

Foreword from the National Technical Committee Chair for TeamGym

Following the Government's announcement on the 20th March to close all leisure facilities we have further amended the video submission procedure for the selection of gymnasts for the 2020 European TeamGym Championships. These are uncertain times, with the last week alone revealing daily escalations to isolate the population. Indeed, at this point we cannot even offer certainty that the championships will proceed as planned. However, at present European Gymnastics are being optimistic and therefore so shall we. At present half of Europe have already selected their teams and we are keen to do the same in order to give particular focus to the remote training of our selected gymnasts.

Overleaf is a checklist of footage to help the selection process. We appreciate that everyone's circumstances may differ. Please do the best you can to source the footage. Remember that we have now extended the date range to the last 8 months, which will include the British Championships 2019, where all footage can be downloaded from Gymnet. Some may also want to use the coming days to source new footage. If you do, please exercise care to risk assess the locations you might use and observe the government's social distancing guidelines. We will be taking a flexible approach to this and acknowledge that some simple elements might be submitted from home or outdoor locations such as parks or rubber matter play areas. However, we would sooner you submit with a few gaps than take any unnecessary risks. If what we are missing proves to be critical we will contact you to see if we can help you source it.

Although I am sure you are all as disappointed as we with the interruption to the recent major competitions including the selection event. However, we very much hope that you find some enjoyment and pride in collecting your best work over the last 8 months for the video evidence. We will certainly enjoy seeing it and always pleased to be inspired by your talent and your hard work.



Dr Peter Tranckle
National Technical Committee Chair for TeamGym
British Gymnastics

GB Team Selection

Gymnast:		Age on the 31 st Dec 2020:	
Email Address:			

Checklist

Categories	Elements	Code	Number required			View	Notes
			1	2	3		
Dance (D)	Including the handstand and combination.					Front	
	Element	Code	1	2	3	View	Notes
Balances (F1)	Handstand	HB1001				Side	2 from training or 1 from competition.
	Front Hold at 120	SB603				Side	3 from training or 1 from competition.
	Bridge with Leg at 45	HB806				Side	3 from training or 1 from competition.
	Arabesque at 120	SB1006				Side	3 from training or 1 from competition.
	Double Spin Forwards	DB601				Front	3 from training or 1 from competition.
	1.5 Spin with Straight Leg	DB1004				Front	3 from training or 1 from competition.
	Headstand to Planche	DB809				Side	3 from training or 1 from competition.
	Bridge with Leg at 90	HB1006				Side	3 from training or 1 from competition.
Flexibility (F1)	Forward splits (optional leg)	F				Side	Either pike fold or splits. 1 from training or 1 from competition.
	Pike fold	F				Side	
Jumps and Leaps (F2)	Double Twist Jump	J1001				Front	3 from training or 1 from competition.
	Double Stag Ring	J1018				Side	3 from training or 1 from competition.
Combinations (F2)	Full Straddle to Tuck 540	J1004 + J1002				Front	3 from training or 1 from competition.
	Split Change at 135 to Change Half at 135	J622 + J1024				Side	3 from training or 1 from competition.
	Split Change at 180 to Change Half at 135	J1022 + J1024				Side	3 from training or 1 from competition.
	Split Change at 180 to Sissonne Ring	J1022 + J1209A				Side	3 from training or 1 from competition.
Acro (F2)	Round off Straight Back	A1003				Side	3 from training or 1 from competition.
	Round off Straight 360	A1206				Side	3 from training or 1 from competition.
Tumble (TUM)	Forward tumble					Side	From training or 1 from competition.
	Backward tumble					Side	From training or 1 from competition.
	Optional tumble					Side	From training or 1 from competition.
Trampet (TRA)	Trampet 1					Side	From training or 1 from competition.
	Trampet 2					Side	From training or 1 from competition.
	Trampet Vault					Side	From training or 1 from competition.

Further Notes:

Dance & Floor Elements	<ul style="list-style-type: none">✚ Green are to be performed by all. Boys must also perform the blue elements and girls must also perform the pink elements.✚ If you are not able to submit 3 videos from training then 1 would be acceptable from competition. Please keep the video running for 3 consecutive trials of an element.✚ Routine performed in training / competition attire and bare feet.✚ If gymnasts are happy with the safety conditions and can adhere to the government social distancing guidelines, videos would also be accepted from home and outdoor locations e.g. garden, playing field, rubber matted play area.✚ Evidence must no older than 8 months.
Tumble	<p>3 runs</p> <ul style="list-style-type: none">✚ 1 backwards (consisting of at least three elements going backwards).✚ 1 forwards (consisting of at least three elements going forwards).✚ Another optional run of at least three elements.✚ Recording from side on capturing the length of the track from first element to end of the landing zone.✚ Tumbles should be to competition landing.✚ Evidence must no older than 8 months.
Trampet	<p>3 runs</p> <ul style="list-style-type: none">✚ 1 must include the vault✚ 2 must be Trampet only✚ Recording from side on capturing the trampet and the length of the landing area.✚ Trampet should be to competition landing.✚ Evidence must no older than 8 months.

Organising, referencing, submitting:

1. Create a google folder. One per gymnast. Referenced with their competition number and their name.
2. In each folder should be the following files:
 - 2.1 This completed checklist pg.2
 - 2.2 Scan of signed Gymnast Declaration from the BG Selection Policy (<https://www.british-gymnastics.org/technical-information/selection/teamgym/11153-team-gym-europeans-2020-selection-policy-final-27012020/file> pg.6-7)
 - 2.3 **[comp no.] [D]** i.e. 01.D (gymnast number 1...Dance)
 - 2.4 **[comp no.] [F1]** i.e. 01.F1 (gymnast number 1...Floor balances & flexibility)
 - 2.5 **[comp no.] [F2]** i.e. 01.F2 (gymnast number 1...Floor jumps & acro)
 - 2.6 **[comp no.] [TUM]** i.e. 01.TUM (gymnast number 1...Tumbling)
 - 2.7 **[comp no.] [TRA]** i.e. 01.TRA (gymnast number 1...Trampet & trampet vault)
 - 2.8 Scans of any medical notes.

Videos should be uploaded to a **google drive** folder and shared with peter@bracknellgymnasticsclub.co.uk

From there the files will be copied into relevant folders and the links sent to the judges.

Deadline for submission is 29.03.20 at midnight.