

TeamGym Level 3 (Cycle 6) Syllabus

Technical Module 1

Trampette skills:

Principles of twisting
Trampette take off
Forwards somersault stretched with multiple twists
Physical preparation for twisting somersaults
Double forwards somersault tucked & piked with 180° twist

Trampette Vault Skills:

Handspring vaults with multiple twists
Handspring front tucked (preps)
Tsukahara tucked (preps)

Notes on the Rules and Regulations:

Element basic values
Additional values
Checklist for trampette exercise

Technical Module 2

Tumbling skills:

Using accelerators effectively
Forwards somersault stretched
Forward stretched somersault with multiple twists
Backward stretched somersault with multiple twists
Double backwards somersaults tucked (preps)
Combinations
Physical preparation for tumbling
Notes on the rules and regulations

Technical Module 3

Introduction:

Body preparation
Flexibility

Practical tasks:

Improving flexibility
Strength for floor work
Jumps, leaps and hops
Pirouettes
Balance and power elements
Task A: combinations
Task B: group elements

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Composition:

Task one: levels

Task two: directions

Task three: planes

Task four: formations

Task five: moving rhythmic sequences

Floor Programme:

General

Difficulty

Execution

Head judge deductions

Composition 4.0

Checklist for floor exercise

