

British TeamGym Modifications

With effect from January 2023, the following rules will apply to all British Gymnastics TeamGym events. Rules for Levels 1-4 are as for the EG 2022 Code with the following modifications:

Level	British Championships	Floor	Tumble	Trampet
	Teams may have 6-12 gymnasts.	Mixed team may be uneven with no deduction	No triples allowed without BG permission Additional Elements: Pike Back Salto 0.25	No triples allowed without BG permission Additional Elements: Pike Salto 180° 0.25
1	European Selection	As per EG Code	As per EG Code	As per EG Code
2	Seniors & Juniors	As per EG Code	As per EG Code for Juniors Additional composition requirement: One round must include round-off flic	As per EG Code for Juniors Vault height: 145-165cm
3	Youth	Handstand Requirement: HB201, HB801, HB1001 may be used	Composition requirement: One round must include round-off flic In one rounds, teams may opt to have individuals perform 2 moves instead of 3 without deduction Triple saltos are not a valid element	Composition requirement: Single salto with twist Vault height: 135-165cm Triple saltos are not a valid element
4	Primary	Time requirement: 2:00 - 2:45 Difficulty Distribution: There must be 2 difficulty value elements after 1:30, and a corresponding line indicated on the tariff sheet Difficulty requirements: 3 Balance elements 3 Jumps/Hops/Leaps 1 Acrobatic elements 1 Flexibility element Handstand Requirement: HB201, HB801, HB1001 may be used	Minimum composition requirement for saltos: None Additional composition requirement: One round must include round off flic or cartwheel flic In two rounds, teams may opt to have individuals perform 2 moves instead of 3 without deduction Teams may repeat any EG elements in a series Double saltos are not a valid element Additional elements: Roll forwards or backwards 0.10 Cartwheel 0.10 Fast Forward Walkover 0.10 One-handed cartwheel 0.10 Tuck; Straddle; Stretched 180° turn 0.05 0.3 HJ deduction for choreographing a roll after a salto Jumps are permitted once only in a series	Minimum Composition requirement: Salto Vault height: 100-165cm Double saltos are not a valid element Additional elements: Tuck Jump 0.05 Straddle Jump 0.05 Pike Jump 0.05 Squat on jump off 0.10
5+6		See specific GfA rules: https://www.british-gymnastics.org/technical-information/competition-handbooks/teamgym		

Offered at British Gymnastics National Events in 2023 i.e. British Championships

	In age [†]	Qualification for British Championships	Disability Championships
Seniors	16 years+	Level 2 TeamGym	An update will be sent with disability modifications and qualification procedure.
Juniors	13-17 years	Level 2 TeamGym	
Youth	10-14 years	Level 3 TeamGym	
Primary	9-11 years		

* These competitions are subject to sufficient capacity at the British Championships and therefore yet to be confirmed. Please see the competition handbook.

† Age is determined by the age of the participant on the 31st December 2023.

Mixed Teams

Mixed teams may contain any combination of men and women. All gymnasts must be represented on floor. Should a team contain 3 or less gymnasts of one gender at L3, these must be represented on every apparatus run. L2 must have even gender representation on apparatus.

Gymnast Attire

Attire within mixed teams must be visibly different between genders. Numbering of participants is only necessary for the European Championships (but there is no deduction for any gymnasts having numbers). Close fitting t-shirts (with or without sleeves), gym-shorts and leggings are acceptable.

Qualification Process

The qualification process for the 2023 TeamGym British Championships, Challenge Event and Disability Championships are outlined in the 2023 competition handbook. In any competition category (e.g. Senior Women's Micro), clubs may only be represented by 2 teams in the British Championships.

National Primary Competition

British Gymnastics National Events will include the National Primary Competition. The Primary Competition is designed to encourage participation and develop good form in younger gymnasts, and is a gender neutral competition. The top teams from the qualifiers will be invited to the National Primary Competition.

Micro Teams

Micro teams, with up to 5 gymnasts in a team, will perform to the same rules but on Tumble and Trampet only with no more than 3 gymnasts competing in each run. The Micro Team competition does not include the floor programme. Please note that both genders must be represented in each tumble and trampet run of a mixed team.

Disability Competition

Disability gymnasts competing at British Championships will use the National Disability TG Development Plan Rules and Regulations, and qualification rules will be outlined in the 2023 competition handbook.

References

Please take care to read the relevant documents that can be found on the BG website.

For British Championships this will include the [National TeamGym Competition Handbook](#), the [European Code of Points 2022](#) and these British modifications to those rules.