

TeamGym Rules Summary

NUMBERS 6-16

Less than 6 = 1.0

Inappropriate uniform or props = 1.0 from FINAL score

BONUS

6-8 = 0

9-12 = 0.1

13-16 = 0.2

Level D: 9-10 = 0.1

11+ = 0.2

COMPOSITION / SYNCHRONIZATION = 3.0

Lack of SYNCHRONIZATION = up to 0.4

STREAMING - Uneven = 0.2 per round

B-D Passes not is straight line = 0.5 as

Lack of streaming on pass = up to 1.0

Missing Body wave or Swing = 0.2 ea

DIFFICULTY = 2.0

Missing required difficulty element = 0.2 ea

SPECIFIC DEDUCTIONS

Falls .05 ea time

Outside area = 0.1 ea

Non-conformity of skills 0.5 ea time

Balance not held 2 sec = .3 ea (choreo - synchro)

Or, = Up to .02 in Difficulty

SPOTTING

Assistance = 0.5

Touch = 0.2

Instructions = 0.5

NOT 2 spotters = VOID

Not ready or Wait for judge signal = 0.4 ea

NO Stick landing by final gymnast = 0.3

FLOOR SPECIAL

Time duration of music

Level A = 1:00-1:30

Level B = 1:15-2:00

Levels C, D = 1:30-2:30

REQUIRED DIFFICULTY:

• 2, pirouettes / pivots

• 2, jumps / leaps

• 2 held balances

• 2, acro (1 w/ 2 series)

• 2, partner skills

REQUIRED CHOREOGRAPHY:

• Rhythmic Dance steps repeated (failure = 0.4)

• Waves / swings

• Balances / holds

• Gym-Dance combination

• 6 formations

Enter area early = 0.5

Use music to enter = 0.5

Change Gymnast during program = 1.0

NO music = 1.0

Music over or under time = 0.4

Poor transitions btw elements 0.2 ea

No repetition of dance sequence = 0.4

Failure to perform bodywave or swing = 0.2 ea.

JUMP SPECIAL

Intentional NO 2-FOOT LANDING = up to 1.0

UN-intentional no 2-foot landing = 1.0

Squad shows variation in sills in run/pass/jump = up to 1.0

Last person does OUT-OF-Level skill = 1.0

Both passes NOT Consecutive = 1.0

TUMBLING

Level A RO, FF, FHS – 3 skills connected

• Not 3 skills = 1.0

• Non-conformity of skills to level = 1.0

Level B Must do 3 spring skills (2 with direct connection)

• 1 pass MAY contain 1 TUCK sommie as last element

• Fail to perform 3 springs = .5 ea.

• Not directly connected in a pass = 1.0

• Pass non-conformity = 1.0

Level C At least 1 pass MUST contain one (only) sommie (tuck pike or straight)

• Final person may do a sommie or 1/1

• Fail do perform sommie as last = 1.0

• Fail to show clear body position = up to 0.4

• No direct connect springs = 2.0

• Skills non-conformity = 1.0