



Team Gym

Disability National Development Plan

Version 3 October 2018

**British
Gymnastics**
More than a sport

National Disability TeamGym Development Plan Competition Rules and regulations

The National Disability TeamGym Development programme is designed to provide competition and development for people whose disability or impairment restricts their mainstream competitive opportunities. There are two sections of competition at four different levels of progression. Teams may be all male, all female or mixed teams. Teams and gymnasts may start on the pathway at any of the four levels. Ages determined in the year of competition.

Disability Section (D)

All the gymnasts in the team have a disability or impairment. Coaches should have appropriate evidence available in case this is requested by the competition organiser. BG provides a detailed pack to support coaches. Full Teams may have 6 to 10 gymnasts; Micro Teams (no Floor Work) have 3 to 5 gymnasts.

Mixed Ability Section (M)

At least 50% of the team have a disability or impairment. Coaches should have appropriate evidence available in case this is required by the competition organiser. BG provides a detailed pack to support coaches. Full Teams may have 6 to 10 gymnasts. Micro Teams (no floor work) have 3 to 5 gymnasts. In a full TG Team, at least three and in a Micro Team at least one disabled or impaired gymnast must take part in each run.

General Guidance

- Gymnasts who use a wheelchair may participate in the Floor exercise only. There is no requirement to leave the chair and gymnasts should, as far as possible, synchronise with and reflect the work of the team.
- Music, without lyrics is required for each piece of apparatus at National level 1 and 2.
- All skills on each apparatus may be chosen from the TeamGym UEG code with the additional National Disability TG DP list.
- Team members should wear the same clothing unless participating in a mixed team, please adhere to full UEG code.
- Baggy clothing should not be worn. Jewellery is not allowed.

Floor Exercise

- The whole team must take part.
- The work should be synchronised with all gymnasts performing the same skills at the same time.
- In the floor exercise teams should use the whole floor area; work as far as practicable at different levels showing laying, sitting, standing and jumping; move in different directions; work with the music; show the whole team working together.
- The adaptations to the code at each level should be adhered to.

Tumbling and Trampet/Vaulting

- The team jogs together in a line to the start point at the beginning of the exercise and jogs back together to the start point after each run.
- Different gymnasts may take part in the runs
- Two coaches MUST be on the landing area for the Trampette and Vaulting. At least one Coach MUST be on the tumbling area, but up to three coaches may be present if required for the gymnast's safety.
- Coaches may give verbal instruction and may mark the run up and take off points if this is essential for the gymnast's performance safety.
- No more than two gymnasts should be moving at the same time- one starting and one ending the run.
- Gymnasts competing lower level skills in a run should before those competing skills with the higher value.
- There are no requirements for gymnasts to run into tumbles or to use a long approach to the Trampette or vault.
- In tumbling gymnasts may repeat skills maybe repeated depending on the level.
- Jumps may be included and counted as forwards or backwards skills as required.
- The last skill in each tumbling run must land on the landing area if it is a salto; all other skills may land on the landing area or close proximity to it. Gymnasts should not tumble on the landing area-landings only.
- In Trampet vaulting, skills performed in one round should not be repeated in other rounds, even if performed by different gymnasts.
- All gymnasts must use apparatus placed at the same height and Trampet placed in the same position.
- Coaches must work within their level of qualification. A disabilities module is not required but a TeamGym qualification is required.

Disability Level 4

Disability National Level 4	<p>Section D and Section M Full Teams of 6 to 10 gymnasts. Micro Teams of 3- 5 gymnasts. Age Groups 8-11:10 -16; 16 plus Open Age (for micro, no floor is required)</p>
Requirements-Floor	<ul style="list-style-type: none"> • Performed to music with or without lyrics. • Performed on a 12 x 12 Floor area. • Routines are to be between 90 seconds to 2 minutes. • No timing requirement for moves to be performed within. • All team members must perform the floor routine. • All team members must perform the same elements on the floor at the same time. <p>The Wheelchair user must move within the direction of travel of the floor routine, clearly showing shapes with the team and adaptations of skills.</p>
Difficulty Value (DV score) Open	<p>Difficulty Requirements:</p> <ul style="list-style-type: none"> • 1 x jump or leap • 1 x balance • 1 x shoulder stand or hand balance • 1 x pirouette • 1 acrobatic element • No handstand or headstand required.
Compositional Score (C score) 2.00	<p>Compositional Requirements</p> <ul style="list-style-type: none"> • Flexibility Element 1.00 mark chosen from Splits/ Straddle fold or Pike fold • Group element 1.00 mark showing gymnasts working together in a group within 3 m of each other.
Execution score (E score) 10.00	<ul style="list-style-type: none"> • 3 different formations performed within the routine. Examples- triangle, circle, straight line, square, diamond. One formation must be a moving circle. • No Large shape required. • A small shape to be within touching distance of each other. • Work at different levels – laying, sitting, standing. • The whole team together must travel in 2 directions, towards the front and back of the floor area, facing the direction of travel. The team must perform an identical series with a minimum of 3 different dance steps during the direction of travel. <p>No planes required only directions</p>
Head judge Deductions (HD deductions)	<p>These points are additional to the execution deductions.</p> <ul style="list-style-type: none"> • No deductions for aiding a gymnast to perform. <p>Please refer to the UEG code of points with the additional British Disability code of point requirements.</p>
Scoring information	<p>Difficulty score (DV score) +Composition score (C score) + Execution Score (E score) with deductions- Head judge deductions = final score</p>
Execution Bonus	<p>If the floor program or parts of it are performed with excellent skill and the program is especially well transmitted to the audience. The team can be awarded with a bonus. Bonus 0.1 per team on each judge's own E score</p>

Requirements for Tumble level 4	
Key Information	<ul style="list-style-type: none"> • Performed to music with or without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 3 rounds- six gymnasts(full Team)or three gymnasts (Micro Team)each performing only one tumble round each, moving in the same direction towards the landing area. • Skills can be repeated in each round but must be in different combinations. • The next Gymnasts must only start to move when the previous gymnast has landed the final move. • Gymnasts can be changed in each round • All Gymnasts must perform the skills on the tumble track. <p>Mixed teams do not require a mixture of each gender in each run.</p>
Difficulty Value (DV score) open	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - All gymnasts perform the same identical series</p> <p>Run 2 – All gymnasts can perform the same or a different series.</p> <p>All runs to be performed with two elements.</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lower performing first. • Gymnasts must make their way back together. • At least one round must include a forward element. • At least one round must include a backward element. • Two jumps can be used in each run • In the first round all gymnasts must perform exactly the same skills • No deductions for not having a full forward and backward round.
Execution score (E score) 10.00	<p>Deductions to follow the current code of points with the exception.</p> <ul style="list-style-type: none"> • No Deductions for loss of momentum on Tumble • No Deduction for waiting for instruction • No Deductions for only 2 runs
Head Judge deductions (HD deductions)	<p>These are additional to the execution deductions</p> <ul style="list-style-type: none"> • The coach may give verbal instructions if required, no deduction. • A coach can stand at the beginning of the track to aid the gymnast onto or off the track if required and to give instruction.
Scoring information	<ul style="list-style-type: none"> • Only two moves count for the DV in each run • The average DV of the 2 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills Tumble	
DV score 0.1	<p>Forwards roll Tuck jump star jump Backwards roll</p> <p>Stretch jump ¼ turn link or lunge shape</p> <p>Cartwheel forwards or backwards element</p> <p>Side roll / shoulder roll</p>

Requirements –Trampet Level 4	
Key Information	<ul style="list-style-type: none"> • Performed to music with or without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 2 rounds- six gymnasts (full Team) or three gymnasts (Micro Team) each performing a minimum of one round. • Skills cannot be repeated in each round. • The next Gymnast must only start to move when the previous gymnast has landed. • Gymnasts can be changed in each round. • Only a trampette can be used – this can be lowered to a height required. A training Trampette can be used. • All Gymnasts must land within the landing area. • Vault height can be varied between 0 -165cm (a box top turned length ways can be used) <p>Mixed teams do not have to have each gender in each run.</p>
Difficulty Value (DV score)	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - all gymnasts perform the same skill</p> <p>Run 2 – all gymnasts can perform a different skill</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lower performing first. • Gymnasts must make their way back together. • At least one round must use the vault apparatus. • At least one round must use the trampette.
Execution score (E score) 10.00	<p>Deductions to follow the current code of points with the following exceptions.</p> <ul style="list-style-type: none"> • No deduction for poor or lack of streaming. • No deduction for aiding the gymnast on and off the vault. • No Deductions for only two rounds
Head Judge deductions (HD deductions)	<p>The following points are additional to the execution deductions</p> <ul style="list-style-type: none"> • The coach may give verbal instructions if required no deduction. • A coach can stand at the beginning of the run up to aid the gymnasts in verbal instruction.
Scoring information	<ul style="list-style-type: none"> • The average DV of the 2 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills	
DV score 0.1 On vault	<p>Squat on to knees stretch jump off</p> <p>Squat on to knees tuck jump off</p> <p>Squat on to long box top- 2 steps- straight or tuck jump off.</p>
DV score 0.5 On Trampette	<p>Star jump /straight jump</p> <p>Straddle jump</p> <p>Tuck jump / puck jump</p> <p>Pike jump</p>

Disability National Level 3

Requirements-Floor	<ul style="list-style-type: none"> • Performed to music without lyrics. • Performed on a 12 x 12 Floor area. • Routine length between 1min 30 secs and 2 min • No timing requirement for moves to be performed within. • All team members must perform the floor routine. • All team members must perform the same elements on the floor at the same time.
Difficulty Value (DV score) open	<p>Difficulty Requirements:</p> <ul style="list-style-type: none"> • 2 x jumps/leaps or hops to be linked together • 1 x balance • 1 x shoulder stand or hand balance • 1 x pirouette • 2 acrobatic elements • No handstand or headstand required. <p>The two jumps or leaps or hop may be performed with one intermediate step if required.</p>
Compositional Score (C score) 2.00	<p>Compositional Requirements</p> <ul style="list-style-type: none"> • Flexibility Element 1.00 Splits/ Straddle fold or Pike fold • Group element 1.00 - Gymnasts working together in a group within 3 m of each other.
Execution score (E score) 10.00	<ul style="list-style-type: none"> • 5 different formations performed within the routine. Examples- triangle, circle, straight line, square, diamond. One formation must be a moving circle. • Large shape to be within 3m of the edge of the floor. • A small shape to be within touching distance of each other. • Work at different levels – laying, sitting, standing. • The whole team together must travel in 2 directions towards the front and back of the floor area, facing the direction of travel. The team must identically perform an identical series with a minimum of 3 different dance steps during the direction. • No planes required only directions
Head judge Deductions (HD deductions)	<p>These are additional to the execution deductions.</p> <ul style="list-style-type: none"> • No deductions for standing at the side of the floor to aid the gymnasts through verbal instruction. <p>Please refer to the UEG code of points with the additional British Disability code of point requirements.</p>
Scoring information	<p>Difficulty score (DV score) +Composition score (C score) + Execution Score (E score) with deductions- Head judge deductions = final score</p>
Execution Bonus	<p>If the floor program or parts of it are performed with excellent skill and the program is especially well transmitted to the audience. The team can be awarded with a bonus. Bonus 0.1 per team on each judge's own E score</p>

Requirements for Tumble level 3	
Key Information	<ul style="list-style-type: none"> • Performed to music with or without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 3 rounds- six gymnasts (full Team) or three gymnasts (Micro Team) each performing only one tumble round each, moving in the same direction towards the landing area. • Skills can be repeated in each round but must be in different combinations. • The next Gymnast must only start to move when the previous gymnast has landed their last skill. • Gymnasts can be changed in each round • All Gymnasts must land within 1.5m of the landing area. <p>Mixed teams do not have to have each gender in each round.</p>
Difficulty Value (DV score) Open	<p>Scores are created from the skills chosen in each round.</p> <p>Run 1 - All gymnasts perform exactly the same series</p> <p>Run 2 – All gymnasts can perform a different series</p> <p>Run 3 - All gymnasts can perform a different series</p> <p>All runs can be performed with two elements.</p> <p>Only the two highest valued elements will count for DV.</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lowest DV skills performing first. • Gymnasts must make their way back together. • At least one round must have forward skills only. • At least one round must have backwards skills only • Two jumps can be used in each run
Execution score (E score) 10.00	<ul style="list-style-type: none"> • Deductions to follow the current code of points • No Deductions for momentum on Tumble • No Deduction for waiting for instruction
Head Judge deductions (HD deductions)	<p>The following points are additional to the execution deductions</p> <ul style="list-style-type: none"> • The coach may give verbal instructions if required no deduction. • A coach can stand at the beginning of the track to aid the gymnast onto or off the track if required and to give instruction.
Scoring information	<ul style="list-style-type: none"> • Only two moves count for the DV in each run • The average DV of the 3 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills Tumble	
DV score 0.1	<p>Forwards roll Tuck jump star jump Backwards roll</p> <p>Stretch jump ¼ turn link or lunge shape</p> <p>Cartwheel forwards or backwards element</p> <p>Side roll / shoulder roll</p>

Requirements –Trampet Level 3	
Key Information	<ul style="list-style-type: none"> • Performed to music with or without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 3 rounds- six gymnasts (full Team)or three gymnasts (Micro Team) each performing a minimum of one round. • Skills cannot be repeated in each round. • The next gymnast may only move when the previous gymnast has landed. • Gymnasts can be changed in each round. • Only a trampet can be used – this can be lowered to height required (no use of springboard) • All Gymnasts must land within the landing area. • Vault height can be varied between 0 -165cm <p>Mixed teams do not have to have each gender in each round.</p>
Difficulty Value (DV score) Open	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - all gymnasts perform the same skill</p> <p>Run 2 – all gymnasts can perform a different skill</p> <p>Run 3 - all gymnasts can perform a different skill</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lower performing first. • Gymnasts must make their way back together. • At least one round must use the vault apparatus. • At least one round must use the trampette. <p>If the vault is not used there is a 2.0 mark deduction</p>
Execution score (E score) 10.00	<ul style="list-style-type: none"> • Deductions to follow the current code of points • No deduction for poor or lack of streaming. • No deduction for aiding the gymnast on and off the vault.
Head Judge deductions (HD deductions)	<p>The following points are additional to the execution deductions</p> <ul style="list-style-type: none"> • The coach may give verbal instructions if required no deduction. • A coach can stand at the beginning of the run up to aid the gymnasts with verbal instruction.
Scoring information	<ul style="list-style-type: none"> • The average DV of the 3 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills	
DV score 0.1 On vault	<p>Squat on to knees stretch jump</p> <p>Squat on to knees tuck jump off</p>
DV score 0.5 On Trampette	<p>Star jump /straight jump</p> <p>Straddle jump</p> <p>Tuck jump</p> <p>Pike jump</p>

Disability National Level 2

Disability National Level 2	<p>Section D and Section M Full Teams of 6 to 12 gymnasts. Micro Teams of 3- 5 gymnasts. Age 9 to 16 or 16 plus (for micro, no floor is required) Only full teams from the 9 to 16 age group will progress to the British finals of the challenge section.</p>
Requirements - Floor	<ul style="list-style-type: none"> • Performed to music without lyrics. • Routines are to be between 1min 30 secs and 2 min 30 secs • All team members must perform the floor routine. • All team members must perform the same elements on the floor at the same time. • Performed on a full floor area.
Difficulty Value (DV score) Open	<p>Difficulty Requirements:</p> <ul style="list-style-type: none"> • 2 x jumps/leaps or hops to be linked together • 1 x standing balance • 1 x shoulder stand or hand balance • 1 x pirouette or power element • 2 acrobatic elements <p>From the above the two jumps or leaps or hop must be performed without intermediate steps or pauses.</p>
Compositional Score (C score) 4.0	<p>Compositional Requirements</p> <ul style="list-style-type: none"> • Flexibility Element 1.00 . Splits/ Straddle fold or Pike fold • Group Element 1.00. Gymnasts working together in groups of 3 or more in contact with each other. • Rhythmic Sequence 1.00. The team must travel across the floor as a unit for 5m
Execution score (E score) 10.00	<ul style="list-style-type: none"> • 5 different formations performed within the routine. Examples- triangle, circle, straight line, square, diamond. One formation must be a moving circle. • A Large shape to be within 2m of the edge of the floor. • A small shape to be within touching distance of each other. • Work at different levels – laying, sitting, standing. • The whole team together must travel in 3 directions to the front, the back and one side of the floor, facing the direction of travel. The team must perform an identical series with a minimum of 3 different dance steps during each direction • The whole team together must identically perform a minimum of 3 dance steps to the side.
Head judge Deductions (HD deductions)	<p>These are additional to the execution deductions Please refer to the UEG code of points with the additional British Disability code of point requirements.</p>
Scoring information	<p>Difficulty score (DV score) +Composition score (C score) + Execution Score (E score) with deductions- Head judge deductions = final score</p>
Execution Bonus	<p>If the floor program or parts of it are performed with excellent skill and the program is especially well transmitted to the audience. The team can be awarded with a bonus. Bonus 0.1 per team on each judge’s own E score.</p>

Requirements for Tumble level 2	
Key Information	<ul style="list-style-type: none"> • Performed to music without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 3 rounds- six gymnasts (full Team) or three gymnasts (Micro Team) each performing only one tumble round each, moving in the same direction towards the landing area. • Skills can be repeated, in each round, but must be in different combinations. • The next gymnast may only start to move when the previous gymnast is landing their last skill. • Gymnasts can be changed in each round • All Gymnasts must land within 1.5m of the landing area. • Mixed teams do not have to have each gender in each round.
Difficulty Value (DV score) Open	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - all gymnasts perform the same series</p> <p>Run 2 – all gymnasts can perform a different series</p> <p>Run 3 - all gymnasts can perform a different series</p> <p>Two runs can be performed with two elements.</p> <p>Only two of the highest valued elements to count for DV.</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lower DV performing first. • Gymnasts must make their way back together. • At least one round must have a forward round • At least one round must have a backwards round • One jump can be used in each run
Execution score (E score) 10.0	<ul style="list-style-type: none"> • Deductions to follow the current code of points
Head Judge deductions (HD deductions)	<p>The following points are additional to the execution deductions</p> <ul style="list-style-type: none"> • The coach may give verbal instructions if required no deduction. • A coach can stand at the beginning of the track to aid the gymnast onto or off the track if required and to give instruction.
Scoring information	<ul style="list-style-type: none"> • Only two moves count for the DV in each run • The average DV of the 3 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills Tumble	
DV score 0.1	<p>Forwards roll Tuck jump star jump Backwards roll</p> <p>Stretch jump ¼ turn link</p> <p>Cartwheel forwards or backwards element</p>

Requirements – Trampette level 2	
Key Information	<ul style="list-style-type: none"> Performed to music without lyrics Routines are to be no longer than 4 mins allowing additional time for travel. 3 rounds- six gymnasts(full Team)or three gymnasts (Micro Team) each performing a minimum of one round. Skills cannot be repeated in each round. The next Gymnast may only start to move when the previous gymnast has landed. Gymnasts can be changed in each round. Only a trampette can be used – this can be lowered to height required. All Gymnasts must land within the landing area. Vault height can be varied between 100 -165cm <p>Mixed teams do not have to have each gender in each round.</p>
Difficulty Value (DV score) Open	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - all gymnasts perform the same skill</p> <p>Run 2 – all gymnasts can perform a different skill</p> <p>Run 3 - all gymnasts can perform a different skill</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> Gymnasts must perform in order written on the tariff sheets. Those with lower DV performing first. Gymnasts must make their way back together. At least one round must use the vault apparatus. At least one round must use the trampette. <p>If the vault is not used there is a 2.0-mark deduction</p>
Execution score (E score) 10.00	<ul style="list-style-type: none"> Deductions to follow the current UEG code of points
Head Judge deductions (HD deductions)	<p>The following points are additional to the execution deductions</p> <ul style="list-style-type: none"> The coach may give verbal instructions if required no deduction. A coach can stand at the beginning of the run up to aid the gymnasts in verbal instruction.
Scoring information	<ul style="list-style-type: none"> The average DV of the 3 rounds + C score +E score = starting value Starting score- Execution Deductions-Head judge deductions +final score
Additional skills	
DV score 0.1 On vault	<p>Squat on stretch jump</p> <p>Squat on tuck jump off</p>
DV score 0.5 On Trampette	<p>Star jump</p> <p>Straddle jump</p> <p>Tuck jump</p> <p>Pike jump</p>

Disability National Level 1

Disability National Level 1	<p>Section D and Section M</p> <p>Full Teams of 6 to 12 gymnasts. Micro Teams of 3- 5 gymnasts.</p> <p>Age 10 to 16 or 16 plus (for micro, no floor is required)</p> <p>Full or micro teams will progress to the British final if the criteria are met.</p>
Requirements - Floor	<ul style="list-style-type: none"> • Performed to music without lyrics. • Routines are to be between 2min 15secs and 2 min 45secs • All team members must perform the floor routine. • All team members must perform the same elements on the floor at the same time. • Performed on a full floor area.
Difficulty Value (DV score) open	<p>Difficulty Requirements:</p> <ul style="list-style-type: none"> • 2 x jumps/leaps or hops to be linked together • 1x additional jump or leap • 1 x standing balance • 1 x shoulder stand or hand balance • 1 x pirouette or power element • 2 acrobatic elements <p>From the above the two jumps or leaps or hop must be performed without intermediate steps or pauses.</p>
Compositional Score (C score) 4.0	<p>Compositional Requirements</p> <ul style="list-style-type: none"> • Flexibility Element 1.00. Splits/ Straddle fold or Pike fold • Group Element 1.00. Gymnasts working together in groups of 3 or more in contact with each other. • Rhythmic Sequence 1.00. The team must travel across the floor as a unit, from one side to the other side of the floor this can also be on a diagonal
Execution score (E score) 10.0	<ul style="list-style-type: none"> • 6 different formations performed within the routine. Examples- triangle, circle, straight line, square, diamond. One formation must be a moving circle. • A Large shape to be within 1m of the edge of the floor. • A small shape to be within touching distance of each other. • Work at different levels – laying, sitting, standing. • The whole team together must travel in 3 directions, towards the front, back and one side of the floor, facing the direction of travel. The team must perform an identical series with a minimum of 3 different dance steps during the direction. • The whole team together must also perform an identical series with a minimum of 3 dance steps sideways and backwards.
Head judge Deductions (HD deductions)	<p>These are additional to the execution deductions</p> <p>Please refer to the UEG code of points with the additional British Disability code of point requirements.</p>
Scoring information	<p>Difficulty score (DV score) +Composition score (C score) + Execution Score (E score) with deductions- Head judge deductions = final score</p>
Execution Bonus	<p>If the floor program or parts of it are performed with excellent skill and the program is especially well transmitted to the audience. The team can be awarded with a bonus. Bonus 0.1 per team on each judge's own E score.</p>

Requirements –Tumble Level 1	
Key Information	<ul style="list-style-type: none"> • Performed to music without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 3 rounds- six gymnasts (full Team) or three gymnasts (Micro Team) each performing only one tumble round each, moving in the same direction towards the landing area. • Skills can be repeated in each round, but must be in different combinations. • The next Gymnast may only start to move when the previous gymnast has landed their final skill. • Gymnasts can be changed in each round • All Gymnasts must land within 1.5m of the landing area. • Mixed teams do have to have each gender in each round. • No compulsory move to be performed.
Difficulty Value (DV score) Open	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - all gymnasts perform the same identical series</p> <p>Run 2 – all gymnasts can perform a different series</p> <p>Run 3 - all gymnasts can perform a different series</p> <p>Two runs can be performed with two elements.</p> <p>Only the two highest valued elements in each run to count for DV</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lower performing first. • Gymnasts must make their way back together. • At least one round must have all forward skills • At least one round must have all backward skills
Execution score (E score) 10.00	<ul style="list-style-type: none"> • Deductions to follow the current code of points <p>All saltos must land on the landing area, an additional move can be performed with no extra deduction on the landing area.</p> <p>This must be completed before the end of the mat.</p>
Head Judge deductions (HD deductions)	<ul style="list-style-type: none"> • These are additional to the execution deductions • The coach may give verbal instructions if required no deduction. <p>A coach can stand at the beginning of the track to aid the gymnast onto or off the track if required and to give instruction.</p>
Scoring information	<ul style="list-style-type: none"> • Only two moves count for the DV in each run • The average DV of the 3 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills Tumble	
DV score 0.1	Stretch jump ¼ turn link
DV score 0.2	Cartwheel forwards or backwards element
	Front salto jump to lunge

Requirements –Trampet Level 1	
Key Information	<ul style="list-style-type: none"> • Performed to music without lyrics • Routines are to be no longer than 4 mins allowing additional time for travel. • 3 rounds- six gymnasts (full Team) or three gymnasts (Micro). Each gymnast must perform a minimum of one round. • Skills cannot be repeated but, in each round must be different combinations. • The next Gymnast may only start to move when the previous gymnast has landed. • Gymnasts can be changed in each round. • Only a trampette can be used – this can be lowered to height required. • All Gymnasts must land within the landing area. • Vault height can be varied between 100 -165cm <p>Mixed teams do have to have each gender in each round.</p>
Difficulty Value (DV score) Open	<p>Scores are created from the skills chosen in each round</p> <p>Run 1 - all gymnasts perform the same skill</p> <p>Run 2 – all gymnasts can perform a different skill</p> <p>Run 3 - all gymnasts can perform a different skill</p>
Compositional Score (C score) 2.0	<ul style="list-style-type: none"> • Gymnasts must perform in order written on the tariff sheets. Those with lower DV performing first. • Gymnasts must make their way back together. • At least one round must use the vault apparatus. • At least one round must use the trampette. <p>If the vault is not used there is a 2.0mark deduction</p>
Execution score (E score)10.00	<ul style="list-style-type: none"> • Deductions to follow the current UEG code of points
Head Judge deductions (HD deductions)	<p>The following points are additional to the execution deductions</p> <ul style="list-style-type: none"> • The coach may give verbal instructions if required no deduction. • A coach can stand at the beginning of the run up to aid the gymnasts in verbal instruction.
Scoring information	<ul style="list-style-type: none"> • The average DV of the 3 rounds + C score +E score = starting value • Starting score- Execution Deductions-Head judge deductions +final score
Additional skills	
	<ul style="list-style-type: none"> • No additional skills follow current UEG code with British modifications

Additional floor skills 0.1 value

The following skills are additional to the skills in the UEG code of points for floor.

	Level 1 and 2	Level 3 and 4		Level 1 and 2	Level 3 and 4
Power			Acrobatic		
Value 0.1			Value 0.1		
	180 spin f/B on toes	180 spin on bottom		Forward roll finish position not stated	Side tuck roll
				Tuck roll sideways to finish leg out to side.	1 x tuck roll holding knees sitting roll back to sitting position.
				Cartwheel 1 hand	Dish /arch roll
Jump/ leap			Balance		
Value 0.1			Value 0.1		
	Tuck knees at 90 degrees to hip.	Tuck jump		V sit angle 45 degrees	Pike sit feet on floor. Hands by the hips.
	Hop to turn 180 Foot on Knee	Hop		Balance on hands in tuck shape	Balance on bottom in tuck shape no use of hands
	Hop leg at 90	Hop leg at 45		Arabesque leg at 45 degrees	Dish shape hold
	Split jump 90	Star jump		Side balance leg at 45 degrees	Stand on toes
	Cat leap knees 45 degrees to hips.	Bunny hop to straight jump		Bridge head off floor and body	Standing balance hold onto the knee with two hands.