 App by choice 徒手+3项器械	Group C组 FH+2 App by choice 徒手+2项器械
Year 2010-2008 年龄组	Group A 组 FH+4 App by choice 徒手+4项器械	Group B 组 FH+3 App by choice 徒手+3项器械	Group C组 FH+2 App by choice 徒手+2项器械

Group routine rules 集体项目规程

▶ Professional level group routine rules 专业组集体规程

▶ Group routine rules 集体项目规程



Year 2020-2017年龄组	1 routine by choice (随选1项)
Year 2016年龄组	1 routine by choice (随选1项)
Year 2015年龄组	FH 5人徒手+1 routine by choice (随选1项)
Year 2014年龄组	FH 5人徒手+1 routine by choice (随选1项)
Year 2012年龄组	Balls 5 球+5 Hoop 圈

Year 2020-2017年龄组	1 routine by choice (随选1项)
Year 2016年龄组	1 routine by choice (随选1项)
Year 2015年龄组	FH 5人徒手+1 routine by choice (随选1项)
Year 2014年龄组	FH 5人徒手+1 routine by choice (随选1项)
Year 2013-2011年龄组	2 routines by choice (随选2项)