



International Teamgym and Trio (Micro) Teamgym CUP and other Competitions for Clubs

Rules

Youth	Youth TRIO	Junior	Junior TRIO	Senior	Senior TRIO
8-13 Y.o.	8-13 Y.o.	12-16 Y.o.	12-16 Y.o.	from 15 Y.o.	from 15 Y.o.
from 6 to 10 gymnasts	from 3 to 4 gymnasts	from 6 to 10 gymnasts	from 3 to 4 gymnasts	from 6 to 10 gymnasts	from 3 to 4 gymnasts
Teams may include up to two 14 year old gymnasts. At least 50% of the team must be 12 years of age or younger. Only for floor the Team can be composed by more than 10 gymnasts. Is it NOT compulsory that all the components of Team perform the floor exercise.	Team may include up to one gymnast 13 years of age.	Teams may include up to two 17 year old gymnasts and up to two Youth aged gymnasts. At least 50% of the team must be 15 years of age or younger.	Team may include up to one gymnast 17 years of age.	Team may include up to 2 junior aged gymnasts.	Teams may include up to 1 junior aged gymnast.
Team F - M - Mix. For mixed teams there need only be one gymnast of the opposite sex and both genders must be represented in each run of each discipline.		Team F - M - Mix (Mix 50% M e F)	Team F - M - Mix. For mixed teams there need only be one gymnast of the opposite sex and both genders must be represented in each run of each discipline.	Team F - M - Mix (Mix 50% M e F)	Team F - M - Mix. For mixed teams there need only be one gymnast of the opposite sex and both genders must be represented in each run of each discipline.
Teams can be comprised of a maximum of two different clubs.	Team must be composed from the same Club	Teams can be comprised of a maximum of two different clubs.	Team must be composed from the same Club	Teams can be comprised of a maximum of two different clubs.	Team must be composed from the same Club
International CUP - Mid European Championship	International CUP - Mid European Championship	International CUP - Mid European Championship - Champion's CUP (only the first 3 Teams in every National Championship from 2015)	International CUP - Mid European Championship	International CUP - Mid European Championship - Champion's CUP (only the first 3 Teams in every National Championship from 2015)	International CUP - Mid European Championship

FLOOR PROGRAM

AGE CATEGORY	YOUTH	Junior	Senior
AREA	14 x 14 m.	14 x 14 m.	14 x 14 m.
TIME	2:00- 2:30	2:30 - 3:00	2:30 - 3:00
FORMATIONS	6 Formations (2 curves, 1 small shape, 1 large shape)	As per UEG code	As per UEG code
AMENDMENTS	UEG CoP with the following amendments:	UEG CoP with the following amendments:	UEG CoP with the following amendments:
	Combinations can be fulfilled with 2 elements already used.	Combinations can be fulfilled with 2 elements already used.	Combinations can be fulfilled with 2 elements already used.
	Only 1 acrobatic element required		
	Only 1 section element required		
	Balance, Saltos e pivots can be repetead		
	All PIVOTS with 180° takes 0,10 value	All PIVOTS with 180° takes 0,10 value	All PIVOTS with 180° takes 0,10 value
TRIO	TRIO do not execute a floor program		

TUMBLING PROGRAM

AGE CATEGORY	Youth	Junior	Senior
AREA	15m Tumble or Air Track - maximum run up max 16 meters.	15m Tumble or Air Track - maximum run up max 16 meters.	15m Tumble or Air Track - maximum run up max 16 meters.
Gymnasts per round	6	6	6
	UEG CoP with the following amendments:	UEG CoP with the following amendments:	UEG CoP with the following amendments:

AMENDMENTS	Each series must be composed of 2 or 3 elements (if 2 must be different, if 3, 2 can be the same only if flight phase)		
	SUPPLEMENTAR ELEMENTS	SUPPLEMENTAR ELEMENTS	SUPPLEMENTAR ELEMENTS
	-Forward roll 0,05	-Forward roll 0,05	-Forward roll 0,05
	-Backward roll 0,05	-Backward roll 0,05	-Backward roll 0,05
	-Cartwheel 0,10	-Cartwheel 0,10	-Cartwheel 0,10
	VALUE INCREASE	VALUE INCREASE	VALUE INCREASE
	- Flight in roll or in cartwheel 0,05	- Flight in roll or in cartwheel 0,05	- Flight in roll or in cartwheel 0,05
	- Straight legs in roll from start to finish 0,05	- Straight legs in roll from start to finish 0,05	- Straight legs in roll from start to finish 0,05
no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation	
TRIO	TRIO SAME REQUESTS		

TRAMPETTE PROGRAM

AGE CATEGORY	Youth	Junior	Senior
AREA	Run Up MAX. 25 m. - TRAMPET with UEG size	Run Up MAX. 25 m. - TRAMPET with UEG size	Run Up MAX. 25 m. - TRAMPET with UEG size
Components per round	6	6	6
AMENDMENTS	UEG CoP with the following amendments:	UEG CoP with the following amendments:	UEG CoP with the following amendments:
	no double saltos required for composition	no double saltos required for composition	no double saltos required for composition
	no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation
	SUPPLEMENTAR ELEMENTS	SUPPLEMENTAR ELEMENTS	SUPPLEMENTAR ELEMENTS
	- Straight up salto 0,05	- Straight up salto 0,05	- Straight up salto 0,05
	- Dive and roll 0,05	- Dive and roll 0,05	- Dive and roll 0,05
TABLE	Possibility to choose from:	Vault Table from 130 and 165 cm.	Vault Table from 130 and 165 cm.
	- Mat max. width 100 cm. and high 120 o 140 cm.		
	-Vault Table high from 120 and 165 cm.		

	SUPPLEMENTAR ELEMENTS	SUPPLEMENTAR ELEMENTS	SUPPLEMENTAR ELEMENTS
	All salto with feet touch followed by a second flight fase 0,05	All salto with feet touch followed by a second flight fase 0,05	All salto with feet touch followed by a second flight fase 0,05
TRIO	TRIO SAME REQUESTS		

GENERAL RULES

* Same gymnast can't compete in more than one category (age and sex)

*One **TRIO TEAMGYM'S** gymnast can not compete in **TEAMGYM** and **VICE VERSA**.

COMPETITIONS

NATIONAL CHAMPIONSHIP	FOLLOWS THE COUNTRY RULES		
INTERNATIONAL TEAMGYM CUP	YEARLY	FROM 4 TO 6 STEPS	ALL THE INTERESTED CLUBS FROM ALL THE WORLD
MID EUROPEAN CHAMPIONSHIP	YEARLY	1 COMPETITION	ALL THE CLUBS FROM EUROPE EXCLUDING SCANDINAVIAN CLUBS
CHAMPIONS CUP	IN ALTERNANCE AT EUROPEAN TEAMGYM CHAMPIONSHIP FOR NATIONAL TEAMS	1 COMPETITION	THE FIRST 3 TEAMS from the final ranking of each national championship IN EACH CATEGORY (AGE AND SEX), EXCLUDING YOUTH, FROM ALL THE EUROPEAN COUNTRIES