



TeamGym

‘The Code for Coaches’

An introduction to the UEG Code of Points for coaches new to TeamGym

This document is intended only as an introduction. Coaches should always refer to the UEG Code of Points and the GB Competition Regulations

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1. General Rules

The Code of Points: The Code of Points is the official Handbook of Rules for TeamGym. These are the rules laid down by the UEG - the European Gymnastics Union. In addition, there are specific British rules and also general guidance.

Equipment:

- The Floor Area - 14m x 16m and 35mm thick. It is not a 'sprung floor'
- Tumbling - 15m track, 2m wide. Landing area 7m x 4m wide with the option for an extra safety mat 2m x 4m x 10cm if required. Run up is a maximum of 16m
- Trampoline - Trampoline with a vaulting table and landing area, (6m x 4m). The height of the Trampoline is 25cm at front and 65cm to 80cm at the back. The height at the back may be adjusted. The whole frame must be covered with a minimum 3cm safety pad. Teams must use the equipment provided.
- Vaulting Table - Height 145cm to 165cm for juniors and 150 to 165cm for seniors; measured from the floor to the centre part of the table. The landing area is at least 7m x 7m with the option for an extra safety mat if required. Run up is a maximum of 25m

Any questions or concerns about apparatus should be referred to the competition organiser for the day.¹

The Teams: A Team is made up of 8 to 10 people. Teams may be all women, all men, or an equal number of men and women can form a mixed team.²

Music: All exercises, on each piece of apparatus, are performed to music. Each piece should be on a separate disc and clearly marked with the team's name, section and number or it may be emailed to the organiser prior to the event. Music should be orchestrated but without words.

The Gymnasts: All gymnasts must of course, show good behaviour and sportsmanship at all times. They are not allowed to mark the run up areas or block the view of the judges.

Gymnasts' Clothing:

- The dress of team members must be identical, with some exceptions for mixed teams
- Wearing gymnastic footwear is optional on each apparatus, but if a gymnast wishes to wear footwear (shoes and or socks) for the floor exercise, then the whole teams must wear the same footwear. Gymnasts may not wear socks only for tumbling or trampoline.
- Bandages are permitted. They must be securely fastened and of a none-intrusive colour.
- No Jewellery may be worn by gymnasts. This includes ear studs and piercings, also decorated hairgrips. Taping to cover items is not allowed.
- Hair must be tied back securely and should not cover the face.

Women

- Gymnasts must wear a non-transparent leotard or unitard; the neckline must be appropriate and the leg cut may not extend beyond the hipbone.

¹The equipment may not meet these specifications at inter-club and regional events

²In GB teams may have 6 to 12 gymnasts. In the Primary Challenge Competition, the gender balance rules do not apply

- Leotards may be with or without sleeves and the shoulder strap width must be a minimum of two cm.
- The length of arms is optional, as well as the length of legs of unitards and shorts/ leggings; these must be skin tight and not baggy. Leggings may be worn under or over the leotard

Men

- Gymnasts must wear a leotard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long gymnastic 'trousers' that are not baggy or loose

Mixed Teams

- The women's and men's dress does not have to be identical, or even similar. But all women have to be identically dressed and all men have to be identically dressed. For example, women can be in yellow and men can be in blue.

The Coaches:

- Coaches must be appropriately qualified for all the skills being performed by their team.
- Coaches may adjust the height of apparatus with the consent of the competition organiser
- The coach must submit the Tariff Forms showing the teams planned work before the competition warm up. Minor changes can be made on request to the apparatus Head Judge before the team competes.
- Coaches should show good sportsmanship at all times, not mark the run up or apparatus in any way or block the view of the judges.

Coaches' Clothing

- Coaches must wear matching sports wear
- Coaches must not wear jewellery (including watches and rings) when standing in for catching or supporting. Lanyards, open tracksuits, belts, hair grips should also be removed.

Catching or supporting

- The safety of the gymnast is paramount. Spotting for safety on the Trampoline and Tumbling is required for all elements during the whole team performance. Two coaches must stand on the landing mat during the Trampoline / Vault exercise, in order to react quickly in case of danger and one coach must be present on the tumbling landing area. Coaches may not stand on or in the vicinity of the floor area
- The Head Judge will only signal the start of the programme when the coaches are in place
- Catching or supporting will result in deductions but equally, failure to react to dangerous situations will also result in deductions for the team.
- Coaches are not allowed to give any instructions to the gymnasts and/or disturb them during the programmes unless there is an accident or injury

Tariff Forms

- Tariff Forms are completed by the coach and must be handed in prior to the start of the competition warm up.
- The forms show the elements that the team will perform and also the Difficulty Value of those elements.

- Eight copies of the Tariff Forms are required for floor and six for Tumble and Trampoline.

Floor Tariff Forms will show

- Formations with dots, so the shape of the formations and the position of each gymnast is clearly marked
- Code numbers for the elements that are counted towards the team's difficulty score e.g. DB201 360° spin; J614 Cat leap 360° turn; SB204 standing balance and symbols or words to identify the skills.
- The Composition and Choreographic components in letters and symbols e.g. RS for Rhythmic Sequence; F for Flexibility element and arrows to show the direction gymnasts is facing < > ^ v or moving ↑ → ↓ ←

Tumbling and Trampoline Tariff Forms will show

- Symbols or words for all the elements in each gymnast's run
- The Values of the highest two difficulty elements counted for each tumble run and for each round

Judges:

- All Judges judge independently, using the rules and regulations from 'The Code of Points'.
- The Judges work in panels. There are two for the floor exercise, one for tumble and one for trampoline.
- A Head Judge is responsible for ensuring that the judging panel apply the rules correctly and for calculating the team's final score.
- Some Judges will be allocated the role of 'E' panel. This means they are responsible for marking the 'execution and choreography', the 'performance' of the team. They judge from 10.00 marks.
- The CD panel of Judges will mark the Composition and Difficulty Value of the team's work. Composition is judged from 4.00 marks on Floor and 2.00 marks on Tumble and Trampoline.
- The Difficulty Value of all exercises is 'open'. All elements have a value based on the level of difficulty and this is shown in the Code of Points. Teams make their own choice of which elements to include, based on the requirements of the rules.
- Prior to the team's performance, any concerns should be referred to the Head Judge and not to any other Judges. For example, a last-minute change to a tariff sheet could be referred to the Head Judge at that apparatus. After the competition, requests for feedback on a team's performance should always be referred to the Head Judge and not to other Judges.

2. Floor Exercise

General

- The Floor Exercise is performed to music
- The time limit is between 2:15 and 2:45 minutes³
- The team must jog into the competition arena when directed; they wait at the edge of the floor area and then jog on to the floor area and into their starting positions on the signal from the Head Judge.

Difficulty

- The values of the difficulty elements can be found in the Table of Difficulty in the Code of Points. The elements are valued from easier (value 0.2) elements through to very difficult (1.6)
- Open Difficulty means that there is not a fixed mark that a team can score in this section.
- Some teams may include more difficult elements and try for a higher difficulty score. However, the performance of each difficulty element, by every member of the team, must be exact or otherwise the difficulty value may not be counted and the team will lose marks.
- The difficulty elements must be performed by all gymnasts, at the same time. All gymnasts in the team must do the same difficulty elements, with arms and legs in the same positions.
- Mirroring is allowed. This means that gymnasts may be performing the same element but on 'opposite legs'. For example, one may balance on the right leg and another on other on the left.
- The same element can only be counted as a difficulty element once; if the same element is performed again, it will not be given value.

Difficulty Value Elements:

To gain marks for Difficulty the Floor Programme must contain **NINE** required elements. These elements must be marked on the tariff form and selected from the groups shown below. Additional elements can be included, but these elements should not be marked on the Tariff Form.

Balance	4
Jumps, Hops, Leaps	3
Acrobatic elements	2

Two of the nine elements must be directly linked to create a **Combination (C)**.

The Combination may be a Jump, Hop, Leap linked directly to a second JHL or a linked directly to a Pirouette (spin) or a standing Balance, or an Acrobatic element.

For example:

- Cat Leap 360° turn – stretched jump 360° turn.
- Pirouette 360° turn – Stretched jump 360° turn
- Wolf Jump – Arabesque balance
- Round off – Straddle Jump

³ Primary Floor Exercise Time 1.45 – 2.30

Balance Elements: (B)

One balance must be a **Hand Supported Balance**.⁴

The position must be held still for 2 seconds. Usually, all gymnasts must all show the same element performed in the same way. The one exception is the Handstand. If the team chooses Handstand (HB1001) the gymnasts may show different leg positions e.g. straight, split, stag.

One Balance must be a **Dynamic Balance** – a pirouette (spin) or power element.

Pirouette - At least a 360° rotation on one foot on the toes. The pirouette can be forwards – turning in the same direction as the supporting leg, or backward.

Power elements - A controlled movement with dynamic strength. The positions before and after must be clear, but need not be held for two seconds.

One Balance must be a **Standing Balance**

A recognised shape where the whole body is held in a static position for at least two seconds without any additional movement.

One Balance may be hand supported, dynamic or a standing balance.

Jumps, Hops, Leaps (J): A jump, leap or hop must have height and must show a recognised shape in the air. Three different elements are required.

Jump	–	take off of two feet and land on one or two feet
Leap	–	take off from one foot and land on the other or both
Hop	–	take off one foot and land on the same foot

Acrobatic Elements (A) Two different elements are required

The elements recognised for this purpose are Cartwheel, Free cartwheel, Round Off, Walkover forwards or backwards, Free walkover, Handspring, Back flip, Salto forwards, backwards or sideways. Different landing positions, sitting, standing, kneeling, lying, are allowed.

Composition (4.00 marks)

There are FOUR requirements in this section: Flexibility; Group Element; Rhythmic Sequence; Difficulty Distribution. Each has a value of 1.00 marks

Flexibility (F): The team may choose to perform splits forward, splits sideways; straddle sitting with chest on or very close to the floor; pike fold with chest on the knees. Each gymnast can choose the skill to perform. The skill must be clearly shown but need not stay still.

Group Element (G): In this element, all the gymnasts must take part either in one or two groups. The minimum group size is three. The groups may perform a lift, a throw or a balance. The groups may perform a different element. Gymnasts must be 'Actively involved' and not just passive observers to the group element. Lifted gymnasts must stay longer in the air than they could do without the assistance from the other gymnasts.

Rhythmic Sequence (RS): The whole team must perform this at the same time, either together or in two groups (minimum 3 people). All the gymnasts must perform the same sequence of steps

⁴ In GB, any balance from the Handstand Group 1.3, HB201; HB801; HB1001 may be used.

and movements. The gymnasts must travel across the floor from one side to the other, or from front to back or back to front or diagonally. The team must not include any Difficulty Value elements in the sequence and they should show a change in tempo.

Difficulty Distribution (DD): This means the Difficulty Value elements must be spread throughout the exercise. Three of the nine Difficulty elements must be performed after 1 minute 30 of the exercise. A line should be drawn across the Tariff Form at the 1m 30seconds point.

Execution (10.0 marks)

Judges may make deductions in the following areas by deciding if a fault in performance is minor, moderate or major. The level of penalty will be decided by how serious the error is and by how many gymnasts made the error. Small errors by one gymnast could be a 0.1 penalty; errors made by half or more of the team could mean a 1.0 mark penalty.

Wrong number of gymnasts

If there are too few or too many gymnasts or an unequal number of men and women in a mixed team the Deduction 1.0 per gymnast missing.

Precision in formations

All the formations must be exact (e.g. lines straight, clear circles etc).

Transitions

These are the movements that change one formation into another and move the gymnasts around the floor area. The transitions should be smooth and choreographed so that gymnasts are not walking, shuffling, running, taking giant steps etc to move from place to place or into a formation.

Synchronisation

Most of the team's work should be synchronised although small sections may be performed in canon. If gymnasts are 'out of time' from the rest of the team, then they are penalised.

Uniformity in execution

The team must perform the same movements and elements exactly the same way.

Mirroring is allowed so some gymnasts could complete a spin or jump on their right leg and others on their left.

Performance of the elements

The elements must be done with correctly, with good technique

Dynamic execution

The team should perform with good rhythm and extension and movements must show continuity with a logical and natural fluency. No stops, pauses, isolated arm or leg movements; the whole body should be engaged in the movements.

Amplitude and extension

All elements and movements must be performed with the greatest possible amplitude. Extension must be visible in each element through the whole program.

Balance and controlled execution

The floor program must be performed with control and balance. There will be a deduction for errors like extra steps and jumps, additional arm and leg movements and extra hand support. A fall has a 0.3 penalty.

Line violations

The lines around the floor are part of the floor area, stepping over the line and so out of the floor area has a penalty.

Choreographic Requirements

Movements Corresponding to the Music:

The movement and music must 'fit together' and present a total performance.

Formations

There must be at least 6 **different** formations in Floor Program. The shape and the size of the formations must vary. Changing the size of the formation does not make it a different shape – a large circle and a small circle would count as one formation.

The formations must include **one very large** size formation (from side to side and from back to front within 1.0m of the edge of the mats) and **one very small** size formation (gymnasts very close to each other – i.e. 4m x 4m space).

The formations must also include at least one moving curved formation. This can be shown in one or two groups; at least four gymnasts must be in a group; the gymnasts follow each other in a curved pathway.

Planes

Gymnasts must move in two different planes – backwards, and sideways. There must be at least one sequence showing a combination of three different movements or elements in each plane. In the backward plane, the back of the gymnast's body leads the movement; in the sideways plane the side of the body leads. Acrobatic elements cannot be included. The planes must be completed at the same time; some gymnasts may move sideways to the left and some to the right. Planes should be shown on the tariff form with arrows → ↑ ↓ ←.

Directions

The programme must include the gymnasts performing to three different sides of the floor; i.e. forwards, backwards, right or left. All the gymnasts need to complete this at the same time; three different movements or elements must be performed in the sequence. Directions should be shown using the > < ∨ ^ symbols.

3. Tumble

General

- Each team performs three different rounds or runs.
- Six gymnasts take part in each round. Different team members may take part in each round
- After each round the gymnasts jog back to their start position. All the gymnasts must return at the same time
- In the First Round - All gymnasts perform exactly the same series.
- In the Second and Third Rounds, all the gymnasts may perform the same series or the gymnasts may increase the difficulty of the series.
- Each series, that is the individual tumbling run of a gymnast, must consist of a combination of at least three different acrobatic elements, without intermediate steps or pauses. Elements performed after a fall, stop, step or pause will not be counted by the judges.
- The difficulty values of elements are shown in a Table of Difficulty in the Code of Points
- At least one round must be performed forwards and one round backwards. All elements in the round must be either forwards or backwards respectively. The third round can be either be forward, backward or a mixture of different elements
- One coach must be present on the landing area on the far side from the judges, for safety. Coaches may not stand at any other point.
- The complete presentation is performed to music. The time limit is 2 minutes 45 seconds - the timekeeping starts with the music and ends when the last gymnast lands in the third round

Difficulty

- The difficulty of each series (run) is not limited.
- The difficulty value is calculated from the two highest value, different elements performed in the run
- Elements after a pause, a fall or intermediate steps are not count towards the difficulty.
- If a gymnast fails to land feet first, the element will be valued at zero for difficulty.
- Running through, without performing any elements will be valued at zero for the difficulty.
- Performing only one or two different elements will be valued on what is performed.
- Junior teams may perform one series with two elements only, without penalty.⁵
- The difficulty values from each gymnasts run are added together to give a value for the round; the difficulty values from all three rounds are then added and divided by 3, to give the final Difficulty Value, which is then rounded down to the nearest 0.1

⁵ Primary (Level 4) gymnasts may perform two series with only two elements; Youth (Level 3) gymnasts may perform a series with only two skills once only.

Some Element Values

Direction	Basic element	Value
Forwards	Cartwheel ⁶	0.10
	Handspring	0.20
	Flyspring	0.20
	Salto forward tucked	0.20
	Salto forward piked	0.30
	Salto forward straight ***	0.40
Backwards	Round off	0.10
	Flick Flack	0.20
	Whip salto	0.20
	Salto backward tucked	0.20
	Salto backward piked	0.20
	Salto backward straight	0.30
	Salto backward straight 180°	0.40
	Salto backward straight 360°	0.50
<p>If a straight front salto is used to start a run, the value is reduced to 0.30 For twisting saltos, the value increases by 0.1 for each 180° of twist</p>		
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Calculating the Difficulty:

In this example, a junior team performs the following:

Round 1 Round off, back flip, tucked back salto

The value for this tumble is $0.20 + 0.20 = 0.40$

The team Difficulty Value for the round would be $6 \times 0.40 = 2.40$

Round 2 Round off, back flip, straight back salto

The value for this tumble is $0.20 + 0.30 = 0.50$

The team Difficulty Value for the round would be $6 \times 0.50 = 3.00$

Round 3 Handspring, tucked front salto.

The value for this tumble is $0.20 + 0.20 = 0.40$

The team Difficulty Value for the round would be $6 \times 0.40 = 2.40$

The Difficulty Value for the team would be $2.40 + 3.00 + 2.40 = 7.80$ divided by 3 = 2.60 marks

⁶In GB a cartwheel may be used as a forward or a backward element.

⁷ Check current GB Modified Code for additional GB value elements for Primary (Level 4) Competitions

⁸ Level 3 and Level 4 gymnasts may repeat a UEG element once in a tumble run.

⁹ A roll may never be performed after a salto.

Composition (2.00 marks)

Team Round

In round one every gymnast must perform the exact same series.

Correct Order in Rounds 2 and 3

In the second and third rounds gymnasts are allowed to increase the difficulty of elements with body position changes and twists. The series with higher difficulty values must come after the series with lower values in the round.

Not jogging back between rounds – gymnasts must jog back together, usually in single file, on the same side of the track; there is no penalty for using both sides.

Additional movements before or between rounds – Dance, gymnastic or choreographed movements are not allowed.

Missing Team Round

In round one every gymnast must perform exactly the same series. If a gymnast performs a different series in this 'team round' there will be a penalty

Order of runs in each round

In the second and third rounds gymnasts are allowed to increase the difficulty of elements with body position changes and twists. The gymnasts performing the series with higher difficulty value must perform after those with lower values.

Repetition of Series

If any gymnast performs exactly the same series that has already performed by a team member in another round, there will be a penalty. Even if the series was performed by a different gymnast from the team. This means also that the series performed in Round 1 should not be repeated in subsequent rounds. The same skills may be repeated – but the order of skills must be different, to make a 'different series'.

Forward and Backward Rounds

The team must perform at least one round backwards and one round forwards.

Forward series: All the elements in the series are forward.

Backward series: All the elements are backward.

Combined series: A combined series may include both forward and backward elements

Twists

The team must perform one round that contains an element with at least 360° twist.

10 11

Execution (10.0 marks)

Body Shape in Saltos

Saltos must be performed with good technique showing clear body shape with feet and legs together and feet and toes pointed.

Body Shape in Other elements

All other elements must be performed with clear body shape with feet and legs together and feet and toes pointed

¹⁰ This is not required at Primary (Level 4); at Youth (Level 3) the requirement is for a straight salto.

¹¹ Teams at Level 4, 3, and 2 must perform one run that includes 'round off flic.'

Twisting

Twisting elements must show an appropriate technique and the twist must be completed before landing. Arms should be placed close to the body or axis of rotation.

Loss of Momentum

A tumble should maintain or increase momentum.

Height and Length of final salto

The final salto in a series must be at an appropriate height and length.

Landing Position

The landing position should be upright; slight bending of the knees and slight bending at the hips is allowed

Control in Landing

The landing must be controlled and the gymnast may continue moving backwards or forwards in the direction of the tumble, under control

Landing the last element in the landing area ¹²

Gymnasts must land their last element on the landing area.

Performing along the Centre Line

Elements should be performed along the centre line of the track land on the centre line of the landing area.

Coaches Actions

The coach is there to react in case of a dangerous situation. The coach is not there to stop gymnasts falling over, but to avoid injury to the gymnasts. All supporting actions will be penalised.

Penalty 0.8 for support; 1.5 for helping the gymnast to complete the skill;

1.5 failing to react in a dangerous situation

Streaming ¹³

Streaming should be even between all gymnasts. At least two gymnasts must be moving at the same time, but the next gymnast is not allowed to start their first element until the previous gymnast has completed the last element. Deduction 0.1 each time.

Missing elements

If a gymnast performs fewer than three elements there is a penalty of 1.0 mark for each element missing.

¹² Gymnasts performing simple series that do not end with a salto, may land within 1 metre of the landing area without penalty.

¹³ Two gymnasts should not be moving at once in simple series that start from a static position i.e. a forward roll or cartwheel or jump, where there is no requirement/necessity to run into the skill. As one ends, the second gymnast may start.

4. Trampette

General

- Each team performs three different rounds.
- Six gymnasts take part in each round; different gymnasts from the team may perform in the rounds.
- In the First Round - all gymnasts perform exactly the same element; in the Second and Third Rounds, gymnasts may choose to increase the difficulty of the elements
- After each round the gymnasts return by jogging back together to their start position.
- At least one round must be performed with the vaulting apparatus and one without apparatus (Trampette only).
- Teams are not allowed to mark the run-up in any way but they may use a tape measure.
- Two coaches must be present on the landing mat, for security spotting the landings. In the event of a dangerous situation, they must take appropriate action.
- The complete presentation is performed to music. The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last gymnast lands in the third round.

Difficulty (Open value)

- The difficulty of each element is not limited.
- In the first round, if a gymnast does not perform the team element the gymnast will be given zero for difficulty.
- Gymnasts will be awarded 0 for difficulty if they do not land feet first or if they fail to touch the vault with both hands.
- The total difficulty values from each of the runs are calculated and then averaged to give the final Difficulty Value for the team, rounded down to the nearest 0.1

Element Basic Values

Group	Basic elements	Value
Without vaulting apparatus		
	Salto forwards tucked	0.10
	Piked	0.10
	Straight	0.20
	Straight with 180° twist	0.30
	Straight with 360° twist	0.40
	Double Salto	0.60
With vaulting apparatus		
¹⁴	Handspring	0.40
	Handspring 90 on 90 off	0.30
	Handspring 180 on	0.40
	Handspring front salto tucked	0.80
	Tsukahara tucked	0.80
Additional value is added for each 180° twist		

¹⁴ Vault height Primary (Level 4) 100 – 165cm; Youth (Level 3) 135 – 165cm

Calculating the Difficulty. In this example a Youth Team performs

Round 1 Tucked front salto, value 0.10

The team Difficulty Value for the round would be $6 \times 0.1 = 0.6$

In Round 2, 3 gymnasts perform a pike salto (0.1) two a straight salto (0.2) and the last gymnast performs a straight salto with a 180° (0.30)

The team Difficulty Value for the round would be $3 \times 0.1 + 2 \times 0.2 + 0.30 = 1.00$.

In Round 3, gymnasts 1, 2 and 3 perform a handspring (0.4); 4 and 5 compete a handspring 180° turn (0.40); gymnast 6 performs 180° on and 180° off (0.50)

$$0.4 + 0.4 + 0.4 + 0.4 + 0.4 + 0.5 = 2.50$$

The Difficulty Value for the team would be $0.6 + 1.00 + 2.50 = 5.85$ divided by 3 = 1.36

The 1.36 would then be 'rounded down' to 1.30

15 16

Composition (2.00 marks)

Team Round

In round one every gymnast must perform the exact same element. If a gymnast performs a different element there will be a composition deduction 0.2 per gymnast

Correct order in Rounds 2 and 3

In the second and third rounds gymnasts are allowed to increase the difficulty of elements with body position changes and twists. The gymnasts performing the higher difficulty value elements should perform come after those performing lower difficulty value skills.

Repetition of Elements

If any gymnast performs exactly the same element that has already been performed by a team member in another round, there will be a penalty of 0.2 per gymnast.

Twists

The team must perform one round that contains an element with at least 540° twist in a single salto or a 180° twist in a double salto. If this is performed on vault, the twists must be in free flight, after the hands have left the vault. A 180° turn on and 360° turn off does not meet this requirement.

¹⁷

Double salto

For competition under full UEG rules, gymnasts are required to perform one round with a double salto. A Tsukahara or Handspring front salto vault also meets this requirement. ¹⁸

Round with and without vaulting table

The team must perform at least one round with and one round without the vaulting table

¹⁵ Check BG Modified Code for Additional GB elements for Primary (Level 4)

¹⁶ Check GB Modified Code for additional values for all levels

¹⁷ Not applicable at Level 4 and Level 3.

¹⁸ At Primary (Level 4) requirement is a tucked salto; at Youth (Level 3) requirement is a straight salto.

Execution (10.0 marks)

Body Shape

Elements must be performed with clear body shape with feet and legs together and feet and toes pointed.

Twisting

Twisting elements must show an appropriate technique and the twist must be completed before landing. Arms should be placed close to the body or axis of rotation.

Contact with the Vault

There should be visible lift (flight) from the hands. Vaults where there is no 'visible lift' incur a 0.4 penalty each time. The body shape should show extension as the gymnast leaves the vault. This is an important consideration if teams choose to vault in two of their rounds.

Height and Length

Elements must be at an appropriate height and length.

Extended Body Position before Landing

The gymnast should open out and extend into the landing

Landing Position

The landing position should be almost upright; slight bending of the knees and slight bending at the hips is allowed.

Control in Landing

The landing must be controlled and the gymnast may continue moving backwards or forwards under control

Landing along the Centre Line

Elements should land along the centre line of the landing area.

Coaches Actions

The coach is there to react in case of a dangerous situation. The coach is not there to stop gymnasts falling over, but to avoid injury to the gymnasts. All supporting actions will be penalised.

Penalty 0.8 for support; 1.5 for helping the gymnast to complete the skill;

1.5 failing to react in a dangerous situation

Streaming

Streaming should be even between all gymnasts. At least two gymnasts must be moving at the same time.

Jogging Back together between rounds

Gymnasts must jog back to their start position together between rounds one and two. Additional dance, choreography and stylised jogging is not allowed.

Running through

If a gymnast fails to complete a valid element the penalty is 3.00 marks. This includes gymnasts who fail to touch the vault with both hands.

Wrong number of gymnasts

If there are too many or too few gymnasts or not three men and three women in a mixed team there is a penalty of 3.00 for each missing/extra gymnast

Checklist for Floor Exercise			
	Jog into place to start		
Difficulty		Code number; value; symbol	
Balance - hand supported			
Balance - dynamic			
Balance - standing			
Balance - choice			
Jump - Hop - Leap 1			
Jump - Hop - Leap 2			
Jump - Hop - Leap 2			
Acrobatic 1			
Acrobatic 2			
Combination			
Composition			
Flexibility Element	Split; side split; pike fold; straddle fold		
Group Element	1 – 2 groups; minimum 3 gymnasts; all involved		
Rhythmic Sequence	Across; diagonal; front/back; 1-2 groups Tempo Change; No Difficulty skills		
Difficulty Distribution	3 elements after 1 m 30		
Choreographic requirements			
Formations	1. Large	2. Small	
	3. Moving Curved	4.	
	5.	5.	
Planes 3 movements; no acro	Backwards		Sideways
Directions 3 movements	Front	Back	Side
Music	Time:		

Checklist for Tumble Exercise		
		Series; Diff Value 2 elements; Symbols;
Time	2.45	
Gymnasts	6 in each round	
Round One	Identical series	
Round Two	Identical series, or increased difficulty, in order of difficulty, no repetition of R1	
Round Three	Identical series, or increased difficulty, in order of difficulty, no repetition of R1/2	
One round forward	All elements forward	
One round backward	All elements backward	
One round with 360° twist; Levels 1 and 2 only		
One round includes Round off flic; Levels 2, 3, 4		
Gymnasts' last element lands on the landing area		
One coach present		
Streaming – even; one starts as the other ends run		
Gymnasts jog back together		

Checklist for Trampette Exercise		
		Series; Difficulty Value; Symbols;
Time	2.45	
Gymnasts	6 in each round	
Round One	Identical element performed	
Round Two	Identical series, or increased difficulty; in order of difficulty; no repetition of R1	
Round Three	Identical series, or increased difficulty; in order of difficulty; no repetition of R1/2	
One round uses Vault		Vault height:
One round uses Trampette		
One round uses either		
One round with 540° twist; Levels 1 and 2 only		
One round includes Double salto Levels 1 and 2 only		
One round includes Straight salto L3 only		
One round includes Tuck salto L4 only		
Two coaches present on landing area		
Streaming – even; one starts as the other ends run		
Gymnasts jog back together		

Introduction to Floor Symbols.

Dynamic Balances	Jumps, Hops, Leaps		Standing Balances
180° 360° 540° 720°			
Forward 360	Straight	Stag	
Back 360	Straddle	Split	With Hands
Forward Hand support	Tuck	Change Leg	Scale
Forward 360°	Scissor	Sissone	Scale
	Cat	Wolf	Side Scale
Hand Supported Balances		Acrobatic Elements	
Half lever	Planche	Cartwheel	Backward Walkover
Handstand	Bridge	Round off	Forward Walkover

Summary of Execution Head Judge deductions – all apparatus These penalties are made once; from the team's final score at the apparatus	
1. Timing - Under/ over timing	0.3
2. Music - Absence of music - Music with clear lyrics	0.3 once
3. Incorrect clothing - Loose items (including loose competition numbers) - Body painting	0.3 0.3
4. Wearing jewellery	0.3
5. Insecurely fastened or intrusive bandages	0.3
6. Not respecting the apparatus/competition requirements - Entering arena against the competition requirements	0.3
Floor only -	
1. Timing – very short programme (under 2.00m)	2.00
2. Interrupting the floor program	1.0/ gymnast
3. Footwear (if not worn by entire team)	0.3
4. Not jogging to the starting position on floor are	0.3
5. Changing gymnasts during the floor program	0.3
Tumble	
1. Coach giving verbal or visual signals	0.3
2. Marking or extending the run-up with clothes or other items	0.3
3. Starting the performance before the signal from the HJ	0.3
4. More than one coach in the landing area	0.3
5. Coach leaving the landing area/tumble track	0.3
Trampette	
1. Coach giving verbal or visual signals	0.3
2. Marking or extending the run-up with clothes or other items	0.3
3. Starting the performance before the signal from the HJ	0.3
4. More than two coaches on the landing area	0.3
5. Both coaches leaving the landing area	0.3

Floor Execution Penalties				
Number of faults ↓	Size of the fault →	Minor fault	Moderate fault	Major fault
One gymnast makes the fault		very small 0.1	small 0.2	medium 0.4
Less than half of team make the fault		small 0.2	medium 0.4	large 0.7
Half or more of the team make the fault		medium 0.4	large 0.7	very large 1.0
Precision in Formations		Minor 0.1; 0.2; 0.4	Synchronisation	0.1 – 1.00
Transitions -simple steps, weak links, walking		Minor 0.1; 0.2; 0.4	Uniformity of Execution – team all performing the same technique/no extra steps	0.1 – 0.7
Dynamic Execution – pauses; arms or legs movements only		Minor 0.1; 0.2; 0.4	Balance and Control	0.1 – 0.7
Amplitude and Extension		Minor 0.1; 0.2; 0.4	Fall - per gymnast	0.3
Line violations – out of the floor area		Minor 0.1; 0.2; 0.4	Wrong number of gymnasts	1.0
<p>Execution errors: Hop in spin; not on toes /under or over rotate/poor shape/ poor split in leaps and balances /walk on hands in handstand/wobbles in balances / bent arms/ bent legs/ poor body position/ no height in jumps/ no stretch in feet and ankles/poor shape in acrobatic elements/poor landings etc.</p> <p>Minor faults 0.1; 0.2; 0.4; Moderate and Major errors could lead to loss of Difficulty Value as well as a large execution penalty.</p>				

Choreographic Requirements - Floor	
Movements corresponding to the music	0.2
Formations	
- 6 different formations	0.2/ each
- Large formation	0.2
- Small formation	0.2
- Moving curved formation	0.2
Planes	
- Backwards	0.2
- Sideways	0.2
Directions	
- Front	0.2
- Back	0.2
- Left or right	0.2

Execution Deductions Tumble	0.1	0.2	0.3 or more
1. Unclear Body Shape in Saltos			
• Hip and knee angle faults	X	X	0.3
• Split, crossed legs	X		
• Head or feet error	X		
• Arms not close to body/rotation axis	X		
2. Unclear Body Shape for Elements Other than Saltos			
• Hip and knee angle faults	X	X	
• Head or feet error	X		
3. Unclear Twisting			
• Initiating the twist too soon or too late	X	X	
• Finishing the twist too late	X		
• Under/Over rotation on landing	X	X	
4. Loss of Momentum	X	X	0.3; 0.5
5. Too Low (0.2) or Long Final (0.1) Salto	X	X	
6. Not Extended Body Position Before Landing			
• Late opening	X		
• No opening		X	
7. Not optimal Landing Position			
• Leaning position		X	0.3
• Hips/knees bending		X	0.3
8. Lack of Control in Landing			
• Loss of control		X	
• Light touching with one/two hands			0.5
• Falling (sitting, rolling, etc.)			0.8
• Not landing feet first			1.5
9. Not landing the last element in the landing area			0.3
10. Not performing along the Centre Line	X	X	
11. Coaches' Actions			
• Support			0.8
• Not acting in dangerous situation			1.5
• Helping the gymnast to achieve element			1.5
12. Irregular Streaming per gymnast	X		
13. Not jogging back or together, between rounds			0.4
14. Special deductions			
• Missing element in the series			1.0
• Running Through			3.0
• Wrong number of gymnasts			3.0

Composition Deductions: Tumble	Deduction
Team Round and Ordering of Individual Routines - Missing team round - Not correct order in 2 nd and 3 rd Rounds	0.2 per gymnast 0.1 per gymnast
Variation - Repetition of series - Missing Forward or Backward rounds - Not Fulfilling Twist Requirement	0.2 per gymnast 0.2 per gymnast 0.2 per gymnast

Execution Deductions Trampoline	0.1	0.2	0.3 or more
1. Unclear Body Shape in Saltos			
• Hip and knee angle faults	X	X	0.3
• Split, crossed legs	X		
• Head or feet error	X		
• Arms not close to body/rotation axis	X		
2. Unclear Twisting			
• Initiating the twist too soon or too late	X	X	
• Finishing the twist too late	X		
• Under/Over rotation when landing		X	0.3
3. Contact with Vault			
• Lack of lift 0.2 No visible lift 0.4		X	0.4
• Not extended body position		X	
4. Too Low or Long Salto			
• Too low element		X	
• Too Long element	X		
5. Not Extended Body Position Before Landing			
• Late opening	X		
• No opening		X	
6. Not optimal Landing Position			
• Leaning position		X	0.3
• Hips/knees bending		X	0.3
7. Lack of Control in Landing			
• Loss of control		X	
• Light touching with one/ two hands			0.5
• Falling (sitting, rolling, etc.)			0.8
• Not landing feet first			1.5
8. Not Landing along the Centre Line	X	X	
9. Coach Actions			
• Support			0.8
• Not acting in dangerous situation			1.5
• Help the gymnast to achieve element/ no DV			1.5
10. Irregular Streaming	X		
11. Not jogging back or together per team/round			0.4
12. Special deductions			
• Missing element in the series			1.0
• Running Through – performing no elements			3.0
• Wrong number of gymnasts			3.0

Composition Deductions Trampoline	Deduction
Team Round and Ordering of Individual Routines	
- Missing Team Round	0.2 per gymnast
- Not correct order in 2 nd and 3 rd Rounds	0.1 per gymnast
Variation	
- Repetition of elements	0.2 per gymnast
- Not Fulfilling Twist Requirement	0.2 per gymnast
- Not Fulfilling Requirement for Double or Triple Saltos	0.2 per gymnast
- No round with or without the Vaulting table	0.2 per gymnast