



TeamGym

Handbook

INTRODUCTION

TeamGym is a team performance sport with three disciplines displaying acrobatic and gymnastic elements to music.

Floor: Incorporates dance, sports acrobatics and tumbling elements to be rhythmic and entertaining while demonstrating co-ordination, balance and statics, strength, flexibility and spring.

Tumbling: Relies on good teamwork for synchronicity and uniformity while demonstrating athletes tumbling abilities.

Trampette: Relies on good teamwork for uniformity and synchronicity while demonstrating athletes vault and mini-trampoline abilities.

TeamGym is not only entertaining and exciting for spectators to watch but encourages participation across a range of abilities and ages that combines teamwork, creativity, originality and showmanship to provide the audience with an energetic, enthusiastic and dynamic performance.

TeamGym therefore, has been identified as a target sport to encourage retention of participants.

Development

TeamGym is a gymnastic discipline originating from Scandinavia and developed by the Union of European Gymnastics (UEG) that is growing in popularity not only in Europe but around the world.

This Give It A Go Handbook is a transitional programme to get clubs started in TeamGym. It will provide the starting point for a future interest in Team Gym at higher levels.

CONTENTS

- Nikki to review this due to ammendments made

Introduction	1
1. Programme Framework.....	3
2. Programme Structure.....	3
3. Team Requirements	4
4. Coach Rules and Responsibilities	4
5. Judge Rules and Responsibilities.....	5
6. Apparatus Requirements.....	6
7. Routine Requirements.....	8
8. Apparatus Specific – Floor.....	10
9. Apparatus Specific - Tumbling.....	15
10. Apparatus Specific – Trampette / Spring.....	17
11. Judging.....	19
Appendix 1 - Floor Skills examples.....	23
Appendix 2 – Judging Tarrif / Judging Sheets.....	29

1.0 PROGRAMME FRAMEWORK

1.1 Recreational Programme Framework

The Give It A Go Team Gym Programme

Age Guide	<i>Participation Pathway</i>	
Years	Advanced Participation Trampoline / Tumble / Floor (ability based GFA) Team size 6-12 gymnasts	Participation Trampoline / Tumble (GFA/Recreation) Team size 3-5 gymnasts
12Yrs +	Senior	Higher Level
12yrs Under	Intermediate	Mid Level
10yrs Under	Junior	Entry level

1.2 Division Descriptions

Participation	
Entry Level & Mid Level	Designed as an introductory and inclusive division with a focus on encouraging participation. Suitable for participants. • Of any age or level of ability • Who do not train TeamGym all year round • As a fun group activity – parents, family, friends
Higher	Age - Required to be 12 years and over Suited for any level of participants including new or experienced gymnasts, teen or adult class participants, current or retired competitive gymnasts.
Advanced Participation	
Junior & Intermediate	Age - Recommend 6 + years Suited for developing gymnasts with basic skill ability
Senior	Age - Recommend 12 + years Suited for advanced gymnasts

1.3 PROGRAMME STRUCTURE

Participation Teams – 3-5 gymnasts competing in Trampoline / Box Vault and Tumble

Advanced Participation – Full Team 6-12 gymnasts competing in Trampoline / Box Vault, Tumble and Floor Routine

3.0 TEAM RULES AND RESPONSIBILITIES

General Requirements

- 3.0.1 Standard Competition Guidelines
- 3.0.2 Clubs may enter as many teams as they wish into a Team Gym event, however participants may only compete in one team during the event.

3.1 Team Composition, Name

- 3.1.1 Teams are made up of :
 - Entry level 3-5 members
 - Other levels 6 – 12 members
- 3.1.2 Teams consist of all male, all female, mixed members disabled and non-disabled gymnasts.
- 3.1.3 Give your team a name – anything other than “Name of Club and ABC”
- 3.1.4 Full Team members must perform on floor, on all other apparatus only a minimum of six have to be performing at any one time. This allows teams to interchange or increase/decrease the number of members performing on an apparatus (or even on subsequent passes within an apparatus) as long as the minimum number of members is 6. It is immaterial whether gymnasts are from a GFA or competitive background, and teams may be mixed along these lines.
- 3.1.5 If the team does not meet the required minimum number of members on each apparatus they can still compete under the following options:
 - Incur a 5-point deduction under the penalties in technical judging
 - Draw one reserve gymnast from another competition team from the same club with permission from the Head Judge.

3.2 Dress Code

Allowed to wear

- 3.2.1 Current Governing Body guidelines on attire must be adhered to.
- 3.2.2 Club tracksuit or colours do not have to be worn to compete, and each participant does not have to be wearing the same attire although a theme is welcomed (no points awarded for this).

Not allowed

- 3.2.3 Appropriate attire. Please be mindful that the audience consists of families from young children to grandparents, therefore please choose costumes that are appropriate for this setting.

4.0 COACH RULES AND RESPONSIBILITIES

4.1 Coach Conduct

- 4.1.1 Coaches may encourage their gymnasts whilst they are performing it is preferable that coaches do not demonstrate or remind their gymnasts of moves for e.g. Coaches talking gymnasts through it and using phones / i-pads.
- 4.1.2 Coaches should be appropriately dressed for the competition arena.

4.2 Coach Qualifications

- 4.2.1 Relevant Level 2 qualifications, including Team Gym are **recommended** to ensure clubs are meeting good practice in the protection of their members.

5.0 JUDGING RULES AND RESPONSIBILITIES

5.1 Judges Responsibilities

All members of the judging panels have the responsibility to:

- 5.1.1 Follow all the current Give It A Go Judging competition guidelines.
- 5.1.2 Know the technical requirements of the Team Gym performances.

5.2 Judges Conduct

All judges must:

- 5.2.1 Always behave in a professional and ethical manner
- 5.2.2 Evaluate each performance accurately, consistently, quickly, objectively and fairly
- 5.2.3 Be respectful of coaches and gymnasts
- 5.2.4 When in doubt, give the benefit of the doubt to the team.
- 5.2.5 Refrain from discussing the results of their own judging and others on the panel with anyone else.

5.3 Judges Qualifications

- 5.3.1 In the absence of an official TeamGym Judge qualification it is recommended that judges have had experience in judging another code and/or understand the basics of performance judging

6 APPARATUS REQUIREMENTS

6.0 Floor

- 6.0.1 The Floor area provided by the event host is no less than 10 x 12m non sprung floor, the floor will be 35mm mats and appropriately joined to form one continuous area.

6.1 Tumbling

- 6.1.1 The performance area for tumbling will be the full carpeted non sprung 10 x 12 m floor area, strips can be used per team.

6.2 Trampette

- 6.2.1 Box top can be used either using short side or long side and up to and including 4 layers for the Junior divisions and a minimum of 3 layers + for the Intermediate, Advanced and Open Senior Divisions. Height max 100cm.
- 6.2.2 The Run up mat - must be - 12 meters in length, 1 meter in width and 2.5 cm in thickness.
- 6.2.3 The Mini-Tramp Frame must;
- Be covered with shock absorbing padding which must be firmly attached to frame and not touch any part of the trampoline bed.
 - Be stable and immobile during mounts and dismounts.
 - Have padding beneath the trampoline bars.
- 6.2.4 The Height of the Mini-Tramp bed from floor when under tension must be;
- 45 cm at the mounting end
 - 70 cm at the dismounting end and
 - be within a tolerance +/-10cm at both ends
- 6.2.5 The Landing area must be;
- covered with a landing mat that is shock absorbent and which allows stable landing on the feet
 - An appropriate density to allow proper shock absorption for larger athletes
 - Length- 600 cm, Width- 300 cm, Thickness- 30 cm
- 6.2.6 Safety Matting
- Additional mats need not meet the FIG requirements but must be of a reasonable thickness and density to ensure the athlete's safety.
 - As a guide, the FIG Regulations require safety mats to have a height of 20 cm and a width of 200 cm with a tolerance of +/- 1 cm.
- 6.2.7 The distance from the floor to the lowest point of the hall roof must be at least 6 meters
- 6.2.8 For the Trampette apparatus each team must have at least one competent spotter per apparatus (i.e qualified/experienced coach for the level of skill being performed).

6.3 Role of the Trampette Spotter

The spotters role is to minimise the risk or extent of injury to an athlete by:

- Minimising the risk of the gymnast falling off or landing half on/half off the equipment and
- Slowing down the athlete's fall if they are falling off the equipment.

Spotters should:

- 6.3.1 Always watch the gymnast during the routine
- 6.3.2 Stand still unless they can see that the athlete will definitely hit the mats
- 6.3.3 Stand a half metre or so from the trampoline to give themselves more

- freedom to move forwards, sideways or backwards
- 6.3.4 Keep their hands in front of their body so they can respond more quickly than if their hands are behind their back
- 6.3.5 Avoid unnecessary movement which may distract the gymnast or lead the judges to believe the gymnast has touched the mat.
- 6.3.6 Omission of a spotter is classified as a 'prohibited move/unsafe skills' and a 5-point deduction will be applied accordingly.

7.0 ROUTINE REQUIREMENTS

7.1 General

	Floor	Tumbling	Trampoline
Team Composition	All members of the team must perform.	Each pass must consist of at least 6 members. Each pass can contain different, or the same, team members i.e. team members who compete in other apparatus may choose not to compete in tumbling at all or in only one pass.	Each pass must consist of at least 6 members. Each pass can contain the same or different team members.
Spotters	Not required	A spotter is allowed to stand by the tumbling strip without incurring a deduction.	There must be at least one competent/experienced spotter in place for each mini trampoline or vault.
Performance	One performance.	2 or 3 passes depending on division	3 passes
Performance Area	10m x 12m non- sprung floor	A tumbling strip (non- sprung floor) of no less than 12m long will be provided.	Vaulting strip of a minimum of 12m long plus vault setup at end
Timing	Between 1.30 - 3 minutes.	Maximum of 5 minutes for all passes. Music must run continuously.	Maximum of 5 minutes for all three passes.

7.2 Music

- 7.2.1 All apparatus must be performed to music.
- 7.2.2 Music is of the teams own choice.
- 7.2.3 Music may be with or without vocals for all apparatus.
- 7.2.4 Choice of music must be appropriate to a general public event and be appropriate for the maturity level of those performing. Coaches or choreographers need to take responsibility for assessing music choice for swear words and the meaning of the lyrics. The deduction for inappropriate music is 5 points.
- 7.2.5 Music must be supplied in the format that the competition organiser has requested.

7.3 Interruption of performance

- 7.3.1 Music must run continuously, however the team may be given the opportunity to repeat their routine under extraordinary circumstances as follows;
- When a team is unable to start their performance after assuming their starting position,
 - Incorrect music is started
 - Extraordinary circumstance whereby the team is unable to appear on the team floor
 - When If the performance is interrupted prior to its conclusion For example;
 - Malfunction of music or music equipment failure
 - Disturbances due to a foreign object onto the performance area by other means other than the team
- 7.3.2 It is the responsibility of the team to immediately stop the routine if extraordinary circumstances (as mentioned above) arise.
- 7.3.3 A protest after the completion of the routine will not be accepted.
- 7.3.4 Should the team's routine be interrupted because of failure of their teams own equipment (e.g. sound system, Mini-Trampoline), the team must either continue without music or withdraw from the routine.

7.4 Performance Requirements

Floor

- 7.4.1 Time keeping starts at first movement and ends when the last movement is performed. This does not include entrance/exit music (which must not exceed 30 seconds).
- 7.4.2 Performed without equipment, including hand apparatus.

Tumble and Trampoline

- 7.4.3 Passes are performed in one direction only.
- 7.4.4 At participation level we suggest accommodating participation level judging that each gymnast should start their pass as soon as the gymnast in front has finished.
- 7.4.5 Passes increase to streaming when moving up difficulty level – more than one gymnast should start their pass before the previous gymnast has finished (if a hurdle is used then once hurdle is completed then the next gymnast starts).
- 7.4.6 After each pass the team members group together (crouch, in line, at the back or to the side of the performance area) until all team members have jumped then return, together as a team, by walking, running, or some other creative movement pattern that adds to their display and returns them to their start position for the next pass. This re-grouping movement cannot be done in such a place that it blocks the view of the apparatus judges.
- 7.4.7 At the conclusion of the last pass, team members need to walk in line and stand in front of the judges and present before leaving the floor.

7.5 Performance Definitions

Streaming - one after the other in close, however, safe succession.

Synchronised - at least two gymnasts must be moving and performing the same elements at the same time, staggered at a minimum of half a meter apart.

8.0 APPARATUS SPECIFIC – FLOOR

8.1 Choreography Requirements

Criteria	Definition
Formations	- A minimum of 3 different formations for Entry Mid level, advanced divisions not sure if we are doing floor at this level - A minimum of 5 different formations - Formations are considered different if the shape is different.
Variety of direction, levels and performance area	- Elements and movement are performed with variety; - Different directions – perform sequence's with a variety of directions - facing the front, back and left OR right - The directions do not need to be performed the same way by the whole team - Performance includes a variety of levels E.g. laying, sitting, standing, jumping

8.2 Overall Performance

Criteria	Definition
Showmanship	Confidence, Eye contact, Facial expression
Teamwork	Appearance, Camaraderie
Synchronicity	Synchronicity is defined as the overall uniformity of the performance and includes; - Transitions - movement from one formation to the next must have gymnastics and rhythmic quality and form part of the overall performance - Connecting elements - the movements/skills that link together to form a sequence, which gives the impression of fluent and logical series of elements – not just skills coming one after another. When gymnasts wait for the music or they have unmotivated pauses (i.e. to commence or perform a tumbling run) this will impact negatively on their overall performance mark.

8.3 Floor Element Definitions

Criteria	Definition
Skill 1: Acro elements (or Floor Tumbling Skills)	- The floor performance must include acro/tumbling skills however these must not be dominating and must blend with the routine e.g. - cross-mat tumbling is not recommended and will negatively impact on overall performance score - a stop in the movement sequence, a pause to prepare an acrobatic element, or a long run- up...more than 3 steps...for an acrobatic element - Teams may only perform the tumbling skills as per the skills table for their relevant division to meet skills requirements for floor. - Technique must take preference over difficulty and if the chosen skills are too difficult for any team member deductions will be made. - Two different tumbling elements must be performed.
Skill 2: Turn or Spin	Must be on feet and at least one foot must be in contact with the floor for the duration of the skill
Skill 3: Jumps (2 footed) or Leaps (1 footed)	- Jumps must be performed as per the skills table for the relevant division to be credited for specific requirements. - Jump and leaps these must be clearly performed to allow judges to recognise the element - Divisions requiring two jumps or leaps must perform two different jumps and/or leaps.
Skill 4: Balances & supports	Balances must be held by all members of the team, all at the same time for a minimum of two seconds
Skill 5 and 6: Acrobatic Elements	- Group Acrobatics must contain at least 6 members of either; - One group balance OR 3x pair skills or 2x trio skills with at least 4 connections - The positions must be held at the same time for two seconds to allow judges to recognise the element. - Junior / Intermediate / Advanced divisions must do skill 5 – partner/ trio balance and Skill 6 – Group Balance Base - The person at the bottom of a sports acrobatics balance who supports another person. Top - The person being supported in a sports acrobatics balance. <u>Entry & Mid-Level</u> Perform up to 1.5 levels of people eg one level is kneeling <u>All Other</u> - Performs up to 2 levels of people. i.e. the top does not have to have any part of their body on the ground, however, the majority of their body mass/centre of gravity may NOT be higher than the base's shoulders when the base is in a standing or lunge/squat position. Their body mass may only be higher than the base's shoulders if the base is sitting, kneeling or lying. SAFETY - No standing on shoulders is permitted. All acrobatics elements on 2 levels MUST have a spotter/supporter who is a member of the team.

8.4 Technical Element Requirements

Technical Element Requirements - FLOOR						
<u>Skill #</u>	<u>Skills</u>	<u>Entry & Mid Level</u>	<u>Higher</u>	<u>Junior 0.3 Tariff</u>	<u>Intermediate 0.5 Tariff</u>	<u>Senior 0.6 Tariff</u>
1	Acro Element	N/A No Floor at this level	N/A No Floor at this level	<u>2 x Acro Elements</u> Forward Roll Forward roll to straddle sit Forward roll to pike sit Forward roll to straddle Backward Roll Backwards Roll to straddle Teddy bear roll Pencil / log roll Cartwheel Handstand Forward Roll Round-Off Walkovers – Forward or Backward No Saltos allowed	<u>2 x Acro Elements</u> Forward Roll Forward roll to straddle sit Forward roll to pike sit Forward roll to straddle Handstand F/Roll Backward Roll Backwards Roll to straddle B/Roll-Handstand Teddy bear roll Pencil / log roll Cartwheel Round-Off Dive Roll Walkovers – Forward or Backward Backward Handspring to 1 foot Handspring to 2 feet Back flip Tic Toc Tinisca Valdez Aerial (free cartwheel)* Round off - Flic Flac Round off – Back flip	<u>2 x Acro Elements</u> Forward Roll Forward roll to straddle sit Forward roll to pike sit Forward roll to straddle Handstand F/Roll Backward Roll Backwards Roll to straddle B/Roll-Handstand Teddy bear roll Pencil / log roll Cartwheel Round-Off Dive Roll Walkovers – Forward or Backward Handspring to 1 foot Handspring to 2 feet Back flip Tic Toc Tinisca Valdez Aerial (free cartwheel)* Round off - Flic Flac Round off – Back flip Standing Flic Flac Cartwheel Flic Flac Salto's tucked

Floor Skill #	Skills	Entry & Mid Level	Higher	Junior 0.3 Tariff	Intermediate 0.5 Tariff	Senior 0.6 Tariff
2	Turn/Spin	N/A	N/A	<u>1 x Turn or Spin</u> Half Turn on one foot (any style) Full Spin	<u>1 x Turn or Spin</u> Chanie – turn on two feet Passe Pivot Front horizontal pivot ½ spin Full turn of any style or variation	<u>1 x Turn or Spin</u> Double Passe Double Pivot of any style Back Attitude Pivot Illusion Greater than full turn of any style or variation
3	Balance or Support	N/A	N/A	<u>1 x Individual Balance or Support</u> Front, Side or Back supports Candle/ shoulder Stand V-Sit with support Scale Passe-knee needs to create a closed triangle – body straight or on the knee Bridge Headstand	<u>2 x Individual Balance or Support</u> Front, Side or Back supports Front supports with leg raised Dish Tucked Head stand Candle/ shoulder Stand no support Japanna V-Sit with legs together V-Sit with legs apart Frog Balance Headstand with straight legs Y Balance Scale Passe-knee needs to create a closed triangle – body straight or on the knee Bridge Variations of Splits – no hand support Straddle lever	<u>2 x Individual Balance or Support</u> Cossack Balance Back Attitude Any balance on one leg With extended leg 135° higher Splits – no hand support Handstand Bridge or variations Any balance with hand support only Front, Side or Back supports Front supports with leg raised Dish Tucked Head stand Candle/ shoulder Stand no support Japanna V-Sit with legs together V-Sit with legs apart Frog Balance Headstand with straight legs Y Balance Scale Passe-knee needs to create a closed triangle – body straight or on the knee Bridge Variations of Splits – no hand support Straddle lever

FLOOR	<u>Skills</u>	Entry & Mid Level	<u>Higher</u>	<u>Junior</u> <u>0.3 Tariff</u>	<u>Intermediate</u> <u>0.5 Tariff</u>	<u>Senior</u> <u>0.6 Tariff</u>
4	Acrobatic – Partner or Trio	N/A	N/A	1 x <u>Acrobatic – Partner or Trio</u> Max 1.5 Levels only	1 x <u>Acrobatic – Partner or Trio</u> Max 2 Levels only	1 x <u>Acrobatic – Partner or Trio</u> Max 2 Levels only
5	Acrobatic – Whole Group	N/A	N/A	1 x <u>Acrobatic – Whole Group</u> Max 1.5 Levels only	1 x <u>Acrobatic – Whole Group</u> Max 2 Levels only	1 x <u>Acrobatic – Whole Group</u> Max 2 Levels only
6	Formations	N/A	N/A	Minimum of 5 different formations / floor patterns 5 x 0.3 tariff = 1.5	Minimum of 5 different formations / floor patterns 5 x 0.5 tariff = 2.5	Minimum of 5 different formations / floor patterns 5 x 0.6 tariff = 3.0

9.0 APPARATUS SPECIFIC – TUMBLING

9.1 Technical Element Requirements

Technical Element Requirements - TUMBLING					
	Entry & Mid Level	Higher	Junior	Intermediate	Senior
No. of Passes	3	3	3	3	3
Tumble 1	The same elements Streamed	The same elements Streamed	The same elements Streamed	The same elements Streamed	The same elements Streamed
Tumble 2 & 3	Perform the same elements or different elements to each other in order of increasing difficulty. Streamed	Perform the same elements or different elements to each other in order of increasing difficulty. Streamed	Perform the same elements or different elements to each other in order of increasing difficulty. Streamed	Perform the same elements or different elements to each other in order of increasing difficulty. Pass 2 elements must show an increase in difficulty from ALL pass 1 elements. Streamed	Perform the same elements or different elements to each other in order of increasing difficulty. Pass 2 elements must show an increase in difficulty from ALL pass 1 elements. Streamed

Note:

- The following elements are not all traditional tumbling elements. This list has been created to encourage gymnasts of all level skills to be able to take part.
- the elements are listed in order of increasing difficulty for reference to increasing difficulty between passes.
- two acro skills connected is not considered one skill but will be taken as the two acro skills required eg. Round off – flic flac meets the required two acro skills.
- All skills MUST be performed under the correct supervision and coaching qualifications.

9 TUMBLING

	<u>Entry & Mid Level</u>	<u>Higher</u>	<u>Junior</u>	<u>Intermediate</u>	<u>Senior</u>
# skills required	3 skills 0.1 Tariff	3 skills 0.2 Tariff	3 skills 0.3 Tariff	3 skills 0.5 Tariff	3 skills 0.6 Tariff
Acro Element	Forwards Forwards Roll Forwards Roll to straddle Handstand forwards roll Dive Roll Cartwheel front to back Cartwheel ¼ turn Backwards Backwards Roll Backward roll to straddle	Forwards Forwards Roll Forwards Roll to straddle Handstand forwards roll Dive Roll Cartwheel front to back Cartwheel ¼ turn Front walk over Backwards Backwards Roll Backward roll to straddle Backwards Roll to Handstand Back walkover Round Off	Any variation of the Entry / Mid / Advanced participation levels.	Forwards Forwards Roll Forwards Roll to straddle Handstand forwards roll Dive Roll Cartwheel front to back Cartwheel ¼ turn Front walk over Handspring to 1 foot Handspring to 2 feet Tuck front salto Backwards Backwards Roll Backward roll to straddle Backwards Roll to Handstand Back walkover Round Off Flic Flac to 1 foot Flic flac to 2 feet Backflip to 1 foot Back flip to 2 feet Tuck back salto	Forwards Forwards Roll Forwards Roll to straddle Handstand forwards roll Dive Roll Cartwheel front to back Cartwheel ¼ turn Front walk over Handspring to 1 foot Handspring to 2 feet Tuck front salto Backwards Backwards Roll Backward roll to straddle Backwards Roll to Handstand Back walkover Round Off Flic Flac to 1 foot Flic flac to 2 feet Backflip to 1 foot Back flip to 2 feet Tuck back salto Side Aerial (free cartwheel)

10 APPARATUS REQUIREMENTS – TRAMPETTE / SPRING

10.0 Technical Element Requirements

Technical Element Requirements - Trampette					
	<u>Entry level & Mid Level</u>	<u>Higher</u>	<u>Junior</u>	<u>Intermediate</u>	<u>Senior</u>
No. of Passes	3	3	3	3	3
Equipment	Pass 1 Box top height 60cm 3 high Pass 2, 3 Trampette	Pass 1: Box top and trampette height 80cm 4 high Pass 2 and 3: Trampette only	Pass 1: Box Vault and springboard / trampette Height 80 cm 4 high Pass 2 and 3: Trampette only	Pass 1: Box Vault and trampette Height 100cm 5 high Pass 2 and 3: Trampette only	Pass 1: Box Vault and trampette Height 100cm 5 high Pass 2 and 3: Trampette only
Pass 1	All perform the same skill Cannon Ball Style				
Pass 2	Perform the same elements or different elements to each other in order of increasing difficulty Cannon Ball				
Pass 3	Perform the same elements or different elements to each other in order of increasing difficulty. All elements show an increase in difficulty from pass 2. Cannon Ball				
Box Top	Entry Level and Mid Level 3 passes 0.1 Tarrif Squat on straight jump off	Choose from Entry Level, Mid- level and Advanced 3 passes 0.2 Tariff Squat on straight jump off	In order of difficulty; Choose from entry, Mid & advanced also 3 passes 0.3 Tariff Squat on Straddle Jump Off - side vault	In order of difficulty; 3 passes 0.5 Tariff Straddle Over – side vault	In order of difficulty; Choose from Intermediate & Senior 3 passes 0.6 Tariff Half On half off must have 2 hands touching the vault
Skills	Squat on Star Jump off Squat on Straddle Jump Off Squat on Tuck jump off Squat On Pike Jump Off	Squat on Star Jump off Squat on Straddle Jump Off Squat on Tuck jump off Squat On Pike Jump Off	Squat Through – side vault Straddle Through – side vault Handspring – side vault	Straddle Over - Long vault Dive roll on, stretch jump off – long vault Handspring – side vault Half On must have 2 hands touching vault	

	Squat Through	Squat Through Straddle on feet together straight jump off Straddle on feet together star jump off Straddle on straddle feet together tuck jump off Straddle on feet together Pike jump off Straddle Through Handspring	Long Box Squat to feet on, forward roll, stretch jump off Dive roll on, stretch jump off		
Mini-Tramp only Skills	Straight Jump Star Jump Tuck Jump Straddle Jump Pike Jump Twisting Elements:- Jump Half Turn Jump Full Turn	Straight Jump Star Jump Tuck Jump Straddle Jump Pike Jump Twisting Elements:- Jump Half Turn Jump Full Turn	Straight Jump Star Jump Tuck Jump Straddle Jump Pike Jump Twisting Elements:- Jump Half Turn Jump Full Turn Dive Roll (stretched or Hecht position)	Straight Jump Star Jump Tuck Jump Straddle Jump Pike Jump Twisting/Rotations:- Jump Half Turn Jump Full Turn Dive Roll (stretched or Hecht position) Forward somersault, tucked	Straight Jump Star Jump Tuck Jump Straddle Jump Pike Jump Twisting/Rotations:- Jump Half Turn Jump Full Turn Dive Roll (stretched or Hecht position) Forward somersault, tucked Forward somersault with a half twist

Note: - the elements are listed in order of increasing difficulty for reference to increasing difficulty between passes.

11.0 JUDGING

11.1 Judging Panels

The judging panel should consist of at least two judges, preferably three if available per apparatus. At participation we may only have one judge **if this is the case then participation performance with non-streaming is accepted**. The role of each judge is as follows;

Technical Judge: Usually the Head Panel Judge. Evaluates the technical requirements and applies deductions for not meeting element requirements and violations.

Performance Judge/s: Evaluates the execution of the performance.

11.2 Duties of the Judges

- 11.2.1 Nominate (if applicable) an overall judge with responsibility for the panel
- 11.2.2 Raise their hand to signal to the team to begin their routine
- 11.2.3 Ensure the routine is timed by a performance judge, if applicable/available.
- 11.2.4 Reviews the tolerances between the performance judges, if applicable/available.
- 11.2.5 Provide written feedback on the judging sheets if deemed useful to the team which will be returned to the coaches at the end of the competition, if requested.
- 11.2.6 Apply and record technical faults and penalties/deductions

The Performance Judge/s, if applicable/available.

- 11.2.7 Evaluate the execution (performance) of the routine by evaluating the criteria per the judging sheets (Appendices)
- 11.2.8 Are not to discuss their scores with the other judges
- 11.2.9 Sign their completed score sheet and pass to the Head Panel Judge
- 11.1.10 May discuss the final scores if the Head Panel Judge initiates the discussion on performance scores that are out of tolerance with each other.
- 11.2.11 May be asked by the Head Panel Judge to take responsibility of timing the routine
- 11.2.12 Inform the Head Panel Judge if timing requirements have not been met
- 11.2.13 Record the final score
 - Record the performance scores into the record sheet, calculate and record the final score as per the calculation of final score outlined below.
 - Keep the results and panel discussions private.

11.3 Scoring -Nikki look at this with the judging sheets

Each performance is marked out of 100 points as follows;

$$\text{Total Performance Score} - \text{Total Technical Score} = \text{Final Score}$$

Performance Score Evaluation of the performance as outlined in 11.5
 Technical Score Total Technical Deductions + Penalties as outlined in 11.6

See Judging sheets for specific score allocation or deductions.

11. 5 Performance Judging Requirements

The **performance** of the routine is awarded points on three criteria:

- Specific Requirements (execution of requirements)
- Choreography (floor only)
- Overall Performance

	Floor	Tumble	Trampette
Specific Requirements	Execution and form: Elements are performed with good body form – toes, arms and legs.		
	Technique: Elements are performed according to the defined requirements and taking into consideration any variation being performed.		
	Precision: Uniformity – movements and elements are performed exactly the same way, unless choreography states otherwise. Formations must be exact eg straight lines when that is intended	Precision: Synchronicity and spacing (uniformity of performance) including – rhythmic quality of transitions	
	Landings and Balance: The programme is performed with controlled balance with no extra steps, jumps, arm and leg movements or hand supports to keep balanced.		
	Creativity: Incorporation of elements into routine shows creativity	N/A	N/A
Choreography	Movement to Music: Reflects the style and type of music Variations in tempo (speed) but not necessarily the music Shows creativity and originality	N/A	N/A
	Use of levels, performance area, formations, directions	N/A	N/A
Overall Performance	Showmanship	Visual Impact	
	Teamwork	Movement Compliments Music (creativity and originality)	
	Synchronicity and uniformity of whole performance	N/A	N/A

11.6 Technical Judging Requirements

The **technical requirements** for each floor apparatus is assessed by deducting for:

- Missing Skill requirement
- Penalties (Deductions/Faults)

Skills must be selected from the relevant skills table for the division entered.

	Floor	Tumble	Tumble
Specific Requirements 5 Point Deductions	Deduction for each element missing from performance	Deduction for each element missing from performance (at least 2 performed)	Non completion of the skill
		Performance style for each pass is not displayed – cannon or synchronised	Not landing the skill
			Performance style for each pass is not displayed – cannon or synchronised
Penalties 5 Point Deductions	○ Timing ○ Inappropriate attire ○ Inappropriate music ○ Prohibited moves ○ Un-sportsman like behaviour ○ Major fall ○ 25% Rule infraction		
	Cross Tumbling	N/A	N/A
Penalties 2.5 Point Deductions	Poor Quality Sound Reproduction (unless equipment failure)		
	Minor Fall (each time) – recoverable		
	Stepping Outside of performance area	N/A	N/A
	No clear pause before performance	N/A	N/A

11.7 Technical Clarifications

Specific judging technical information please note the following clarifications.

Falls

- 11.7.1 A major fall is characterised by total loss of balance, meaning that recovery from the fall is not possible, (i.e. falling from feet to hands and knees, or backwards onto bottom).
- 11.7.2 If the individual is able to recover from the fall (i.e. stay on their feet but takes a MAJOR step) this is considered a minor fall.
- 11.7.3 Small adjustments on landing are not considered a fall and will be taken into consideration in the performance judging under the 'landings' heading.

- 11.7.4 The same applies if the fall is from another part of the body, only a complete collapse is a major fall.
- 11.7.5 Poor technique such as using hands to stand from a forward roll is not a fall, but will be taken into consideration in the performance judging under the 'execution/technique' heading.

Rule infractions

- 11.7.6 Except where individually specified on the technical judging sheets, all rule infractions against a requirement designed for safety and fairness amongst competing teams, are major rule infractions. All rule infractions against composition are minor rule infractions.

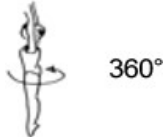
Appendix 1 – Floor Skill Examples

Floor Skill 2 – Turns and Spins

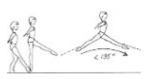
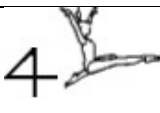
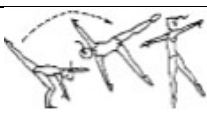
Must be on feet with one foot must be in contact with the floor for the duration of the skill.
A pivot turn on two feet is not counted as a required turn.

Turn	Picture of Turn	Turn	
Half turn on one foot (any style)		Chanie – Turn on Two Feet	
Single Pivot of Any Style		Double Pivot of Any Style	
Passé Pivot – forward rotation	 360°	 540°	
Passé Pivot – Backwards Rotation	 360°	 540°	
Skaters Pivot : <i>Leg at 45</i>	 360°	 540°	
Front Horizontal Balance	 360°	 540°	
Skaters Pivot: <i>Leg at 90</i>	 360°	 540°	
Illusion- Foward			

Floor Skill 3 – Jumps and Leaps

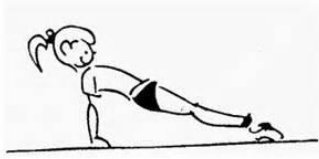
Jumps	Picture of Jump	Jumps	Picture of Jump
Tuck Jump		Star Jump	
Tour Jette : <i>Lifting leg must reach horizontal. Straight legs (upper body must be horizontal)</i>	leg separation < 90° 	leg separation ≥ 90° 	 360°
Cossack Jump: <i>One leg extended, other tucked. Hip and bent knee angles ≤ 90°</i>		 180°	 360°
Split Jump		Straddle Jump – Chest Down	
Jump Half Turn- 180		Jump Full Turn- 360	 360°
Pike Jump - 45	legs lifted ≥ 45° 	Pike Jump - 90	legs lifted ≥ 90° 
Double Ring/ Sheep Jump	Feet at hip height 	Feet at shoulder height 	Feet at head height 
Jump Full turn in any shape but straight	Ie: 360 – Tuck Jump, 360- Hop	More than 540 Jump / 1 and 1/2	Ie: 540– Tuck Jump, 540- Hop
Jump Stag		Jump Double Stag	

A leap is a movement taking off from one foot and landing on one or two feet. The emphasis is on proper form (upper body lifted, arm placement, extension, height, tight legs, pointed toes). Leaps must be performed as per the skills table for the relevant division to be credited for specific requirements.

Cat Leap: <i>Bent legs. Leg change during the flight. Legs must reach 90° somewhere during the flight.</i>		180° 	360° 
Scissor Leap: <i>Straight legs. Leg change during the flight. First leg much reach 90°.</i>	Leg separation 90° 	Leg separation ≥120° 	
Split Leap	leg separation <135° 	leg separation 135° <180° 	leg separation 180° 
Split Ring Leap: <i>Leg at hip height</i>	leg separation 180° 	Turning Split Leap	
Stag Leap			
Tour jete		Ring leap	
Cossack Leap	4 	Butterfly Leap	

Floor Skill 4 – Support and Balance Element

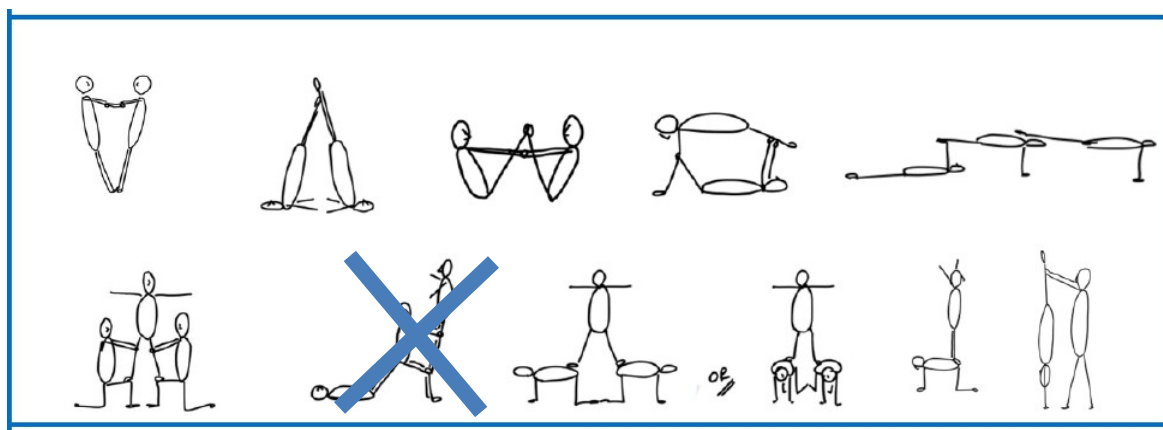
Demonstrates core body strength and must be held for 2 seconds or longer.

Support	Picture of Support	Support	Picture of Support	
Front Support		Back Support		
Side Support		Handstand		
Straddle pike sitting support Please note: When lifted higher than parallel to the floor NO LEANING on arms is allowed.			 45	 90°
Any balance with hand support only – for example:	   Example: Balance on elbows/ straight arms, legs separated			

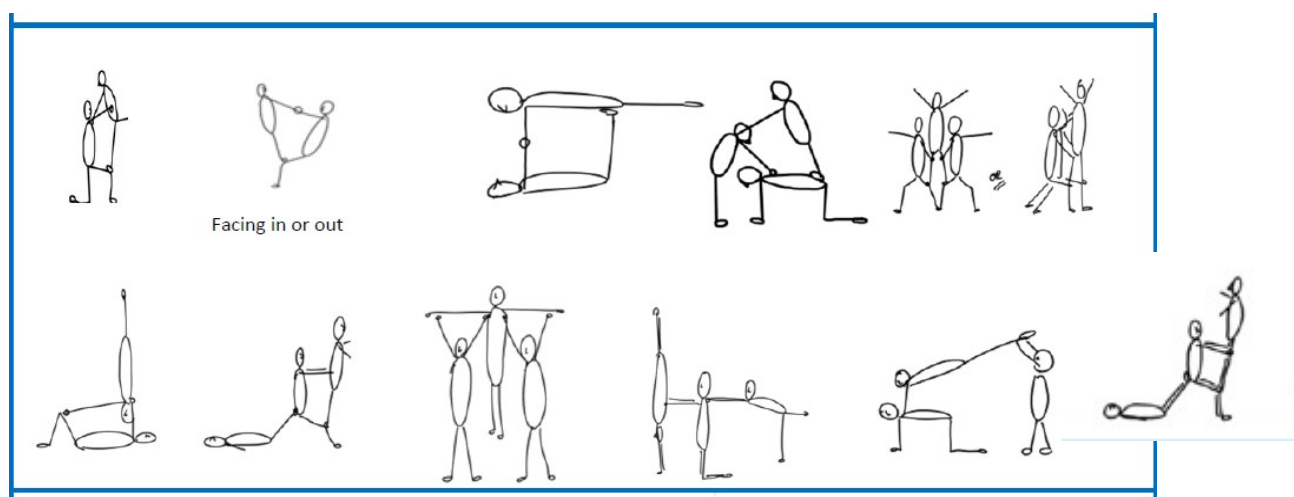
Balance	Picture of Balance		
Frontal Balance: Free leg in front without help of hand/hands.	 on tiptoes Knee can be turned in or out	 on tiptoes $\geq 90^\circ$	 $\geq 120^\circ$
Front Attitude: Standing on one leg, free leg at 125 in front and turned outward, knee angle 135° , hip forward.	 $\geq 90^\circ$	 $\geq 90^\circ$	
Back Attitude	 $< 90^\circ$	 with help of hands	 on tiptoes $< 90^\circ$
Candle-stand/ Shoulder with hands		Candle-stand/ Shoulder without hand support / or hands down	
Bridge Arms and support leg must be straight. Shoulders must be above or over the hands.			
Scale Balance	 90°	V- Sit	
Cossack Balance		Splits	
Senior Any balance on one leg with extended leg 135 degrees or higher			

Floor Skill 5: Acrobatic Skills

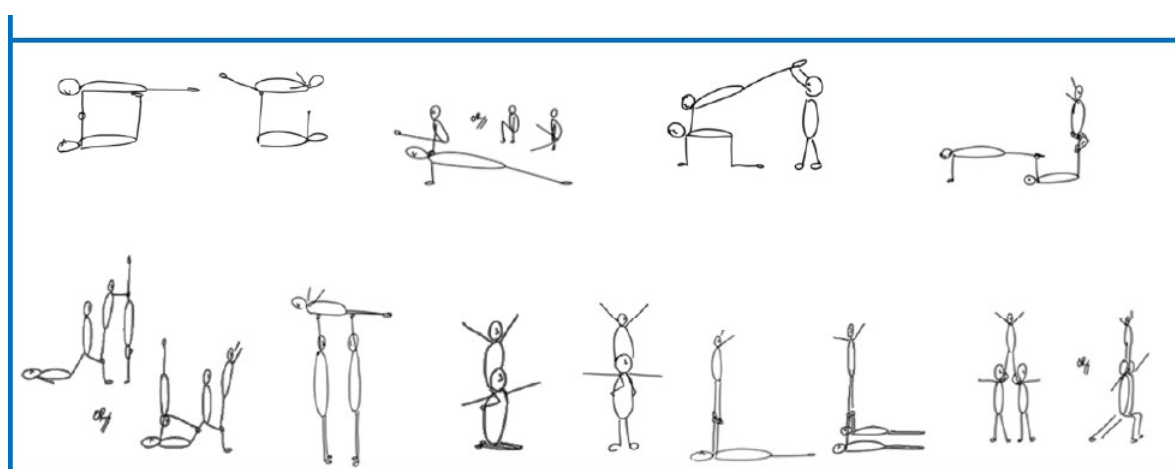
Junior Acrobatic Skills – Suitable for Novice and Junior divisions



Intermediate Acrobatic Skills – Suitable for Open Senior and Intermediate divisions



Advanced Acrobatic Skills – Suitable for Open Senior and Advanced divisions



Participation Tumbling Judging Form

Team Name _____
 Circle Entry level _____ Entry / Mid / Higher _____

Run 1 – 3 gymnasts perform	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.
	1	1	1	1	1
	2	2	2	2	2
	3	3	3	3	3
DV Tariff total					
Starting EV (10.00)					
Total Team Starting Score					
Total Deductions					
Total Score DV + EV - Deductions					
Team					
Total					

Participation Tumbling Judging Form

Team Name _____
 Circle Entry level _____ Entry / Mid / Higher _____

Run 2 – 3 gymnasts perform	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.
	1	1	1	1	1
	2	2	2	2	2
	3	3	3	3	3
DV Tariff total					
Starting EV (10.00)					
Total Team Starting Score					
Total Deductions					
Total Score DV + EV - Deductions					
Team					
Total					

Participation Tumbling Judging Form

Team Name _____
 Circle Entry level _____ Entry / Mid / Higher _____

Run 3 – 3 gymnasts perform	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.	Gymnast No.
	1	1	1	1	1
	2	2	2	2	2
	3	3	3	3	3
DV Tariff total					
Starting EV (10.00)					
Total Team Starting Score					
Total Deductions					
Total Score DV + EV - Deductions					
Team					
Total					

Group routine

	Junior Tariff	Intermediate Tariff	Senior Tariff
Two turns (jumps/spins)	$0.3 \times 2 = 0.6$	$0.5 \times 2 = 1$	$0.6 \times 2 = 1.2$
Two leaps	$0.3 \times 2 = 0.6$	$0.5 \times 2 = 1$	$0.6 \times 2 = 1.2$
One individual balance/hold section (held)	0.3	0.5	0.6
Six acro elements	$0.3 \times 6 = 1.8$	$0.5 \times 6 = 3$	$0.6 \times 6 = 3.6$
One whole group balance (held)	0.3	0.5	0.6
One pairs/trios balance section (held)	0.3	0.5	0.6
A minimum of 5 different formations/floor patterns	$0.3 \times 5 = 1.5$	$0.5 \times 5 = 2.5$	$0.6 \times 5 = 3.0$
Total DV	5.4	9.0	10.8
EV	10	10	10
Composition	10	10	10
Group Synchronicity	10	10	10

DV + EV + Composition + Synch = ??? - deductions

- Execution
Standardised execution penalties will be applied to all skills,
balances and dance/choreography performed 10.0
- Composition
Music movement in harmony, creative choreography,
variety of elements, variety of levels
differing tempo/rhythm 5 x 2.00. 10.0
- Group synchronicity
Skills performed in an identical way (*legs, arms, head,*
direction of turns, height) and at the same time 10.0

Advanced Participation Tumbling Judging Form

Team Name _____
Circle Entry level ____ Junior / Intermediate / Senior ____

Run 1 – 6 gymnasts perform	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.
	Skill 1	1	1	1	1	1
	Skill 2	2	2	2	2	2
	Skill 3	3	3	3	3	3
DV Tariff Total						
Starting EV (10.00)						
Total Team Starting Score						
Total Deductions						
Total Score DV + EV - Deductions						
Team Total Score						

Advanced Participation Tumbling Judging Form

Team Name _____
Circle Entry level ____ Junior / Intermediate / Senior ____

Run 2 – 6 gymnasts perform	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.
	Skill 1	1	1	1	1	1
	Skill 2	2	2	2	2	2
	Skill 3	3	3	3	3	3
DV Tariff Total						
Starting EV (10.00)						
Total Team Starting Score						
Total Deductions						
Total Score DV + EV - Deductions						
Team Total Score						

Advanced Participation Tumbling Judging Form

Team Name _____
Circle Entry level ____ Junior / Intermediate / Senior ____

Run 3 – 6 gymnasts perform	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.	Gymnast Name.
	Skill 1	1	1	1	1	1
	Skill 2	2	2	2	2	2
	Skill 3	3	3	3	3	3
DV Tariff Total						
Starting EV (10.00)						
Total Team Starting Score						
Total Deductions						
Total Score DV + EV - Deductions						
Team Total Score						

Floor Judging Form

Team Name _____
 Circle Entry level - Junior / Intermediate / Senior

		Deductions
Two turns (spins/jumps)	1	
	2	
Two leaps	1	
	2	
Individual Balance/Hold	1	
Acro elements (6.00) 2 can be linked	1	
	2	
	3	
	4	
	5	
	6	
Whole group balance (held – no need to draw!)	1	
Pairs/trios balance section (held – no need to draw!)	1	
Formations (indicate the patterns intended with a dot diagram however you can!)	1	
	2	
	3	
	4	
	5	
Difficulty Value DV		
Execution Value EV	(max score of 10.00)	
Composition	(max score of 10.00)	
Synchronicity	(max score of 10.00)	

Team total

Comments

