



USA GYMNASTICS®

GYMNASTICS FOR ALL

Power TeamGym

Rules & Policies

2020-2023

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Article I. **Mission & Goals**

- Mission Statement
 - **Provide a quality discipline of gymnastics on a national scale with emphasis on Team.**
- Goals
 - Continue to develop the sport in a positive direction with ***Gymnastics for All*** (GFA).
 - Integrate group performance development and competitive sport.
 - Grow the sport of Power TeamGym to international participation.
- Hierarchy
 - It is important to understand the reference for any rules and policy is first and foremost this written document. Any discrepancy with any auxiliary documents, forms, videos, or any other format shall be resolved by what is written in this document.
 - An Errata will be posted each year for official corrections, clarifications, and additions.

Article II. **Program Description**

Power TeamGym is a competitive sport within the Gymnastics for All discipline of USA Gymnastics. Athletes compete in groups of 6 – 14, called Squads. Each Squad performs a Jump Routine and a Floor Routine. The combined score from both Jump and Floor are added together for each Squad. Rankings or achievement status (in respective levels, divisions, and age groups) are determined according to the total score earned by each Squad.

Section 2.01 **Jump Routine Description**

Jump consists of 1 – 3 streaming passes on three different apparatus – Tumbling, Vaulting, and Mini-tramp. A combined score of 10.0 (+ up to 0.5 bonus) is possible in levels 1 - 5. The routine should be completed in the time frame of 2 to 4 minutes. Background music without lyrics is required. In level 6 and above: tumbling is scored and performed separate from (vault plus mini-tramp =Trampet). Therefore, there is a possible score of 20.0 + up to 1.0 bonus for levels 6 – 8 (no bonus in levels 9 and 10).

Section 2.02 **Floor Routine Description**

Floor is a timed, choreographed routine performed to music without lyrics by the members of a squad on a designated floor exercise mat. The maximum score that can be achieved is 10.0 (plus up to 0.5 bonus in levels 1 – 8, no bonus in levels 9 & 10). The floor routine should demonstrate synchronization, musicality, and be entertaining to watch, while meeting various requirements.

Section 2.03 **The “Golden Rule”**

The choice of elements and composition in the routines should not sacrifice style and technical precision in favor of difficulty. It is much better to have a squad performing at a lower difficulty level in a precise manner, than at a higher skill level where the performance and execution will be compromised.

Section 2.04 Competition Levels & USAG Membership Requirements

All athletes, coaches, and judges participating in a USA Gymnastics sanctioned competition must have the appropriate and valid USA Gymnastics Membership. The event director is responsible to verify all prior to the start.

Section 2.05 Divisions and Age Groups

(a) Open Female Division

Squads that are all female, or predominantly female with a minority number males allowed. A difference of greater than one is required.

(b) Open Male

Squads that are all male, or predominantly male with a minority number females allowed. A difference of greater than one is required.

(c) Mixed Division

The Mixed squad category must consist of 50% (± 1) male and female squad members. The ideal composition is 50/50.

(d) Hope Unites Gymnastics with Special Needs (HUGS) Division

Squads composed solely of HUGS athletes, male or female regardless of ratio.

(e) Unified Division

This division is for squads that have a combination (regardless of gender) of HUGS and “Unified Partners” (athletes without disabilities or special needs). It is expected that everyone perform the same skills on the same apparatus even though the partners may be at a higher skill level. These Unified Partners (“UP”) may be from any TG competition Level and are NOT officially considered “Double-Dippers”. The ratio of HUGS to UP must be 50% (± 2) to qualify for this division.

(f) Age Groups

The minimum age requirement is 5 years old. All TeamGym athletes must have reached their 5th birthday by the competition date. **Using an athlete(s) who does not meet the minimum age requirement = Disqualification of squad** Age Groups are created only if necessary or upon discretion of the Meet Director within a given competition (primarily due to volume of squads). For example, if there are more than 8 teams in any given level at any given competition, the level will be split into two age groups.

The procedure for determining age groups is as follows:

- Determine the age of each respective athlete as of the date of the competition.
- Determine the average age per squad.
- Rank each squad by order of average age.
- Split squads into the appropriate number of age groups or sessions accordingly.

If squads in a specific level are split according to age; the Meet Director is required to inform respective clubs in advance of the competition.

Section 2.06 Double Dipper Policy

Double-dippers (DDs) are athletes participating in more than one squad. The number of Double-dippers allowed per event is limited: **Levels 1 & 2 may have no more than 2; Levels 3 – 10 no more than 1 Double-dipper per squad.**

There are exceptions in the HUGS program (please refer to the HUGS R&P for complete guidelines), between different divisions, and emergencies with Meet Referee approval.

- For all Levels, any particular athlete may only participate as a squad member in 2 adjacent squads. Double-dippers are not allowed to skip over levels. They must be adjacent to one another to be eligible.
- DDs may move up or down ONE (1) Level only (HUGS exception defined by the HUGS R&P). Any given squad in the same division may only have a maximum of 2 total athletes that participate in another squad in that same division, regardless of the original squad of the athlete.
- The Coach for squads utilizing double-dippers must realize and prepare for the situation that the Meet Director is not required to make special considerations or arrangements for DDs when organizing the timed warm-up or the draw for competition order. There may be circumstances where the DD athlete will need to be on two warm-up events at the same time. No extra warm-up time is allowed for Double-dippers.
- It is the responsibility of the Coach to turn in complete Roster Form on the back of each jump form and floor tariff sheet for EACH SQUAD. Double Dippers MUST be designated via coach initials on each form regardless of which direction they are double dipping. Coaches signature and initials for any Double Dippers required in order to be eligible to compete.
- If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required on the Roster Form.
- Double dipping violation of only one per squad DOES NOT APPLY to athletes competing in different divisions (OPEN FEMALE, OPEN MALE, MIXED) Teams may field an open male team and an open female team and then combine these two teams to have a mixed team (see mixed team rules).
- The Double-Dipping deduction of 1.0 point per squad will be taken by the Head Judge from the Final Team Total Score until March 1, 2020. **Any squad in violation of the double dipper policy after March 1, 2020, will be disqualified from the competition.**
- For Example: One level 5 Open Female athlete may double dip up one level to also compete on a level 6 Open Female team. One Level 6 Open female athlete may double dip down to the level 5 team. This situation describes 1 double dipper athlete per squad.
- Example Roster with **LEGAL** use of Double Dipper Policy

Level 5 Open Female	Level 6 – Open Female	Level 7 Open Female
Sally Jones Emily Brown Gina Smith Carrie White *Jenny Taylor (original squad) *Natalie Goldsmith	Whitney Pepper Hailey Gattis Julie Crawford Lauren Black *Natalie Goldsmith (original squad) *Jenny Taylor	Jessica Palmer Skyler Chodrow Gabby Roncal Jocelyn Wright Samantha Woods Karen Frank

However, IF a team also has one level 7 open female athlete that double dips down to level 6, this team would be in violation of the double dipper rule based on the fact that the level 6 OPEN female team now has 3 athletes that also compete on another team. The level 7 athlete could double dip up to level 8 with no violation.

➤ Example Roster – **ILLEGAL** use of DD

Level 5 Open Female	Level 6 – Open Female	Level 7 Open Female
Sally Jones Emily Brown Gina Smith Carrie White *Jenny Taylor (original squad) *Natalie Goldsmith	Whitney Pepper Hailey Gattis Julie Crawford Lauren Black *Natalie Goldsmith (original squad) *Jenny Taylor *Karen Frank	Jessica Palmer Skyler Chodrow Gabby Roncal Jocelyn Wright Samantha Woods *Karen Frank (original squad)

This scenario does not break the rule of one per squad, but it does break the rule of NO MORE THAN 2 athletes in any given squad can participate in another squad in the same division.

Section 2.07 Scoring Principles

The squad’s Final Team Total Score is the sum of their Floor and Jump scores plus or minus any special bonus or deductions that apply to the final tally. The primary value categories include difficulty, composition, execution, and bonus. In the **difficulty** category, value points are added until a minimum is met (or not) and the total is the amount awarded. In both **composition** and **execution**, deductions are taken for various infractions. Deductions in any value category shall not ever exceed said value. Example: it is not possible for a judge to deduct more than 5 points for execution (in levels 1 – 8) because that is all that category of evaluation is worth. In the **bonus** category (only in levels 1 – 8), points are awarded based on the amount of participants per floor routine and each of the three sub events in Jump (Tumbling, Vault, Mini- tramp), up to a defined amount.

The Head Coach is required to complete, initial and submit a **Power TeamGym Jump Form** for each squad at least 30 minutes prior to the scheduled start-time for the respective competition. Make a copy if there are two judge panels accordingly. **Failure to submit this form on time is subject to a 1.0 deduction from the Squad’s Group Jump Final Score.**

*It is suggested that coaches prepare this form prior to getting to the competition and make any minor adjustments as needed prior to submitting.

The differences between difficulty in levels 1 – 8 compared to level 9 and level 10 are as follows:

Levels 1 – 8 difficulty value is determined from values given in this document and controlled by USA Gymnastics (USAG). In levels 9 & 10, the difficulty is based on values in the Union European De Gymnastique (UEG) Code of Points. In levels 1 – 9, difficulty value a squad is allowed to acquire in either floor or jump is limited by definition below. In level 10, there is no limit to difficulty value a squad may acquire. Thus the word “Open” is used for this level.

(a) Scoring Program and Verification of Scores

USA Gymnastics has made available for free an official scoring program that is required at state, regional and national championships. It is a Microsoft Excel based program with instructions. This program will produce an official results page for each level competing. This results page is required to be signed by the respective judges prior to awards. **This format of meet results will be the only version accepted to post scores on the USAG GfA website.** Flashing scores in real time is a goal for the future, which will include the option for inquiry during the event.

The process of verifying scores is vital to the success of a competition. Judges are required to check their tariff sheet raw scores against what is shown on the computer. It is the responsibility of the head judge, or meet referee, to check scores **BEFORE** awards to verify they are accurate after being tabulated. Once scores are verified, the respective official is required to sign a hard copy of the results which will make them “official” and ready for awards presentation. The Meet

Director is also responsible for accurate scoring results and maintain record of these official results pending future reference (for at least one year).

(b) Jump Routine Scoring

A score is determined from Tumbling, Vault and Mini-tramp (competed one after the other in succession). The three scores are then averaged to determine a final score for Jump in levels 1 - 5. In levels 6 and above; Tumbling is split from Vault and Mini-tramp (referred to as the Trampet event) and the two are added for the final Jump score. Bonus is applied for each of the three sub-events based on number of active participants. The value allotted to the categories of evaluation are as follows:

<u>LEVELS 1 – 8</u>	<u>LEVEL 9</u>	<u>LEVEL 10</u>
3.0 for Difficulty (USAG)	7.0 for Difficulty (UEG)	Open for Difficulty (UEG)
2.0 for Composition	2.0 for Composition	2.0 for Composition
5.0 for Execution	10.0 for Execution	10.0 for Execution
0.5 for Bonus	no bonus	no bonus

(c) Floor Routine Scoring

A score is determined from the timed performance of a floor routine to music. The value allotted to the categories of evaluation are as follows:

<u>LEVELS 1 – 8</u>	<u>LEVEL 9</u>	<u>LEVEL 10</u>
2.0 for Difficulty (USAG)	5.0 for Difficulty (UEG)	Open for Difficulty (UEG)
3.0 for Composition	4.0 for Composition	4.0 for Composition
5.0 for Execution	10.0 for Execution	10.0 for Execution
0.5 for bonus	no bonus	no bonus

Section 2.08 Qualifying Procedure

Currently, there is one qualifying score required to qualify for nationals per level. There will be additional qualifying scores added for state, regional, and international events. The qualifying scores (to be acquired during a regular season USAG sanctioned event) for USA Gymnastics for All, Power TeamGym, National Championships are as follows:

- Levels 1 – 2: bronze award or higher
- Levels 3 – 5: 15 or higher
- Levels 6 – 8: 24 or higher
- Levels 9 – 10: 25 or higher

*the qualifying score may be lowered by the Power TeamGym National Committee by notification on the USAG website

Article III. General Regulations

All regulations are expected to be followed at all times. Failure to do so will result in possible consequences relative to the infraction according to USA Gymnastics guidelines and procedures.

Section 3.01 Coaches Regulations

Coaches play an integral role in the success of our Power TeamGym program. Your dedication to the sport and especially to the athletes is very much appreciated.

(a) Safety

Coaches serve as the foremost contributors toward overall safety for the athletes. Spotters must be attentive (in position without obstructing) and prepared to spot at all times. There is no such thing as “just standing there”. Another key area of risk management for coaches is to responsibly monitor your athletes before, during and after the competition.

(b) USA Gymnastics Membership

- **All** coaches within the field of play must have a valid USA Gymnastics Professional Membership in the Gymnastics for All category.
- Each registered squad must have at least two (2) coaches on the floor in strategic locations to spot if necessary.
- It is highly recommended to utilize more coaches if necessary. It is preferred at nationals to have event staff assist with adjusting equipment as needed.
- Coaches should be prepared to visibly present their current USAG member card at all sanctioned competitions.
- Go to http://usagym.org/pages/membership/pages/membership_overview.html for more detail.

(c) Coaches Obligations

- Follow the USA Gymnastics Code of Ethical Conduct.
- Be professional and display good sportsmanship.
- Dress in appropriate attire that reflects the best image of gymnastics. (see dress code below)
- Attend all coaches’ meetings and be familiar with the meet set-up and organization.
- Be present at all warm-up and competition sessions. Check equipment and music. Turn music in to music operator. Report any problems to the Meet Referee or Meet Director.
- Submit all required paperwork to the appropriate official at least 30 minutes prior to march-in.
- Set an example for the athletes and parents by displaying a positive attitude and exemplary conduct. Constant criticism of officials, meet set up, or other teams is unacceptable behavior.
- Show respect for all gymnasts, coaches, judges, and meet personnel. **Talking on a cell phone during competition is not allowed.** It is the Meet Director who will give one warning and then either temporarily confiscate the phone until the meet is over or the coach will be required to leave the competition area.
- Direct any inquiries regarding apparatus, judging or meet schedules to the Meet Director who, in turn, will present this to the Meet Referee/Head Judge. Refrain from approaching a judge directly prior to or during the competition. The proper channel is to direct all inquiries through the Meet Director or (as specified) to the Meet Referee. Instruct athletes and parents to discuss any concerns they may have with the coach.
- Inform the gymnasts and parents of all competitive requirements, as well as rights and obligations.
- File an Accident Report Form (available from the Meet Director) in the case of any injury to a gymnast for whom they are responsible. The coach or parent of the injured athlete must be sure to secure this form, completed by the medical personnel, prior to leaving the competition.
- Show respect for the United States flag and the National Anthem.

(d) Member Behavior Policy at USA Gymnastics Sanctioned Events (refer to https://www.usagym.org/PDFs/About%20USA%20Gymnastics/code_ethical_conduct_071018.pdf for Code of Ethical Conduct)

- All members will abide by the USA Gymnastics Ethical Code of Conduct and are subject to appropriate disciplinary action. Unacceptable or inappropriate behavior during an event will be addressed by the meet director and will be reported to the Technical Director of Gymnastics for All and/or other appropriate authorities.

(e) Dress Code

Coaches must wear matching sportive attire (no jeans allowed). Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes: Bulky jewelry, watches, rings, high heels, and flip flops. Credential lanyards should be removed during competition.

Section 3.02 Judges Regulations

Without judication, we would not be able to have qualified competition. We encourage anyone willing to put in the time to learn the rules thoroughly to take the online exam and become a certified judge for the sport of Power TeamGym.

(a) USA Gymnastics Membership

All assigned judges for TeamGym Competitions must have a valid USA Gymnastics Professional Membership within the *Gymnastics for All* (GfA) category. This includes valid and current Safety Certification, Background check, and Safe Sport Certification. Judges should be prepared to visibly present their current USAG member card at all sanctioned competitions.

(b) Judges Qualification

- Qualified Power TeamGym judges are required for all USAG sanctioned events.
- Judges are required to successfully complete and pass the online Judge's examination in order to officiate at USAG sanctioned competitions. Passing the exam is the first step in building the judges' credentials.
- In order to qualify to judge state, regional, and national events; a person must have been an active judge in good standing for at least two years in a row.
- Qualification for Head Judge and Meet Referee is by experience (determined by the Meet Director or USAG Power TeamGym Committee for Nationals).

(c) Judges Obligations

- Maintain Judges' Qualification ratings and active status requirements for the appropriate level of competition.
- Follow the *USA Gymnastics Code of Ethical Conduct*.
- Be mentally and physically prepared and rested so that the evaluations be as accurate as possible.
- The meet referee should not be affiliated to any club or athlete in the competition.
- Fulfill all assignments according to the agreement. Only dire circumstances should prohibit a judge from fulfilling an assignment. If a judge must cancel an assignment, she/he must notify the appropriate officials at the earliest possible moment. Be quick, cooperative and efficient in calculating scores.
- Show respect for all gymnasts, coaches, judges, meet personnel and volunteers. No talking on cell phones.
- Update judging knowledge and experience on a planned, regular basis, which includes studying, practice judging with videos or live athletes, attending courses, and judging as much as possible.
- Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
- Judges should report 30 minutes prior to march-in for local and invitational competitions.
- Each judge must be ready to explain his/her deductions and justify his/her score to the Judging Panel.

- Seating Arrangement – The judges must sit (or stand if necessary) in a position, which affords a correct and unobstructed view of the team's performances, within reasonable distance of each other.

(d) Judges Score Range Tolerances

- When two judges are on a panel; the average of the two scores will be the final score.
- When four judges are on a panel; the high and the low will be thrown out and the two middle scores will be averaged for the final score.
- The tolerances for the range allowed between respective judges scores is determined by the head judge's (HJ) initial score. The tolerances are as follows:
 - HJ score is 8.5+ >>> range must be within .3
 - HJ score is between 7.5 – 8.475 >>> range must be within .5
 - HJ score is lower than 7.475 >>> range must be within 1.0
- In the event scores are out of range; a mandatory discussion is required between the judges to compare notes and agree on adjusting one or more scores so they are within the required range before averaging.
- In the event scores are still out of range after required discussion; the final score will be determined from averaging to the HJ score twice. Example: HJ = 8.7, second judge = 8.2 after discussion. $(8.7+8.2)/2 = 8.45$ then $(8.7+8.45)/2 = 8.575 =$ final score
- In levels 9 and 10, at least two judges required (three preferred). One judge is dedicated to difficulty only. It is recommended that with three judges: Head Judge – Composition, Judge 2 – difficulty, Judge 3 - execution

(e) Head Judge Duties

- Lead the judges meeting before the competition.
- Signal the start of the floor routine or each jump pass with a green flag (by hand salute if necessary).
- Make special Head Judge Deductions on the Final Score in each discipline. If there are Head Judge Deductions, the Head Judge must inform the panel before handling the Final Score to the secretary.
- Be a member of the Competition Jury in their respective discipline.

(f) Judging Fee Guidelines

(i) Session Fees – (per session)

- Local (in-house) \$70
- Invitational \$90
- State & Regional Championships \$100
- National Championships \$120

(ii) Meal Expenses (per diem)

- Meet host may choose to provide all (or some) of the meals... or pay an "all" or partial *per diem*.
- *Per diem* – For meets in which judges are required to be present between three to six hours (report time to end of meet), per diem payment is \$40. For meets in which judges are required to be present over six hours the per diem payment is now \$50. For individual meals: Breakfast = \$15, Lunch = \$20, Dinner = \$30
- For travel days, judges receive \$50.

(iii) Travel Expenses

- Mileage is \$0.60/mile. – a printout of MapQuest mileage or other such mapping service documentation is preferred for determining the correct mileage along with accurate odometer readings.
- If the judge "shares a ride" the amount reimbursed will be proportional for riding time @ \$10/hour.

- Any parking fees will be reimbursed by the Meet Director.
- Air fare and ground transportation will either be paid for or provided in advance by the Meet Director, or the judge will be reimbursed. These arrangements must be confirmed by both parties prior to making said arrangements.

(iv) Accommodations

In the case where accommodations are necessary, the judge and Meet Director should negotiate who is responsible for the arrangements and who will pay for it in advance of the event. It is the responsibility of the Meet Director to pay for accommodations regardless.

(g) Dress Code

Local events - Business Casual, State / Regional / National – business attire (Black or White top / black or khaki pants or skirt). For all events - appropriate shoes required that do not damage gym floor or mats.

(h) Payment per Assignment

The norm is for Meet Directors to pay Officials balance due prior to the Judge leaving the event. Each Judge will fill out the official Judge Invoice and turn in to the Meet Referee the last half of the last day of competition. The Meet Referee will check and initial each Judge Invoice and submit to the Meet Director for payment toward the end of the competition. By exception, if the Meet Director would prefer to make payment later or a Judge would like to get paid in advance or after the event; this situation should be negotiated and agreed upon prior to the event for each individual official.

Section 3.03 Athletes Regulations

The athletes are the reason these regulations exist. For the most part, it is realized they will not be reading this document specifically. However, it is important for Coaches to communicate these specific regulations to the athletes in order that they may better understand their responsibilities and the conduct expected of them at competition. Members of USA Gymnastics are responsible to contribute toward a safe, positive and rewarding environment with the best interest of the athlete at the forefront of all decisions. All USAG Athlete Membership requirements will always match with the women’s artistic discipline. Currently, levels 1 & 2 only require intro athlete membership and 3 and over a full athlete membership. Remember to do an upgrade in membership if moving an athlete from level 2 to level 3.

(a) Dress Code

- A neat and proper athletic appearance should be the overall impression with both warm-up and competition attire. The dress must be identical for members of the same team, with some exceptions for squads with both male and female athletes. NO underwear (including sport bras) should be exposed.
- Bandages or athletic tape are permitted. However, they must be securely fastened and of a non-intrusive color. (This includes joint supports). The same non-intrusive color should be worn by all members of the squad or match the skin tone of the athlete. The modern stretch athletic tape (kinetic) is permitted.
- No jewelry may be worn by gymnasts with the exception of 1 pair of stud earrings (1 in each ear). Body paint is not allowed. (Tattoos are permitted). Decorated hair grips (slides) are classified as jewelry. Loose items such as belts, suspenders/braces and laces are not allowed.
- Hair long enough to be in the face or touching the shoulders of the athlete (male or female) should be pulled away neatly from the face and neck in a ponytail (no longer than 6 inches), bun, braids, or similar style. Whatever style, hair is not allowed to touch face, neck, back, nor shoulders. Hair grips must be secure and safe.
- **Male** – may wear a gymnastics stepin, or a sports shirt with either a pair of athletic shorts or long athletic type pants that are not too baggy or loose. For Levels 1-6, T-shirts are permissible, but the T-shirt must be “tucked-in.”

* **NOTE:** In order for the judges to observe proper leg and hip position: if athletic shorts are worn, they must be cut above the knees and not baggy. Very loose fitting “Basketball” or similarly styled shorts are not acceptable and will result in an apparel deduction.

- **Female** – Gymnasts must wear leotards or unitards with no loose parts (tight fitting leggings or biker shorts are also allowed as an outer layer). The neckline of the front and back of the leotard must be no lower than half of the sternum at the front and no lower than the lower line of the shoulder blades at the back. Leotards may be with or without sleeves and the shoulder strap width must be a minimum of one inch wide.
- **Open or Mixed Divisions** –The male and female apparel does not have to be identical; however, the color scheme should match or compliment. All females have to be identical and all males have to be identical within a specific squad.

Section 3.04 Apparatus & Mats Regulations

Below are the specifications for apparatus and mats for Power TeamGym. If a meet director would like to host a small competition in a gym with any variance on equipment that is less than the required minimums presented in this document, they must accept liability and announce any variances in pre-registration material. Therefore, clubs considering attending will know any special circumstances in advance before submitting entry fees.

(a) Floor Exercise

- Minimum requirement of at least 1.25 inch carpet bonded foam at 40 X 40 feet dimension (or 12 meters square).
- Anytime it is available for thicker or higher quality carpet bonded foam, or the use of a spring floor; it is recommended. **A spring floor is required at nationals.**
- Anytime a larger dimension is available, it is recommended.

(b) Jump Tumbling

- An **air track** is highly recommended and **required at nationals**.
 - Minimum height of 20 cm, minimum length of 50 feet; runway required at nationals.
 - Preferred Velcro splice between air track and landing mat for safety.
- Alternatives include:
 - Levels 1 – 4, minimum of at least 1.25 carpet bonded foam at 6 feet by 40 feet
 - Levels 5 – 6, minimum of spring tumbling strip w/ carpet bonded foam at 6’ X 60’
 - Levels 7 – 10, minimum of spring tumbling strip w/ carpet bonded foam at 6’ X 72’
- Minimum landing area mat of 8’ X 16’ X 20cm required with additional 6’ perimeter recommended.
- Landing mats must be secured either to the respective Jump Apparatus or the floor to prevent sliding.
- Padded runways required at nationals and must be secured to the floor to prevent sliding.

(c) Jump Vault

It is not available for clubs to bring any additional equipment to nationals to compete with. Due to safety and the fact that all equipment provided by the Nationals Meet Host is approved by rule; individual club owners or coaches are not permitted to bring additional equipment.

- **Level 1 - 2:** standard springboard or vault tramp board and mat stack – Minimum of one 12cm landing mat and additional matting to create **at least 24 inches in overall height**. All mats at least 5 X 10 feet dimension. Inflatable landing mats may also be used. An unfolded panel mat may be placed on top of mat stack for added stability. It is mandatory that the athletes are executing the skill in an “uphill” fashion.
- **Level 3:** standard springboard or vault tramp board and mat stack Minimum of one 12cm landing mat and additional matting to create **at least 24 inches in overall height**. In addition, 8in safety cushion(s) are permitted.

All mats at least 5' X 10' dimension. Inflatable mats may also be used in the configuration of the matting. An additional mat (min. 12cm thickness) must be placed on the floor behind the mat stack. An unfolded panel mat may be placed on top of mat stack for added stability. A firm stack (folding mats, spotting block, or trapezoid) should be placed on floor directly for stability with level 3 Flyspring skill. The firm stack should be at least 8 inches higher than the landing mat(s).

- **Levels 4 – 5:** standard springboard (or vault tramp board) - vault table set between at least 100cm high (maximum of 165 cm) – at least one 12cm landing mat with minimum dimension of 8' X 12' (two preferred). At nationals, a 20cm 8' X 16' required. An additional mat (min. 12cm thickness) must be placed on the floor behind the mat stack. An unfolded panel mat may be placed on top of mat stack for added stability.
- **Levels 6 – 10:** manufactured mini-tramp (preferred to specifications of a euro standard) – vault table at a minimum of 120 centimeters high. A 20cm high deck made from solid construction wood is required as a base for the vault table to create more overall height. (maximum of 185 cm) – at least one 20cm landing mat (or two 12 cm stacked) with minimum dimension of 8' X 16'. An additional mat (min. 12cm thickness) must be placed on the floor behind the mat stack. An unfolded panel mat may be placed on top of mat stack for added stability.
- **HUGS and Unified Levels:** safe and reasonable modifications are allowed. Coaches should communicate clearly to the Meet Director and Officials what set up they plan to use.
- **Runway length minimum:** Levels 1 – 6: 60 feet, Levels 7 – 10: 76 feet. Maximum of 82 feet for all levels.
- **Extra perimeter matting:** It is highly recommended to have additional 6' wide carpeted foam or folding mats around perimeter for additional safety.

(d) Jump Mini-tramp

It is not available for clubs to bring any additional equipment to nationals to compete with. Due to safety and the fact that all equipment provided by the Nationals Meet Host is approved by rule; individual club owners or coaches are permitted from bringing additional equipment.

- Un-altered, manufactured traditional mini-trampoline with safety pads covering the coil springs and non-skid pads on the feet (preferred to specifications of a euro standard). ***it is highly recommended to use a mini-tramp with the bed set at an angle to work properly, a fairly steep angle will produce best results.**
- Minimum of 8' X 12' X 20cm landing mat required, with at least two 5' X 10' X 8" safety cushion available. An additional mat (min. 12cm thickness) must be placed on the floor behind the mat stack. An unfolded panel mat may be placed on top of mat stack for added stability.
- In Levels 1 and 2, or HUGS and Unified; a standard springboard is allowed instead of a mini-tramp.
- **Runway length minimum:** 52 feet (60+ preferred). Maximum of 82 feet for all levels.
- **Extra perimeter matting:** It is highly recommended to have additional 6' wide carpeted foam or folding mats around perimeter for additional safety.

Article IV. Jump Criteria

The following Sections illustrate the various attributes and subsequent deductions involved with a Jump Routine. Jump is executed in the order of Tumbling – Vault – Mini-tramp (sub events) in levels 1 - 5 and optional order for levels 6+.

- Each team (squad) performs the respective prescribed passes in the order as indicated. Coaches are required to submit a **Power TeamGym Jump Form** to the Jump Judges prior to competition declaring what passes they intend to execute. *Two copies required if there are two judge panels.
- In **levels 1 – 5**, all three sub events are competed in succession as one routine with a maximum score of 10 + bonus. When two or more passes are conducted on Tumbling and Mini-tramp; the average will represent the

score for that sub event (on Vault the highest score counts). **Bonus is awarded per pass.** The sub event scores will then be averaged to determine the final Jump Routine Score.

○ Example: $\frac{\text{tumbling score} + \text{vault score} + \text{mini tramp score}}{3} = \text{total jump score}$

- In **levels 6 and above**, three tumbling passes are competed as a routine, then a “Trampet” routine is executed separately featuring vault and mini-tramp, for a total maximum score of $(10 + \text{bonus}) + (10 + \text{bonus}) = 20 + \text{bonus}$ (Coaches indicate choices on the Jump Form). There are three tumbling passes that are averaged for a Tumbling score. There are three Trampet passes [a combination of (1 vault and 2 mini-tramp) or (2 vault and 1 mini-tramp)]. The average of the three passes represents the Trampet score. The two scores are added for the total Jump Routine Score.

○ Example: $\text{tumbling score} + \frac{\text{vault score} + \text{mini tramp score}}{2} = \text{total jump score}$

- **Spotting:** a minimum of two spotters in the landing area are required
- **Sticking of landing:** The last athlete (with every jump pass except L3 Vault) is required to “stick”, “finish” and “salute”.
 1. STICK = Athlete will hold either a demi plié or a lunge for two seconds immediately upon landing.
 2. FINISH = Athlete will then show (no hold required) a sanding position with legs together and straight facing the same direction as the hold and saluting with either one or two hands up.
 3. SALUTE = Athlete will then pivot and show a salute similar to step #2 facing the Judge(s).
- **Kneeling:** Every competition shall have a designated active athlete kneeling area for all three jump sub events (and floor). Same spot for all. The location shall be easily visible for the officials and not blocking competing athletes. Athletes should kneel prior to each sub event so an official count can be established.

Section 4.01 Jump Difficulty > 3.0 for L1 –L 8 USAG, 7.0 in L9 UEG, Open for L10

The difficulty options are predetermined within the level that a squad competes in, each sub event, and respective pass of the Jump Routine (Tumbling, Vault, & Mini-tramp).

- **Levels 1 and 2** have basic gymnastics skills such as rolls, simple balances, and other basic acrobatic movements.
- **Levels 3 and 4** introduction of core springing skills and more flight.
- **Level 5 and 6** athletes continue to develop their springing skills and add back and front somersaults.
- **Levels 7 and 8** do more complicated series of maneuvers requiring increased speed, height, twisting & rhythm.
- **Levels 9 and 10** represent a very high skill level in every aspect.

In the lower levels there are few choices (if any) on skill/pass selection. A deliberate progression of choice occurs as level increases. By the time a squad is in level 10; the difficulty choices are totally open ended. It is important to understand that the difficulty values will come from two distinctive sources. In Levels 1 – 8, all values are designated in this document. In levels 9 and 10 the European Union Gymnastics (UEG) Code of Points is used as a reference for values. The appendix attached to this document (ARTICLE VIII) includes the appropriate value tables. Each pass has a specific start value. If a squad executes a pass worth less than the maximum value allowed; the contribution toward total score will be adjusted downward accordingly.

Deliberate or accidental omission of an entire pass	-1.5
Deliberate or accidental omission of a major element	Zero credit given for that skill
Substitution of an entire pass or major element or partial execution	Deduct up to respective value
Intensification exceeds allowable difficulty or is out of order	-0.5 each

(a) Tumbling

Athletes execute at least one tumbling pass that is continuous and directly connected. All passes per squad should have a start value matching the maximum allowed per level: Levels 1 – 8 = 3.0, Level 9 = 7.0, Open for Level 10.

Omission of elements from intended pass as indicated on Power TeamGym Jump Form	-0.5 each
Coach’s Choice pass does not meet the standard of the respective listed passes	- up to 3.0
Athlete breaks the series with pause, hop, extra step, or double jump	up to -0.2 each
Athlete does not perform correct position or inadequate twist in salto	up to -0.2 each
Athlete does not land final skill in designated landing mat area	-0.3 each

- **Each pass must contain a minimum of 4 and a maximum of 6 acrobatic tumbling skill elements.**
 - Exception: *a pass with all front tumbling skills may have a minimum of 3 skills in levels 4, 6, 7 & 8.*
 - Exception: *a pass with a double back may have a minimum of 3 skills in level 8.*
 - Exception: *in levels 9 & 10, a minimum of at least 3 different acrobatic elements, without intermediate steps or pauses. Refer to level 9 and 10 specifically below for unique requirements.*
- **Streaming** should be evenly spaced, consistent in rhythm/tempo. Each following athlete is required to begin their pass at a specified point (asterisk). In the levels where there is Coach’s Choice, the coach is required to declare where this asterisk point is on their respective Power TeamGym Jump Form prior to competition.
- **Intensification** occurs when a squad member performs a skill or pass that is of a higher difficulty level than the squad member that preceded him/her. It should never be the case that a squad member performs a pass with a lower level of difficulty than the athlete who preceded him/her. Up to the final 3 athlete(s) may intensify or change-up a skill.
- **Coach’s Choice** (see below) passes may be substituted for passes marked “Optional”. The “Compulsory” Pass may not be repeated exactly as the Coach’s Choice Pass (must have at least two different skills).
- **The Last Element of each tumbling pass must land in the designated landing mat area.** In levels 1 and 2 and any pass ending in a back handspring; it is permitted to perform the last element of the pass on the landing zone area without a deduction. However, it is recommended that all passes end on the landing mat.
- The **final performing athlete** must finish and hold for two seconds either a “salute” or a lunge position.

Coach’s Pass is exactly like the Compulsory Pass (must have at least two different skills)	-1.0
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(i) Coach’s Choice (CC) Guidelines

It is available for Coaches to choreograph passes (within guidelines and if allowed) for each level in substitution of the recommended passes, or specific skills. The goals for the Coach’s Choice include:

- Providing for more variety in the selection of the Tumbling skill elements included in the passes.
- Permitting the coaches to design passes that include tumbling skill elements that complement the experience and abilities of the athlete members of a squad.
- Permitting some of the squad members to perform skill elements of higher difficulty level in order to prepare for transition to the next level. This is done through Intensification and/or the design of the Coach’s Choice Passes.
- Increasing the “FUN FACTOR” through the selection of the skills, variations in body position, the challenge of trying new (and more difficult skills), and the opportunity to “change-up” the tumbling passes over the course of the season.
- Key skill elements in the CC pass must come primarily from the list of skill elements for any particular Level.
- Refer to Section 3.04 for specifications on appropriate tumbling apparatus and mat requirements per level.

(ii) Tumbling Pass Options per Level

- 1) **Level 1 – One pass** (choose from two Options). Jumps must at least demonstrate proper shape (regardless of angle of thighs). All athletes must perform the same pass (except HUGS/Unified). Each following athlete will start in synchronization when the previous athlete is at the asterisk marked position in each pass. The intention and expectation is that two athletes will be performing the same skill at the same time with consistent rhythm throughout the streaming process. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Option A	<i>from stand facing forward - ft. roll - ft. roll - straight jump* ft. roll - ft. roll - straight jump with full twist - finish. Last athlete will stick hold, finish and salute.</i>
b	Option B	<i>from stand facing forward – ft. roll – ft. roll – straight jump ½ turn – *bk. straddle roll – bk. tuck roll to finish in stand. Last athlete will stick hold, finish and salute.</i>
c	Coach Choice	<i>No CC at this level.</i>
d	Intensification	<i>No intensification allowed at this level.</i>
e	HUGS/Unified	<i>Custom passes that match Level 1, examples include: squat to tap- jump of choice – jump of choice – 2-3 steps – repeat and finish, utilize basic motor skills and very basic rolls as well. (minimum of 4 skills)</i>

- 2) **Level 2 – Two passes required** (one Compulsory pass and either of Option A or B). Jumps must at least demonstrate proper shape (regardless of angle of thighs). All athletes must perform the same pass (except HUGS/Unified). Each following athlete will start in synchronization when the previous athlete is at the asterisk marked position in each pass. The intention and expectation is that two athletes will be performing the same skill at the same time in the streaming process. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

A	Compulsory	<i>from stand facing forward – cartwheel – side chassè – side cartwheel – side chassè - *side cartwheel -side chassè - square cartwheel- (finish in lunge position facing starting point). Last athlete will lunge hold, finish and salute.</i>
b	Option A	<i>from stand facing forward-run 2 or 3 steps hurdle - RO rebound 1/4 turn- step out - *cartwheel - cartwheel - RO rebound with a short run backwards with arms up by ears. Last athlete will run backwards to a stop hold, finish and salute. No stick required.</i> <ul style="list-style-type: none"> • <i>As a safety precaution, athletes must have their arms up by their ears after the RO rebound run backwards. There is no deduction if an athlete executes a backwards safety roll if too much power is demonstrated.</i>
	Option B	<i>from stand facing forward – step, kick, lunge – donkey kick on hands step down (or handstand step down) -chassè – *chassè – donkey kick on hands (or handstand step down) – cartwheel - lunge to finish. Last athlete will lunge hold, finish and salute.</i>
c	Coach Choice	<i>No CC at this level.</i>
d	Intensification	<i>No intensification allowed at this level.</i>
e	HUGS/Unified	<i>Custom passes that match Level 2 (minimum of five skills required).</i>

- 3) **Level 3 – Two passes required** (one Compulsory pass and either of Option A or B). Jumps require minimum of 45° angle of thigh from vertical. Each following athlete will begin when the previous athlete is at the asterisk marked position in each pass. The intention and expectation is that two athletes at a time will be performing with consistent rhythm throughout. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Compulsory	from stand facing forward – run 2or3 steps hurdle – RO – BHS small rebound ½ turn step out * run 3 steps hurdle – RO – BHS small rebound to both feet- finish. Last athlete will a larger rebound to a stick hold, finish and salute.
b	Option A	from stand facing forward - handstand forward roll step out- side cartwheel - *cartwheel turn out- run 3 steps - FHS - rebound then get out of the way. Last athlete will do a larger rebound no stick required, finish and salute.
c	Option B	from stand facing forward – run 2or3 steps hurdle – RO – BHS small rebound ¼ turn step out – *side cartwheel – RO rebound with a short run backwards with arms up by ears. Last athlete will run backwards to a stop hold, finish and salute. No stick required. As a safety precaution, athletes must have their arms up by their ears after the RO rebound run backwards. There is no deduction if an athlete executes a backwards safety roll.
d	Coach Choice	No CC at this level.
e	Intensification	No intensification allowed at this level.

- 4) **Level 4 – Two passes required** (one Compulsory pass and either Option A or B). Each following athlete will begin when the previous athlete is at the asterisk marked position in each pass. The intention and expectation is that two athletes at a time will be performing with consistent rhythm throughout the streaming process. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Compulsory	from stand facing forward – run 2or3 steps hurdle – RO – *BHS – BHS – BHS – small rebound then get out of the way. Last athlete will do a larger rebound to a stick hold, finish and salute.
b	Option A	from stand facing forward – run 2or3 steps hurdle – front handspring (FHS) step out – RO - *BHS – BHS - small rebound then get out of the way. Last athlete will do a larger rebound to a stick hold, finish and salute.
c	Option B	from a stand facing forward - run 2-3 steps FHS step out-FHS step out - *run 3 steps punch front tuck salto. Last athlete will stick hold, finish and salute.
d	Coach Choice	No CC at this level.
e	Intensification	In compulsory or option A only: Last three athletes may substitute a back salto tuck for the last BHS.

- 5) **Level 5 – Two passes required** (one Compulsory pass and either Option A or B). Each following athlete will begin when the previous athlete is at the asterisk marked position in each pass. The intention and expectation is that two athletes at a time will be performing with consistent rhythm throughout the streaming process. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Compulsory	from stand facing forward – run 2or3 steps hurdle – RO - BHS – *BHS – back salto tuck – finish. Last athlete will stick hold, finish and salute.
b	Option A	from stand facing forward – run 2or3 steps hurdle – punch front tuck salto step through – *RO – BHS – back salto tuck – finish. Last athlete will stick hold, finish and salute.
c	Option B *SV = 2.5	from stand facing forward – run 2or3 steps hurdle – FHS - *front tuck salto – Last athlete will stick hold, finish and salute.
d	Coach Choice	Entire squad may substitute back pike or layout for back tuck salto.
e	Intensification	Last three athletes may substitute a pike or layout position for the back salto tuck.

- 6) **Level 6 – Three passes required** (one Compulsory pass and two Coach Choice passes). Each following athlete will begin when the previous athlete is at the asterisk marked position in each pass. The intention and expectation is that two athletes at a time will be performing with consistent rhythm throughout the streaming process. Coach’s must use same standard for streaming with Coach’s Choice pass and are required to designate “asterisk” point in Power TeamGym Jump Form. Last athlete (see top of page 14). Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Compulsory	from stand facing forward - run 2 or 3 steps hurdle - RO - Whipback - *BHS – back salto tuck - finish. Note the whipback and BHS order may be switched in this level only as long as the entire squad does the same pass. Last athlete will stick hold, finish, and salute.
b	Coach Choice Front Option A	from stand facing forward – run 2 or 3 steps hurdle – execute 3 skills in the forward direction to include at least one salto in at least a tuck position. The last skill must be a salto. Last athlete will stick hold, finish and salute.
	Coach Choice Front Option B *SV 2.6	from stand facing forward – run 2 or 3 steps hurdle – execute 3 skills in the forward direction to include at least one salto in at least a tuck position. The last skill is not required to be a salto. Last athlete will stick hold, finish and salute. <i>*Note this Option has a lower start value than Option A</i>
c	Coach Choice Combo	any combination of both forward and backward skills with a minimum of 4 skills total and at least one salto in at least the pike position, with up to one 1/2 twist allowed in the pass, may include whipback, no more than one bilateral rotation per salto (no double back) Last athlete will stick hold, finish and salute.
d	Intensification	
i	Pass 1	no intensification allowed
ii	Pass 2 & 3	up to last three may substitute an upgrade in position or twist (no more than an additional 180°) to any salto

- 7) **Level 7 – Three passes required** (one Compulsory pass and two of CC). Passes must be competed in the order listed below. Same streaming “asterisk” rules apply for compulsory pass and CC passes as in Level 6. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Compulsory	from stand facing forward - run 2 or 3 steps hurdle - RO - Whipback - *BHS – back salto layout - finish. Last athlete will stick hold, finish and salute.
a	Coach Choice Front	from stand facing forward – run 2 or 3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a pike position. Last athlete will stick hold, finish and salute.
b	Coach Choice Combo	any combination of both forward and backward skills with a minimum of 4 skills total and at least one salto in the layout position, with up to one full twist allowed in the pass, may include whipback, no more than one bilateral rotation per salto (no double back) Last athlete will stick hold, finish and salute.
c	Intensification	
i	Pass 1	no intensification allowed.
ii	Passes 2 & 3	up to last three may substitute an upgrade in position or twist (no more than an additional 360°) to any salto, last athlete may upgrade up to a double full and is not required to stream.

- 8) **Level 8 – Three passes required** (one Compulsory pass and two of CC). Passes must be competed in the order listed below. Same streaming “asterisk” rules apply for compulsory pass and CC passes as in Level 6. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

	<i>Compulsory</i>	<i>from stand facing forward - run 2 or 3 steps hurdle - RO - Whipback –* BHS-BHS- back salto layout ½ or 1/1 – finish - Last athlete will stick hold, finish and salute.</i>
<i>a</i>	<i>Coach Choice Front</i>	<i>from stand facing forward – run 2or3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a layout position or ½ twist. Last athlete will stick hold, finish and salute.</i>
<i>b</i>	<i>Coach Choice Combo</i>	<i>any combination of both forward and backward skills with a minimum of 5 skills total and at least one salto in the layout position with at least ½ twist, with up to one double full twist allowed in the pass, may include double back salto (only 3 skills required if one is a double back). Last athlete will stick hold, finish and salute.</i>
<i>c</i>	<i>Intensification</i>	
<i>i</i>	<i>Pass 1</i>	<i>Entire squad may upgrade BHS to a whipback. Up to a max of 3 whipbacks allowed.</i>
<i>ii</i>	<i>Passes 2 & 3</i>	<i>up to last three may substitute an upgrade in position or twist (no more than an additional 360°) to any salto.</i>

9) **Levels 9 & 10 - Three passes required.**

- This sub event is competed separate from Trampet at these levels.
- Only six athletes allowed to tumble in each pass. A different six (of the same squad) may tumble in different passes. All tumblers must participate in the floor routine.
- At least one pass must be forward.
- At least one pass must be backward.
- One pass may be a combination of forward and backward.
- At least one pass must have at least one full twist in a single salto or ½ twist in a double salto.
- Each pass must consist of a combination of at least three different acrobatic elements, without intermediate steps or pauses.
- Triple saltos are allowed in level 10 only in one pass and require a written dispensation from USAG.
- All gymnasts must land in the specified landing area.
- In the first pass, all athletes must perform exactly the same.
 - If a gymnast does not perform the same series as the majority, the difficulty awarded will be zero for that athlete.
- In Second and Third passes; gymnasts may execute different passes as long as they intensify upward in order. The series with higher difficulty values must come after the series with lower values in the round. Gymnasts are not allowed to perform the same series more than once.
- Difficulty
 - All difficulty is determined from Article VIII Appendices.
 - The difficulty of each series is not limited.
 - The series difficulty value is calculated from the 3 highest different elements.
 - Level 9 is allowed up to 7.0 in difficulty value. Level 10 is open.
 - The values of body position (shape) and twist are added to each basic element value to determine total value per element.
 - A break in the series will void the value for the rest of the pass after the break.
 - In the event a skill is not landed feet first, the element will be valued at zero.

- The difficulty values for the 6 athletes in each pass are summed to form a respective value. Then the values for each of the three passes are averaged to the nearest 0.1 for the squad's final difficulty value.
- Below is a brief summary of difficulty values for more common skills. Refer to the Appendices for modified value when adding shape and/or twist to a respective element.

Tumbling Direction	Basic Elements	Value
Forward	Cartwheel	0.10
	Handspring	0.20
	Flyspring	0.20
	Salto Tuck	0.20
	• Pike	0.30
	• Layout	0.40
	When Salto is first skill:	
	• Tuck	0.20
	• Pike	0.30
	• Layout	0.30
	• Layout Full Twist	0.40
	Double Salto Tuck	1.10
	• Pike	1.30
• Layout	1.50	
Triple salto	Not allowed	
Backward	Roundoff	0.10
	Handspring	0.20
	Whipback	0.30
	Salto Tuck	0.20
	• Pike	0.20
	• Layout	0.30
	Arabian Salto Tuck	0.25
	Double Salto Tuck	0.80
	• Pike	0.90
	• Layout	1.10
	Double Arabian Salto Tuck	0.80
	Triple Salto Tuck	1.60
	• Pike	1.90

Additional value is added for twisting:

- 0.1 for each half twist (180°) in single and double saltos
- 0.2 for each half twist (180°) in triple saltos
- 0.1 extra for each twisting (1080°) and for each additional full twist

(b) Vault

Athletes execute at least one vault in a continuous streaming fashion with the last person sticking the landing and holding for two seconds. **Each preceding athlete must begin their run no later than the previous athlete making contact with the springboard, tramp board or mini-tramp.** Exception: If the last athlete is doing a unique intensification, he/she may choose to start after the previous athlete has finished.

Athlete omits intended vault	-1.5 each
Athlete substitutes a different vault that is not intensification	-0.5 each

- Each vault must contain speed in run – hurdle step to board – pre-flight – support phase (very brief) – repulsion – post-flight (this should be the highest point for the athlete) and safe landing.
- **Streaming** should be evenly spaced, consistent in rhythm/tempo. Following athlete must begin run no later than when preceding athlete makes contact with the springboard. Exception: The last athlete (who is intensifying a skill) may wait until the previous athlete has completed their pass.
- **Intensification** occurs when a squad member performs a skill or pass that is of a higher difficulty level than the squad member that preceded him/her. It should never be the case that a squad member performs a pass with a lower level of difficulty than the athlete who preceded him/her. Up to the final 3 athlete(s) may intensify or change-up a skill.
- Refer to Section 3.04 for specifications on appropriate vault apparatus and mat requirements per level.

(i) Vault Options & Start Values per Level

- 1) **Level 1 – One vault drill** (3.0 SV): Run – hurdle – punch board – straight jump onto vault table or mat shape – straight, tuck, or star jump off. Start Value (SV) = 3.0. Must show rise upward (showing a stretched shape off the springboard while going upward), then show stretched (straight) shape again, going into and out of the specific jump chosen. Must at least demonstrate proper shape (regardless of angle of thighs). Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	HUGS/Unified	follow same criteria as above except no “open” shape required before landing.
b	Intensification	No intensification allowed at this level.

- 2) **Level 2 – One vault drill** (3.0 SV): Run – hurdle – punch board - **dive roll** with stretched straight shape from board to mat *uphill – then get off mat safely. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute). **Mat height must be at least 24 inches.**

a	HUGS/Unified	not required to show stretched position pre-flight and may do shoulder roll.
b	Intensification	No intensification allowed at this level.

- 3) **Level 3 – One vault drill** (3.0 SV): Run – hurdle – punch board – show extended straight position off the board - **front Flyspring** – show straight arch position post flight with legs together throughout – upon landing step forward and get out of the way. **Last athlete should do the same (no “stick” requirement).** Following athletes required to start no later than when prior athlete makes contact with spring board. Mat height must be a minimum of 24 inches with a firm stack (panel mats, spotting block, trapezoid) placed directly between the board and the landing mat. The stack is required to be at least 8 inches higher than the landing surface.

a	Intensification	No intensification allowed at this level.
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- 4) **Level 4 – One handspring vault required**, second vault optional (3.0 SV for both): If a second vault is executed; the higher of the two scores will count. Second vault must also be a handspring. Run – hurdle – punch board – show extended straight position in pre-flight – make contact with the vault table at approximate 45° angle with arms and body in a straight line – block with shoulders to create repulsion so that athlete leaves the table at vertical – post flight (highest point of vault) with same extended straight shape - to stick landing. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Last stick	Last Athlete must stick landing and hold salute for two seconds.
b	Intensification	No intensification allowed at this level.

- 5) **Level 5 – One handspring vault required** (3.0 SV): See handspring description in Level 4 above. Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

a	Last stick	Last athlete must stick landing and hold salute for two seconds.
b	Intensification	Last athlete may add ½ twist in the vault. ½ on or ½ off, and may choose to not stream (no deduction).

- 6) **Level 6 – One handspring vault required**, second vault optional (3.0 SV for both): See handspring description in Level 4 above. Second vault (if executed) must be a handspring vault with ½ twist in either pre or post flight. Twisting technique may vary. However, the entire body should twist as one.

In level 6 jump, teams must compete 3 trampet passes total. This is either 2 vaults and 1 mini tramp or 2 mini tramps and 1 vault. Teams must begin on the apparatus designated for 2 passes and the first pass must be all athletes compete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

1)If you compete 2 vaults and 1 mini tramp pass; the 2 vault scores will be averaged together and then averaged with the 1 mini tramp score to make your total jump score.

2)If you compete 2 mini tramps and 1 mini vault pass; the 2 mini tramp scores will be averaged together and then averaged with the 1 vault score to make your total jump score.

Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

This is the first level where a mini-tramp is required. Vault deck optional. Minimum table height is 120cm.

a	Last stick	Last Athlete must stick landing and hold salute for two seconds.
b	Intensification	
i	1 st Vault HS	no intensification allowed.
ii	2 nd Vault	(if executed) last <u>three</u> athletes may execute a full twist, either ½ - ½ or HS Full off, last athlete may add additional twist and may choose to not stream (no deduction).

- 7) **Level 7 – One handspring vault (with ½ twist in either pre or post flight) required** (3.0 SV). Second vault optional (with 2.4 to 3.0 SV): If a second vault is executed you have two options:

1)If you compete 2 vaults and 1 mini tramp pass, the 2 vault scores will be averaged together and then averaged with the 1 mini tramp score to make your total jump score.

2)If you compete 2 mini tramps and 1 mini vault pass, the 2 mini tramp scores will be averaged together and then averaged with the 1 vault score to make your total jump score.

In level 7 jump, teams must compete 3 passes total. This is either 2 vaults and 1 mini tramp or 2 mini tramps and 1 vault. Teams must begin on the apparatus designated for 2 passes and the first pass must be all athletes compete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Last athlete required to execute 3 step landing (1 - stick hold, 2 – finish, 3 – salute).

A mini-tramp is required. Vault deck mandatory. Minimum table height is 120cm.

a	2 nd Vault	Choices
	2.0 SV	Handspring
	2.6 SV	handspring vault with ½ twist in either pre <u>or</u> post flight

	3.0 SV	$\frac{1}{2}$ on – $\frac{1}{2}$ off, $\frac{1}{4}$ on – $\frac{3}{4}$ off or HS Full off
	3.0 SV	Tuck Tsukahara
b	Last stick	Last Athlete must stick landing and hold salute for two seconds.
c	Intensification	
i	1 st Vault	up to last three may add $\frac{1}{2}$ twist either in pre or post flight or Tsuk if this is your only vault
ii	2 nd Vault	(if executed) up to last <u>three</u> may add $\frac{1}{2}$ twist either in pre or post flight (or upgrade to a Tsukahara); last athlete may add an additional upgrade (added twist only) and may choose to not stream (no deduction)

- 8) **Level 8 – One vault required**, second vault optional: If a second vault is executed you have two options:
 1) If you compete 2 vaults and 1 mini tramp pass, the 2 vault scores will be averaged together and then averaged with the 1 mini tramp score to make your total jump score.
 2) If you compete 2 mini tramps and 1 mini vault pass, the 2 mini tramp scores will be averaged together and then averaged with the 1 vault score to make your total jump score.

In level 8 jump, teams must compete 3 passes total. This is either 2 vaults and 1 mini tramp or 2 mini tramps and 1 vault. Coaches at this level may choose which apparatus for 2 passes and 1 pass accordingly. Also, Coaches may choose which apparatus to begin on and there are no restrictions on where to put the mandatory pass where all athletes compete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Last athlete required to execute 3 step landing (1 - stick hold, 2 - finish, 3 - salute).

A mini-tramp is required. Vault deck mandatory. Minimum table height is 120cm.

a	Vault choices	
i	2.0 SV	$\frac{1}{2}$ on – $\frac{1}{2}$ off or $\frac{1}{4}$ on – $\frac{3}{4}$ off
ii	2.6 SV	HS Full off or $\frac{1}{2}$ on Full off
iii	3.0 SV	Tuck, Pike, or Layout Tsukahara
iv	3.0 SV	Front HS Front Tuck (1/2 out recommended)
b	Last stick	Last Athlete must stick landing and hold salute for two seconds
c	Intensification	
i	1 st Vault	up to last three may add $\frac{1}{2}$ twist either in pre or post flight if this is your only vault
	2 nd Vault	up to last three may upgrade vault with upgrade in shape or added twist, last athlete may add an additional upgrade and may choose to not stream (no deduction)

- 9) **Levels 9 & 10 – One vault required. Two vaults may be executed. Use of mini-tramp and vault deck required.**

- This sub event is combined with Mini-tramp and is called Trampet. There are three total passes in Trampet. At least one and no more than two will be on vault. Triple saltos are allowed in only one Trampet pass (Vault or Mini-Tramp) in level 10 only and require written dispensation from USAG.
- Only six athletes allowed to vault per round. A different six (of the same squad) may vault in the second round. All vaulters must participate in the floor routine.
- The vault table must be contacted by both hands and touching any other body part is not allowed.
- All gymnasts must land in the specified landing area.
- In the first pass (either Vault or Mini-tramp) all athletes must perform exactly the same element.
 - If a gymnast does not perform the same element as the majority, the difficulty awarded will be zero for that athlete.

- In Second pass (if there is one); gymnasts may execute different passes as long as they intensify upward in order. The pass with higher difficulty value must come after the pass with lower value in the round. Gymnasts are not allowed to perform the same element more than once.
- Handspring Double Saltos or Double Tsukahara are allowed in level 10 only in one pass and require a written dispensation from USAG.
- Difficulty
 - All difficulty is determined from Article VIII Appendices.
 - The difficulty of each pass is not limited.
 - Level 9 is allowed up to 7.0 in difficulty value. Level 10 is open.
 - The values of body position (shape) and twist are added to each basic element value to determine total value per element.
 - In the event a skill is not landed feet first, the element will be valued at zero.
 - The difficulty values for the 6 athletes in each round are summed to form a respective value. Then the values for each of the three passes are averaged to the nearest 0.1 for the squad's final difficulty value.
 - Below is a brief summary of difficulty values for more common Trampet elements with apparatus. Refer to the Appendices for modified value when adding shape and/or twist to a respective element.

Basic Elements for Vault	Value
Handspring	0.40
Handspring ½ on OR ½ off	0.40
Handspring full twist	0.60
Handspring ½ on full off	0.60
Handspring salto forward	0.80
Handspring double salto	1.70
Tsukahara	0.80
Double Tsukahara	1.60

Additional value for added twist:

- **0.1 for each half twist (180°) in single and double saltos**
- **0.2 for each half twist (180°) in a triple saltos**
- **0.1 extra for twisting (1080°) and for each additional full twist**

(c) Mini-Tramp

Athletes execute at least one mini-tramp pass in a continuous streaming fashion with the last person sticking the landing and holding for two seconds. Start value is determined from the first athlete who completes a skill in levels 1 - 8. Example: if the first athlete in a squad executes a skill that has a start value of 2.6, their overall score will be 0.4 less as a result of using a pass worth less than the maximum value of 3.0. In level 9, 7.0 is maximum and level 10 is open difficulty.

Athlete omits intended skill	-1.5 each
Athlete substitutes a different skill that is not intensification	-0.5 each

- Each mini-tramp pass must contain speed in run – hurdle step to mini-tramp – stretch position as athlete is leaving mini-tramp – executed jump or salto position with proper bi-lateral (flip) or longitudinal (twist) rotation – show the stretch position a second time - and a safe landing on both feet. The two **stretch positions are very important** in any mini-tramp skill from beginner to elite level. There are specific deductions for not showing both. **Athletes must contact mini-tramp one time only each pass with both feet simultaneously.**
- **Streaming** should be evenly spaced, consistent in rhythm/tempo. Following athlete must begin run no later than when preceding athlete makes contact with the mini-tramp. Exception: The last athlete (who is intensifying a skill) may wait until the previous athlete has completed their pass.
- A **barani** is a front salto with a ½ twist within 15° of vertical (on either side of vertical) in a tuck, pike or layout position. **It is NOT an aerial roundoff!!!** Early or late twist will warrant significant deductions.
- **Intensification** occurs when a squad member performs a skill or pass that is of a higher difficulty level than the squad member that preceded him/her. It should never be the case that a squad member performs a pass with a lower level of difficulty than the athlete who preceded him/her. Up to the final 3 athlete(s) may intensify or change-up a skill (see specific level rules regarding intensification).
- Refer to Section 3.04 for specifications on appropriate mini-tramp apparatus & mat requirements per level.

(i) Mini-tramp Pass Options and Start Value per Level

- 1) **Level 1 – One pass** (3.0 SV): *Run – hurdle – jump into and rebound from mini-tramp or springboard – stretch position – **straight, tuck, or star jump** – stretch position – safe landing. Must at least demonstrate proper shape (regardless of angle of thighs). Last athlete required to stick landing.*

a	HUGS/Unified	Follow same criteria as above except no stretch position required. Also, no requirement for all to do the same jump
b	Intensification	No intensification allowed at this level

- 2) **Level 2 – One pass** (3.0 SV): *Run – hurdle – jump into and rebound from mini-tramp or springboard – stretch position – **tuck, star, or pike jump** – stretch position – safe landing. Must at least demonstrate proper shape (angle of thighs **at least 45°** from vertical). Last athlete required to stick landing. *star shape is like an open “X” in the air with no forward hip angle*

a	HUGS/Unified	Follow same criteria as above except no stretch position required. Also, no requirement for all to do the same jump
b	Intensification	No intensification allowed at this level

- 3) **Level 3 – One pass** (3.0 SV): *Run – hurdle – jump into and rebound from mini-tramp – stretch position – **tuck, straddle, pike jump or front tuck salto** – stretch position – safe landing. Must at least demonstrate proper shape (angle of thighs **at least 90°** from vertical). Last athlete required to stick landing. *straddle shape is like a sitting straddle in the air with at least horizontal legs*

a	Intensification	No intensification allowed at this level
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- 4) **Level 4 – One pass (3.0 SV):** Run – hurdle – jump into and rebound from mini-tramp – stretch position – front salto tuck – stretch position – safe landing. Last athlete required to stick landing.

a	Intensification	No intensification allowed at this level
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- 5) **Level 5 – One pass** chosen from options below: Last athlete required to stick landing.

a	Pass Options	
i	2.0 SV	Front salto tuck
ii	2.6 SV	Front salto pike
iii	3.0 SV	Front salto layout
b	Intensification	Last athlete may add ½ twist (in same shape) or upgrade shape, see barani guidelines under “Mini-tramp” above, last athlete may choose to not stream (no deduction)

- 6) **Level 6 – One or two passes** chosen from options below:

1) If you compete 2 vaults and 1 mini tramp pass, the 2 vault scores will be averaged together and then averaged with the 1 mini tramp score to make your total jump score.

2) If you compete 2 mini tramps and 1 mini vault pass, the 2 mini tramp scores will be averaged together and then averaged with the 1 vault score to make your total jump score.

In level 6 jump, teams must compete 3 trampet passes total. This is either 2 vaults and 1 mini tramp or 2 mini tramps and 1 vault. Teams must begin on the apparatus designated for 2 passes and the first pass must be all athletes compete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Last athlete required to execute 3 step landing (1 - stick hold, 2 - finish, 3 - salute).

a	Pass Options	
i	2.0 SV	Front salto tuck or pike
ii	2.6 SV	Front salto layout
iii	2.8 SV	Barani tuck or pike
iv	3.0 SV	Barani layout (this is not an aerial roundoff)
b	Intensification	Up to last <u>three</u> may upgrade pass with upgrade in shape or add up to a full twist, last athlete may add an additional upgrade and may choose to not stream (no deduction)

- 7) **Level 7 – One or two passes** chosen from options below:

1) If you compete 2 vaults and 1 mini tramp pass, the 2 vault scores will be averaged together and then averaged with the 1 mini tramp score to make your total jump score.

2) If you compete 2 mini tramps and 1 mini vault pass, the 2 mini tramp scores will be averaged together and then averaged with the 1 vault score to make your total jump score.

In level 7 jump, teams must compete 3 passes total. This is either 2 vaults and 1 mini tramp or 2 mini tramps and 1 vault. Teams must begin on the apparatus designated for 2 passes and the first pass must be all athletes compete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Last athlete required to stick landing (1 - stick hold, 2 - finish, 3 - salute).

a	Pass Options	
i	2.0 SV	Front salto layout
ii	2.4 SV	Barani tuck or pike
iii	2.6 SV	Barani layout (this is not an aerial roundoff)
iv	3.0 SV	Front salto layout with full twist

v	3.0 SV	Front salto layout with 1 ½ twist
b	Intensification	Up to last <u>three</u> may upgrade pass with upgrade in shape or add up to a full twist, last athlete may add an additional upgrade and may choose to not stream (no deduction)

8) **Level 8 – One or two passes** chosen from options below:

1) If you compete 2 vaults and 1 mini tramp pass, the 2 vault scores will be averaged together and then averaged with the 1 mini tramp score to make your total jump score.

2) If you compete 2 mini tramps and 1 mini vault pass, the 2 mini tramp scores will be averaged together and then averaged with the 1 vault score to make your total jump score.

In level 8 jump, teams must compete 3 passes total. This is either 2 vaults and 1 mini tramp or 2 mini tramps and 1 vault. Coaches at this level may choose which apparatus for 2 passes and 1 pass accordingly. Also, Coaches may choose which apparatus to begin on and there are no restrictions on where to put the mandatory pass where all athletes compete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Last athlete required to stick landing (1 - stick hold, 2 - finish, 3 - salute).

a	Pass Options	
i	2.0 SV	Barani tuck, pike, or layout
ii	2.4 SV	Front salto layout with full twist
iii	2.8 SV	Front salto layout with 1 ½ twist
iv	3.0 SV	Front salto layout with double twist
v	3.0 SV	Double front salto tuck ½ out or Double front salto tuck (½ out preferred for safety)
vi	3.0 SV	Barani double
b	Intensification	Up to last <u>three</u> may upgrade pass with upgrade in shape or added twist or added salto, last athlete may add an additional upgrade and may choose to not stream (no deduction)

9) **Levels 9 & 10 – One pass required. Two passes may be executed.**

- This sub event is combined with Vault and is called Trampet. There are three total passes in Trampet. At least one and no more than two will be on Mini-tramp. Triple saltos are allowed in only one Trampet pass (Vault or Mini-Tramp) in level 10 only and require written dispensation from USAG.
- Only six athletes allowed per round. A different six (of the same squad) may participate in the second round. All vaulters must participate in the floor routine.
- The mini-tramp apparatus must be contacted by both feet at the same time and only one time per pass per athlete (no double bouncing). Touching any other body part is not allowed.
- All gymnasts must land in the specified landing area.
- In the first pass of three (either Vault or Mini-tramp) all athletes must perform exactly the same element.
 - If a gymnast does not perform the same element as the majority, the difficulty awarded will be zero for that athlete.
- In Second pass (if there is one); gymnasts may execute different passes as long as they intensify upward in order. The pass with higher difficulty value must come after the pass with lower value in the round. Gymnasts are not allowed to perform the same element more than once.
- Difficulty
 - All difficulty is determined from Article VIII Appendices.
 - The difficulty of each pass is not limited.
 - Level 9 is allowed up to 7.0 in difficulty value. Level 10 is open.

- The values of body position (shape) and twist are added to each basic element value to determine total value per element.
- In the event a skill is not landed feet first, the element will be valued at zero.
- The difficulty values for the 6 athletes in each round are summed to form a respective value. Then the values for each of the three passes are averaged to the nearest 0.1 for the squad's final difficulty value.
- Below is a brief summary of difficulty values for more common Mini-tramp elements. Refer to the Appendices for modified value when adding shape and/or twist to a respective element.

Basic Elements for Mini-tramp	Value
Salto	0.30
Double salto	0.65
Triple salto	1.65

Section 4.02 Jump Composition > 2.0 Value for all Levels

Due to the nature of Jump Routines; composition is limited. There are not as many composition aspects as in Floor Routines. However, each aspect does carry more stringent deductions. Therefore, pay close attention to the following to achieve maximum score.

(a) Number of Athletes

For **All Levels in jump** > a minimum of **6**, **Levels 1 - 6** maximum of **14**, **Levels 7 – 10** maximum of **12**.

The judges count athletes **prior** to each respective presentation (by the lead athlete) for each pass on each sub event.

(i) Number of Active Athletes & Number of Skills Performed for Tumbling Passes

The specific gymnasts (and number of gymnasts) performing each segment of the Group Jump apparatus (Tumbling, Vaulting and Mini-trampoline) may change from one apparatus to the next with at least the minimum required.

Five active athletes (per pass)	-1.0 each time
Four active athletes (per pass)	-2.0 each time
Three active athletes (per Pass)	VOID each specific pass
Number of active athletes per pass is greater than maximum allowed	VOID entire Jump score
Athlete performs one less skill than minimum required per tumbling pass	-0.5 each time
Athlete performs two less skills than minimum required per tumbling pass	-1.0 each time
Athlete runs through an entire pass on any sub event with no skill execution	-1.5 each time
Athlete performs same tumbling series more than once	-0.2 each time
Athlete does not perform minimum twist requirement in at least one pass	-0.2 each athlete

(b) Streaming & Transition

Streaming should be even throughout all gymnasts. The use of the *asterisk queue is mandatory up to level 8. At least two gymnasts must be moving at the same time. The tumbling series must show continuous movement and cover distance. The athletes should be spaced to present constant and consistent flow. In the case of some of the passes, it may be possible for the gymnasts to also synchronize some of the elements. This is a good thing, but it should not be emphasized in a way that hinders series and streaming. Athletes should maintain or increase momentum in every Jump pass. Athletes will hold in a staging area near the finish point of a given pass until they all are ready to move to the next pass or sub event. Squads should jog together between each pass and apparatus sub events. Any non-active squad members should kneel beside the apparatus or runway during that respective pass (in a location that does not obstruct view for judges). *Refer to Section 4.05 (a) for more information about lead athlete presentation responsibilities.

Following athlete does not begin when previous athlete is at *Asterisk in pass on Tumbling, or making contact with the springboard or mini-tramp on Vault or Mini-tramp. *exception for the last athlete (if intensifying) if they choose to pause before their pass.	-0.3 each
Athlete breaks the streaming rhythm either by speed or spacing inconsistent with entire squad	up to -0.3 each
Entire stream is halted due to a fall or a series of individual errors	up to -2.0
Squad does not jog together in transition in a quick and efficient manner	-0.3

(c) Deviation from Center Line

Elements should be performed along the center of the designated tumbling area and approach runway on vault and mini-tramp. There may or may not be an actual line marked. However, the expectation is to tumble and/or run straight down the middle of each respective surface. If tumbling on a FX diagonal; the “line” is from corner to corner.

Athlete deviates from center line	up to -0.2
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(d) Music

Music includes lyrics	VOID
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Section 4.03 Jump Execution > 5.0 Value for Levels 1 – 8, 10.0 Value for Levels 9 - 10

This category of evaluation is the largest value due to the nature of gymnastics performance. Every athlete is striving for perfection. Therefore, quantifying errors in execution serves as a major valuation technique.

(a) Execution Table

BODY POSITION	Variation in body position compared to what is expected	
	Flex in feet	-0.1
	Flex in legs or arms when they should be straight	Up to -0.3
	Incorrect overall shape for a required position (inadequate angle)	Up to -0.5
	Legs separated when they are supposed to be together	Up to -0.2
	Straight position not shown leaving mini-tramp	Up to -0.1
	Straight position not shown after skill shape or salto(s) prior to landing on MT	Up to -0.1
	Athlete does not make contact with both hands on the vault or both feet on the mini-tramp (double bouncing is included in this category)	-0.5 each time
TWISTING/TURN	Variation in twisting or turning compared to what is expected	
	Athlete does not twist/turn as one unit (cat twist)	-0.1
	Timing of twist/turn in skill (example: early twist with barani)	Up to -0.3
	Inadequate completion or over rotating of twist/turn	Up to -0.3
INNER AMPLITUDE	The extension of the body as a whole or with specific parts	
	General lack of inner amplitude (extension)	Up to -0.2
	Failure to show extended body going into jump and salto skills	-0.1
	Failure to show extended body coming out of jump and salto skills	-0.1
OUTER AMPLITUDE	The height of an athlete from the take-off point relative to their respective size	
	General lack of outer amplitude (post flight on Vault, skill height on T and MT)	Up to -0.3
DISTANCE	Variation of appropriate distance relative to the size of the athlete	
	General lack of distance (post flight on Vault, overall length of Tumbling pass)	Up to -0.3
LANDING	Variation in ideal landing position (posture) and last person hold requirement	
	Athlete does not demonstrate proper landing technique Examples: too deep a squat – legs too far apart – incorrect arm position	Up to -0.2
	Last athlete does not hold finish position for two seconds	-0.2

	Athlete not landing last skill on the landing mat with final skill. Not mandatory for levels 1 & 2 and passes ending in a backhandspring	-0.3 each
FALLS	Loss of control at any time that results in failure of execution during landing	
	Any athlete using minor additional support from one hand or one step	-0.1
	Any athlete using medium support from two hands or two steps	-0.2
	Any athlete using three or more steps to “save” the landing	-0.3
	Any athlete using full support from any body part other than feet This also includes a safety roll (forward or backward) after a skill	-0.5
	Any athlete landing without touching foot/feet first	-1.5
	Last athlete takes multiple steps before holding finish (-0.1 each step)	Up to -0.3

(b) Coaching / Spotting

Spotting is a very important aspect regarding the safety of the athletes. While there are deductions for assisting the athlete in competition, it is strongly encouraged to keep the safety of the athlete at the forefront of all decisions regarding whether to spot or not. At least two coaches/spotters are required at each sub event. The primary spotter must be strategically located to be able to assist directly in the skill if necessary without obstructing the athlete. It is preferred that the coach stands on the opposite side of the judges if possible. The secondary and other coaches should be strategically located to assist in landings and safe transition to different floor surfaces.

Coach assists athlete in a manner to safely get them out of the way of the next streaming athlete	-0.2
Coach assists athlete in a manner of support to help them finish a skill safely	-0.3
Coach assists athlete in a manner where coach is doing more than athlete	-0.5
Coach giving audible instruction in a manner that is clearly assisting in skill execution	-0.2
Less than two coaches (in appropriate locations) during competition per pass	-1.0 each
Coach does not perform spotting when safety of athlete is jeopardized	-0.5
Coach spots (saves) a falling athlete: no spotting deduction as 0.5 will be deducted due to fall in execution	*

Section 4.04 Jump Bonus – up to 0.5 Value

Bonus points are awarded to the score for Tumbling, Vault and Mini-tramp based on the table of active gymnasts below:

<u>LEVELS 1 – 2</u>		<u>LEVELS 3 – 6</u>		<u>LEVELS 7 – 8</u>	
<u># of athletes</u>	<u>bonus</u>	<u># of athletes</u>	<u>bonus</u>	<u># of athletes</u>	<u>bonus</u>
9 – 10	+0.2	8 – 9	+0.2	7 – 8	+0.2
11 – 12	+0.3	10 – 11	+0.3	9-10	+0.3
13	+0.4	12 – 13	+0.4	11	+0.4
14	+0.5	14	+0.5	12	+0.5

NOTE: There is NO BONUS for intensification and in LEVELS 9 - 10.

Section 4.05 Jump Presentation & Music Requirements

(a) Presentation Guidelines *** **VERY IMPORTANT**

A Jump Routine should begin with all athletes in one line at the first sub event, facing (and visible to) the head judge.

1. The squad is required to be in position prior to the salute. Active athletes line up at the first event beginning point and those sitting out the first pass will line up at the designated kneeling location. Either the squad will be introduced by an announcer or the head judge will acknowledge the group with either a hand signal or raising a

green flag. The entire group will then present with a consistent form of salute to the Head Judge and audience in general.

2. Any athletes not participating in the pass will kneel out on one (same) knee with both hands on the front leg in a designated kneeling area (determined at the coaches meeting prior to march-in), where they are clearly visible to the judges. This is very important as the judges will be counting before each pass for bonus purposes.
3. The first athlete will **wait** until the head judge has acknowledged with hand signal or green flag. First athlete will then salute the official(s), acknowledging communication is complete, to begin the pass. The squad will then execute the pass ending with a “stuck” landing held for two seconds by the last athlete.
4. The squad will then prepare for the next pass by lining up at the beginning of the pass with those kneeling in the designated kneeling area for each event accordingly. Transitions between passes should be quick and efficient.
5. Steps 3 and 4 will be repeated until the squad has completed their respective Jump Routine. A final presentation by the entire squad (with the athletes lined up in a central position of the jump area) at the queue of a leader in the squad, then march off the floor. ***there are deductions for not following this procedure as written**

(b) Music Requirements

Jump Routines are enhanced by background music. The music should not include lyrics and have an “up tempo” rhythm. There is no time limit, but the squad should move and work efficiently without unnecessarily long pauses or stops other than waiting for the judge’s salute. It is allowed to use the same music track over and over to accommodate the length of the routine (with a seamless loop transition). **Voice as an instrument or brief voice gestures are allowed by exception.

Article V. Floor Criteria & Content Charts

The following Sections illustrate the various attributes and subsequent deductions involved with a Floor Routine for **levels 1 – 8 only**. In levels 9 and 10 go to http://backend.ueg.org/sites/default/files/paragraph/document/2017-TeamGym_Code_of_Points_%20small_EN.pdf. All European Gymnastics Union rules will apply to levels 9 and 10 with one exception. Level 9 Difficulty is open - up to a maximum of 7.0, while level 10 is open with no limit.

Section 5.01 Power Team Gym - Floor Content Chart 2020~23 Levels 1 & 2

	Level 1	Level 2
Floor Difficulty = 2.0 towards Final Floor Score		
(a) Pirouette Elements (P) - 0.4 Value Category. Elements MAY also count as part of a Combination.		
	1 required	1 required
Requirements:	1, pivot or a half turn on one foot	1, pivot-pivot combination or half turn on one foot
Commensurate skill examples	NOTE: A jump-turn counts as Jump Element (J) at all Levels	
(b) Jump/Leap/Hop Elements (J) - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.		
	2 required	2 required
Requirements or commensurate skill examples:	2 Basic: jump(s), leap(s) or hop(s): <i>Eg. Straight (L1 commensurate), Tuck, Straddle, Spread Eagle, Sissone. Any Jump in Appendix A, Section 2 "Jumps, Leaps or Hops" of 0.2 value.</i>	
(c) Balance (B) - 0.4 Value Category. Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)		
	2 required, 1 must be individual balance	2 required, 1 must be individual balance
Requirements or commensurate element examples:	<i>eg. Individual balance such as a candlestick, V-sit no hands, stand on one leg with free leg in any position. Power move such as a basic push up. Body wave to the front or side. Group balance formation. Movement that demonstrates flexibility. See Appendix for more examples and diagrams.</i>	
Note:	*There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
Restrictions	Levels 1-4, No group stunts involving tosses or throws. Maximum acrobatic stacking of two tiers with proper spotting.	
(d) Tumbling Acrobatic Elements (T) -0.4 Value Category . Elements MAY also count as part of a Combination.		
Requirements:	2 required. May be same or different skills. Any tumbling skill at Level or one Level above or below allowed.	
Requirements or commensurate element examples:	<i>Forward & backward rolls, cartwheels, dive roll, kick to partial handstand (no hold required.)</i>	<i>Round-Offs, Rebounds, Jump half turns, walkovers and tinsicas.</i>
Restrictions	No handsprings allowed (except ADSN)	
(e) Combinations (C) - 0.4 Value Category. Elements in combination can be used to fulfill both the combination of elements and any difficulty element requirements.		
Requirements:	1 required (0.4 each)	1 required (0.4 each)
	~~~~~ To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of balance ~~~~~	
<b>Composition = 3.0 towards Final Floor Score</b>		
<b>Formations (F) - One of the required formations at each level 1-4 must be circular, arced or curved.</b>		
<b>Requirements:</b>	<b>3 required</b>	<b>4 required</b>
<b>Music - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.</b>		
<b>Requirements:</b>	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 1:00 minute / Maximum 1:30 minute	Minimum 1:00 minute / Maximum 1:30 minute

## Section 5.02

## Power Team Gym - Floor Content Chart 2020~23 Levels 3 &amp; 4

	Level 3	Level 4
<b>Floor Difficulty = 2.0 towards Final Floor Score</b>		
<b>(a) Pirouette Elements (P)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination.		
	<b>1 required</b>	<b>2 required</b>
<b>Requirements:</b>	1, full turn on one foot. Free leg in optional position.	1, full turn on one foot. Thigh angle at least 45°.
Skill examples	<i>Eg. coupé</i>	<i>Eg. coupé with high arms or passé</i>
<b>NOTE: A jump-turn counts as Jump Element (J) at all Levels</b>		
<b>(b) Jump/Leap/Hop Elements (J)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.		
	<b>2 required: 1 must be a leap</b>	<b>2 required: 1 must be a leap</b>
<b>Requirements:</b>	Eg. Jump half turn, Jump full turn or any Jump from the 0.2 or 0.4 category in the Appendix	Leap must achieve 90° thigh separation
Skill examples		
<b>(c) Balance (B)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)		
	<b>2 required, 1 must be individual balance</b>	<b>4 required, 1 must be individual balance</b>
<b>Requirements:</b>	Balance must show 45° thigh angle	Balance must show 45° thigh angle
Commensurate skill examples:	eg. Individual balance on one leg with two different leg, arm or torso positions, candlestick no hands on hips, straddle V-sit no hands, coupé (Level 3) or passé (Level 4) balance, or bridge, or fancy basic push up. See Appendix for more examples and diagrams.	
Note:	*There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
<b>Restrictions</b>	<b>Levels 1-4, No group stunts involving tosses or throws. Maximum acrobatic stacking of two tiers with proper spotting.</b>	
<b>(d) Tumbling Acrobatic Elements (T)</b> -0.4 Value Category. Elements MAY also count as part of a Combination.		
<b>Requirements:</b>	<b>2 required. Must be different skills. 1 in unison. Any tumbling skill at Level or one Level above or below allowed.</b>	
Commensurate element examples:	<i>Front and Back Handsprings are allowed. All lower levels skills also allowed with superior form.</i>	<i>1, must be handspring (FHS or BHS) performed by majority of team (&lt;50%).</i>
<b>Restrictions</b>	<b>No saltos allowed</b>	
<b>(e) Combinations (C)</b> -0.4 Value Category. Elements in combination can be used to fulfill <b>both</b> the combination of elements and any difficulty element requirements.		
<b>Requirements:</b>	<b>2 required (0.2 each)</b>	<b>2 required (0.2 each)</b>
	~~~~~ To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of balance ~~~~~	
Composition = 3.0 towards Final Floor Score		
Formations (F) - One of the required formations at each level 1-4 must be circular, arced or curved.		
Requirements:	5 required	5 required
Music - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.		
Requirements:	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 1:15 minute / Maximum 1:45 minute	Minimum 1:15minute / Maximum 1:45 minute

Section 5.03 Power Team Gym - Floor Content Chart 2020~23 Levels 5 & 6

	Level 5	Level 6
Floor Difficulty = 2.0 towards Final Floor Score		
(a) Pirouette Elements (P) - 0.4 Value Category. Elements MAY also count as part of a Combination.		
	2 required	2 required
Requirements:	1 , full turn on one foot. Thigh angle at least 45° and 1 , full turn	1 , full turn on one foot. Thigh angle > 45° and 1 , one and a half turn or double turn on one foot.
(b) Jump/Leap/Hop Elements (J) - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.		
	4 required	4 required
Requirements: Commensurate skill examples	1 must be a leap with 120° thigh separation and 1 must include turning jump at least 90°	1 must be a leap with 135° thigh separation and 1 must include turning jump at least 180°
(c) Balance (B) -		
in Level 6-8	0.4 Value Category in Level 1-4	0.6 Value Category
Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)		
	4 required, 1 must be individual balance	6 required
Requirements: Commensurate skill examples	Balance must show 90° thigh angle or be a 1 second handstand	<ul style="list-style-type: none"> Balance must show 90° thigh angle without hand support 2 second handstand Flexibility element Hand supported balance 2 additional elements in the balance category
Note:	*There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
Restrictions	Levels 5-6 Group stunts may involve low tosses or throws. Maximum acrobatic stacking of two tiers with proper spotting	
(d) Tumbling (T) -		
Category in Level 6-8	0.4 Value Category in Level 1-4	0.2 Value
Elements MAY also count as part of a Combination.		
Requirements:	4 required. 2 in unison. Must be assorted skills.	4 required. 2 in unison. Must be assorted skills.
commensurate element examples:	<i>1, must be handspring (FHS or BHS) or salto performed by team (minus 1 allowed).</i>	<i>1, must be salto performed by team (minus 1 allowed)</i>
Restrictions	No twisting saltos allowed	
(e) Combinations (C) - 0.4 Value Category. Elements in combination can be used to fulfill both the combination of elements and any difficulty element requirements.		
Requirements:	2 required (0.2 each) 1 with 3 skills	2 required (0.2 each) 1 with 3 skills
~~~~~	To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of balance ~~~~~	
<b>Composition = 3.0 towards Final Floor Score</b>		
<b>Formations (F) - One of the required formations at each level 5-8 must be circular, arced or curved AND one must be split into two or more group.</b>		
<b>Requirements:</b>	<b>6 required</b>	<b>6 required</b>
<b>Music - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.</b>		
<b>Requirements:</b>	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 1:30 minute / Maximum 2:00 minute	Minimum 1:30 minute / Maximum 2:00 minute

Section 5.04

Power Team Gym - Floor Content Chart 2020~23 Levels 7 & 8

Summary Table of Requirements by Competition Level

Please see Article V of the PTG R&P for details

	Level 7	Level 8
<b>Floor Difficulty = 2.0 towards Final Floor Score</b>		
<b>(a) Pirouette Elements (P) - 0.4 Value Category. Elements MAY also count as part of a Combination.</b>		
	<b>2 required</b>	<b>2 required</b>
<b>Requirements:</b>	<b>1, full turn on one foot. Thigh angle &gt; 60° and 1, one and a half turn or double turn on one foot.</b>	<b>1, full turn on one foot. Thigh angle &gt; 90° and 1, one and a half turn or double turn on one foot.</b>
<b>(b) Jump/Leap/Hop Elements (J) - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.</b>		
	<b>4 required</b>	<b>4 required</b>
<b>Requirements:</b> Commensurate skill examples	<b>1 must be a leap with 180° thigh separation and 1 must include turning jump at least 360°</b>	<b>1 must be a leap with 180° thigh separation and 1 must include turning jump at least 360°</b>
<b>(c) Balance (B) - 0.6 Value Category. Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)</b>		
	<b>6 required, I must be individual balance</b>	<b>6 required, I must be individual balance</b>
<b>Requirements:</b> Commensurate skill examples	<ul style="list-style-type: none"> <li>1 balance must be in relevé with free leg at optional angle.</li> <li>2 second handstand</li> <li>Flexibility element</li> <li>Hand supported balance</li> <li>2 additional elements in the balance category</li> </ul>	<ul style="list-style-type: none"> <li>1 balance must be in relevé with free leg at optional angle.</li> <li>2 second handstand</li> <li>Flexibility element</li> <li>Hand supported balance</li> <li>2 additional elements in the balance category</li> </ul>
<b>Note:</b>	*There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
<b>Restrictions</b>	<b>Levels 7-8 Group stunts involving high tosses or throws must follow USA Gymnastics guidelines for safety spotting. Maximum acrobatic stacking of two tiers.</b>	
<b>(d) Tumbling Acrobatic Elements (T) -0.2 Value Category. Elements MAY also count as part of a Combination.</b>		
<b>Requirements:</b>	<b>4 required. 2 in unison. Must be assorted skills.</b>	
Commensurate element examples:	<i>1, must be short series including a salto performed by team (minus 1 allowed).</i>	<i>1, must be short series including a salto performed by team (minus 1 allowed).</i>
<b>Restrictions</b>	<b>Twisting is allowed not required. No double saltos allowed</b>	
<b>(e) Combinations (C) - 0.4 Value Category -Elements in combination can be used to fulfill <u>both</u> the combination of elements and any difficulty element requirements.</b>		
<b>Requirements:</b>	<b>4 required (0.1 each) 1 with 3 skills</b>	<b>4 required (0.1 each) 1 with 3 skills</b>
~~~~~	To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of balance ~~~~~	
Composition = 3.0 towards Final Floor Score		
Formations (F) - One of the required formations at each level 5-8 must be circular, arced or curved AND one must be split into two or more group.		
Requirements:	8 required	8 required
Music - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.		
Requirements:	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 2:00 minute / Maximum 2:30 minute	Minimum 2:00 minute / Maximum 2:30 minute

Section 5.05 Floor Routine General Qualities

- **Elements** – Gymnastics and dance elements should be dominant in the choreography
- **Body movements** (waves and swings) are evident throughout.
- **Transitions** – There should be smooth, rhythmic transitions between elements and formation changes. Acrobatic elements should meld rhythmically into the movement sequences.
- **Formations** – The groups must show a minimum number of formations during the routine.
- **Synchronization** – The athletes should move together a majority of the time. Short solos or canons are encouraged, but must not dominate nor detract from the overall performance. Canons, or using a ripple effect, will not meet any synchronization requirements.
- **Precision and Accuracy** – The athletes should execute the skills and movements with the same amount of precision and accuracy; i.e. all legs should hit the same height and angle and the same time, etc.
- **Coordination and Rhythm** – all members of the squad should demonstrate total body coordination and show a natural sense of movement.
- **Expression and Dynamics** – The athletes should perform with a consistent expression and perform movements with the same dynamic.
- **Originality** – The squad should show originality.
- **Levels** – Movements should be shown on all levels and in all directions.
- **Fronts** – While the location of the audience is to be respected, the program should be performed to different fronts and the squad should use the whole floor area during the program.
- **Changes in tempo** – The elements / movements should show variance in tempo (even if the music does not include any variation in tempo). This means that the elements are executed in different tempos (measures), e.g. whole, half and double measures.
- **Minimum repetition** – The elements / movements should differ so that the composition is not monotonous and the chosen elements are not missing variation. Elements/movements should not be repeated several times.
- **Flexibility** – The athletes should execute skills which show flexibility (required Levels 6 – 8, optional Levels 1 – 5)

Section 5.06 Floor Difficulty – 2.0 Value

The value of difficulty for floor exercise is derived from 5 major element requirements worth 0.4 each. Within each element category, the .4 difficulty may be met by one skill or several skills, depending on each level.

REFER TO THE FLOOR CONTENT CHART FOR SPECIFIC REQUIREMENTS PER CATEGORY PER LEVEL.

Deliberate or accidental omission of a major element or sub element	Up to -0.5
Substitution of a major element or sub element	Up to -0.5
Difficulty in Levels 6 – 8 performed is less than appropriate for level competing in	Up to -0.5

(a) Pirouette (P) Elements – 0.4 Value (see Floor Content Chart for detail)

- At least a 180° rotation on one foot, or pivot turn on both feet (both in relevè position).
- Must be performed clearly and the rotation must be totally fulfilled.
- Hopping during pirouettes will incur execution deductions.
- Body shape must be defined and clearly visible during the whole turn. It is expected that all the gymnasts perform the pirouettes simultaneously or close in time. All gymnasts in the same sub-group (three or more gymnasts) must perform the turn facing in the same direction. Sub groups should be separated by at least twice the distance between the gymnasts.

(b) Jump / Leap / Hop (J) Elements – 0.4 Value (see Floor Content Chart for detail)

Jump – take off from 2 feet and land on 2 feet (jump), OR, take off 2 feet and land 1 foot (*sissonne*)

Leap – take off from 1 foot and land on the other foot (leap), or take off from 1 foot and land on both (*assemblée*)

Hop – take off from one foot and land on the same foot

- Show a recognized (fixed and well defined) shape formed in the air.
- Inner amplitude = full extension of the body parts throughout the skill.
- Outer amplitude = height of skill proportionate to size of athlete and/or average size of athletes in squad.
- No more than three steps are allowed (walking or running) before the jump, leap, or hop.

(c) Balance (B) Elements – 0.4 Value (see Floor Content Chart for detail)

Balance Elements consist of individual or multiple athlete skills (partners, trios, pyramids, etc.) featuring holds, strength, and dynamic movement with balance (either static or aesthetic) as the common denominator.

- A recognized shape where the whole body is held in a static position for at least 2 sec. without additional movement. Body shape must be defined and clearly visible. Examples: various shape holds and scales, multiple athlete shape holds, flexibility and pyramids.
- A controlled movement with dynamic strength or aesthetic wave motion. Examples: press up to or down from handstand, aerobic type push-ups, multiple athlete tosses or moving pyramids.
- A controlled movement with wave motion or contraction. Examples: body waves, swing movements, multiple athlete waves
 - Body Wave - From a bent position, an extension occurs through each joint as a wave through the body (forward, backward, or sideward).
 - Contraction – From a straight position, contract the body to a curved position (forward, backward, or sideward).
 - Swing Movements - An impulse or a release that lets gravity take the body into a pendulum swing. The swing must include the hips and the legs.
 - Multiple Athlete Wave – a group of athletes work together to create a wave action
- Flexibility – the ability to bring a limb through its full range of motion in the joints
- Flexibility Elements

a) The gymnasts will choose a flexibility element which must be performed at the same time. You may choose one of the following elements

1. Splits (left or right leg in front is optional)
2. Side splits
3. Straddle pike sitting fold, leg separation must be at least 90 degrees, upper body folded at least 45 degrees
4. Pike sitting fold, chest touching the knees

b) In the flexibility element, the position must be clearly shown but does not have to stay still

- Any of the above performed with more than one athlete (Acrobatic Gymnastics) in groups of two or more. If an odd number athlete remains; he/she must perform a variation of the element and hold the same two seconds.
- FOR LEVELS 6-8: REQUIRED TO INCLUDE 6 BALANCE ELEMENTS @ 0.1 FOR EACH ELEMENT TOTALING A VALUE OF 0.6. (REQUIRED TO HAVE 3 INDIVIDUAL BALANCES: 2 DIFFERENT HAND SUPPORTED BALANCE ELEMENTS, 1 BALANCE IN RELEVÉ WITH FREE LEG AT OPTIONAL ANGLE, AND A FLEXIBILITY ELEMENT). YOU MAY SELECT ANY OTHER 2 SKILLS IN THIS CATEGORY

(d) Tumbling Elements (T) – 0.4 Value (see Floor Content Chart for detail)

Skills must comply with recognized norms in artistic gymnastics and commensurate with the skills that are included for the various Jump Levels. Please refer to each respective Jump Difficulty Tumbling (Section 4.01 (a)) for information about appropriate Acrobatic Elements. LEVELS 6-8 TUMBLING ELEMENTS HAVE A VALUE OF 0.2. 2 ARE REQUIRED 1 MUST BE IN UNISON

(e) Combination of Elements (C) – 0.4 Value (see Floor Content Chart for detail)

This refers to direct connections between two different qualifying elements (from categories (a) – (d) above); which are appropriate to the norms for each level. **Elements in combination can be used to fulfill both the combination of elements and any other element requirements.** Example: two leaps in direct connection may fulfill two element categories (Jumps/Leaps/Hops & Combination of Elements). All connections must be **direct**. Direct connections are those in which elements are performed without pauses between elements, loss of balance, or additional jumps, hops, or steps. The execution of each element, inside the combination, must comply with recognized gymnastics technique and definitions.

- Levels 1 – 2: One combination required – Value = 0.4
- Levels 3 – 6: Two combinations required – Value = 0.2 each
- Levels 7 - 8: Four combinations required – Value = 0.1 each

Section 5.07 Floor Composition – 3.0 Value

Composition plays a major role in the floor routine choreographed to music. As a result, it has more value than Difficulty. Much care and attention to detail should be addressed to this category in order to achieve maximum score.

(a) Composition Principles

- Every routine is uniquely choreographed to music without lyrics (see section 5.05 for music requirements).
- Emphasis should be placed on GROUP performance of all elements, sequences, and dance as opposed to “featuring” individuals, pair, or small groups that are part of the squad.
- The movements, music, and dance “style” of the choreography selected should be appropriate to the age, gender, level, and representation of the squad members. When mixing males and females; make every effort to coordinate synchronized choreography without making both genders do exactly the same thing all the time.
- Attention should be paid to **synchronization** throughout. All members of the group must show continuity.
- The choice of elements and composition in the program should never sacrifice style and technical precision in favor of difficulty. Smooth transitions are a must. Just walking or running is unacceptable.
- **Formations:** Specific patterns demonstrated by the squad as a whole. Squads are required to show a minimum number (specific to level) of formations during the routine. (see Floor Content Chart for details)

(b) Number of Athletes

For **Levels 1 - 2** > a minimum of **8**, maximum of **14** athletes per squad. **Levels 3 - 6** > 6 – 14. **Levels 7 – 10** > 6 – 12. The judges do the count at the initial presentation of the squad prior to each routine.

(i) Number of Active Athletes

The number of gymnasts performing on floor should at least be the required minimum.

*** Maximum of 1 athlete may drop out of floor performance.**

Five active athletes on the floor participating in the routine	-1.0
Four active athletes on the floor participating in the routine	-2.0

Three active athletes on the floor participating in the routine	VOID
More than one athlete kneeling out for a floor routine	-1.0
Number of active athletes on the floor is greater than maximum allowed	VOID

(c) Rhythm, Musicality & Synchronization

The routine should be in sync with the music and be entertaining while meeting all difficulty and formation requirements. All performers should be synchronized most of the time.

Overall rhythm of routine is not up to level of competition	Up to -0.2
Athletes are not in sync with music (one beat ahead or behind)	-0.1 each time
Athletes are not in sync with music (two beats ahead or behind)	-0.2 each time
Athletes are not in sync with music ("lost")	-0.3 each time
Break in synchronization	-0.2 each time

(d) Music (see Section 5.05 below for detailed information specific requirements)

Music overtime	-0.2
Music under time	-1.0
Music with lyrics	VOID
Absence of music	-2.0

(e) Choreography Balance / Artistry

All elements, formations, and transitions should represent a balance and harmony to keep the routines interesting. The routine must give the impression of working together. Solos and canons can give nuance for the composition, but they must not predominate. At least 75% of the program must be performed in unison.

Dominance of a particular facet (tumbling, dance, forward, backward movement, acro, holds, etc.)	Up to -0.5
Lack of change in level (choreography in the air, standing height, and on the floor level)	Up to -0.3
Overuse or too much repetition of elements or specific movement	Up to -0.5
More than 25% of the routine featuring solo type choreography	Up to -0.3
No more than a 4 count break in choreography (required balance holds are the exception)	-0.2 each time
Overall lack of artistry in performance	Up to -0.3

(f) Formations

Deduction for missing formation (see Floor Content Chart for detail)	-0.2 each
Shape and overall size of formations not showing enough variety	Up to -0.3
Formation not in proper alignment due to one or more athletes out of position	Up to -0.2

(g) Transitions

Walking or running from one formation to another	-0.3 each time
Transition out of rhythm with music and or the rest of the choreography	-0.3 each time

(h) Use of Floor

It is expected that a squad use the entire floor space during a routine.

Lack of use of entire floor space	Up to -0.5
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Section 5.08 Floor Execution – 5.0 Value

This category of evaluation is the largest value due to the nature of gymnastics performance. Every athlete is striving for perfection. Therefore, quantifying errors in execution serves as a major valuation technique.

(a) Execution Table (deductions are per athlete per occurrence unless otherwise specified)

BODY POSITION	Variation in body position compared to what is expected	
	Flex in feet	-0.1
	Flex in legs or arms when they should be straight	Up to -0.3
	Incorrect overall shape for a required position	Up to -0.5
	Legs separated when they are supposed to be together	Up to -0.2
	Individual athletes not conforming to technique of the group as choreographed	Up to -0.2
TWISTING/TURN	Variation in twisting or turning compared to what is expected	
	Athlete does not twist/turn as one unit (cat twist)	-0.1
	Timing of twist/turn in skill	Up to -0.3
	Inadequate completion or over rotating of twist/turn	Up to -0.3
INNER AMPLITUDE	The extension of the body as a whole or with specific parts	
	General lack of inner amplitude (extension)	Up to -0.2
OUTER AMPLITUDE	The height of an athlete from the take-off point relative to their respective size	
	General lack of outer amplitude (the height from the floor)	Up to -0.3
FORMATION	Each squad is required to show a specific number of formations	
	General lack of discipline in the formation	Up to -0.2
LANDING	Variation in ideal landing position (posture) and last person hold requirement	
	Athlete does not demonstrate proper landing technique	Up to -0.2
	Last athlete does not hold finish position for two seconds	-0.2
FALLS	Loss of control at any time that results in failure of execution	
	Any athlete using minor additional support from hands or additional foot	-0.1
	Any athlete using full support from any body part other than foot/feet	-0.5
	Any athlete landing without touching foot/feet	-1.0

(b) Coaching / Spotting

Only by exception should a coach spot during a floor routine

Coach goes out onto floor exercise area	-0.3
Coach assists athlete in a manner of support to help them finish a skill safely	-0.5
Coach assists athlete in a manner where coach is doing more than athlete	-1.0
Coach giving audible/visual instruction in a manner that is clearly assisting in skill execution or choreography	-1.0

Section 5.09 Floor Bonus – up to 0.5 Value (no bonus in LEVELS 9 – 10)

Bonus points are awarded to the Group Floor Exercise Event Score based on the table of active gymnasts below:

<u>LEVELS 1 – 2</u>		<u>LEVELS 3 – 6</u>		<u>LEVELS 7 – 8</u>	
<u># of athletes</u>	<u>bonus</u>	<u># of athletes</u>	<u>bonus</u>	<u># of athletes</u>	<u>bonus</u>
9 – 10	+0.2	8 – 9	+0.2	7 – 8	+0.2
11 – 12	+0.3	10 – 11	+0.3	9-10	+0.3
13	+0.4	12 – 13	+0.4	11	+0.4
14	+0.5	14	+0.5	12	+0.5

Section 5.10 Floor Presentation & Music Requirements

(a) Presentation Guidelines

Initial presentation for a Floor Routine should begin with the squad (active athletes) lined up, side by side at the back of the floor exercise, facing the head judge; with any kneeling athletes standing at the designated kneeling location. Once the head judge salutes the squad, athletes will salute, proceed to their respective starting position on the floor or at the kneeling position, and wait for music to start. After the final hold position marking the end of the routine (and music stops), the squad will line up, side by side for a final presentation and march off in single file.

(b) Music Requirements

The instrumental selection should enhance the entire routine as the squad performs in unison with the music. There is a time range for each respective level. Music with lyrics is not allowed. Time starts with the first movement of an athlete in the squad. Up to one eight count allowed prior to said movement. Time will end when the music ends regardless of any movement by athletes. Music should end on a definite note or clearly defined fade out. Athletes will continue to be evaluated if overtime has occurred. *Voice as an instrument, or brief voice gestures are allowed by exception.

Levels 1 & 2	Level 3 & 4	Levels 5 & 6	Levels 7 & 8	Levels 9 & 10
Minimum – 1:00 Maximum – 1:30	Minimum – 1:15 Maximum – 1:45	Minimum – 1:30 Maximum – 2:00	Minimum – 2:00 Maximum – 2:30	Minimum – 2:30 Maximum – 3:00

Article VI. Overall Head Judge Deductions

At every USAG sanctioned Power TeamGym competition, there shall be at least one and no more than two head judges. The head judge is responsible to oversee the evaluation process and make sure scores are handled accurately. They should also sign the official meet results. In the case where two or more judges are judging the same event(s); the tradition is that the judge with the most experience will be the head judge. The head judge is also responsible to acknowledge the lead athlete presentation with either a hand raised or raising a green flag. There are circumstances when only the head judge will make certain deductions. These deductions will be subtracted from the average score of the judging panel(s).

The protocol chain of command for communication during competition is:

1. Parents and Athletes > Coach
2. Coach > Meet Director or Meet Referee
3. Meet Director or Meet Referee > Head Judge
4. Head Judge > review with judge panel
5. Head Judge > work with Meet Director and/or Meet Referee to resolve

(a) Squad Name Deductions

Every Squad must have a unique name not associated with the name of the Club. Introductions at march-in and awards ceremonies will include club name and squad name. However, since there is potential for one Club to have more than one entry at the same level and division; there is a need to discern each group specifically. If in the rare event two different clubs have chosen the same squad name, the meet director shall attempt to resolve this issue before the competition begins. Squads must keep the same name throughout the entire competitive season.

Any club presenting squad name not unique and/or including club name	-1.0
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(b) Out of Bounds / Order of Events

Any athlete steps out of bounds of the floor exercise during a floor routine	-0.1 each time
A squad does not compete Jump in the order of Tumbling – Vault – Mini-tramp (Levels 1 – 5)	-0.3 off Jump Score

(c) Double Dipper Deductions

Coach does not sign AND initial for every Double Dipper	Not eligible to compete
Squad competes utilizing an excess number of double dippers <u>within</u> a division	Disqualification
Squad competes utilizing an excess number of double dippers <u>between</u> divisions	No Deduction

(d) Coach Conduct

Coach violates regulations that has jeopardized safety and/or to the level officials deem necessary	Up to -1.0
Coach fails to submit Power TeamGym Form at least 30 minutes before march in per squad	-0.5 each
Athletes perform a different skill or pass than was designated by the Coach	-1.0 each
Coach blocks view of judge(s) during execution of a skill or pass	Up to -0.3
Unsportsmanlike conduct	Up to -1.0
Apparel or Dress Code violation per individual	-0.2
Apparel or Dress Code violation maximum deduction per squad	-1.0
Coach approaching Judge during competition	-1.0

(e) Athlete Conduct / Lead Athlete Presentation

Athlete violates regulations that has jeopardized safety and/or to the level officials deem necessary	Up to -1.0
Incorrect dress per squad	Up to -1.0
Unsportsmanlike conduct per squad	Up to -1.0
Excessive jewelry or non-conforming bandages/wraps per athlete	-0.2 each
Jump Squad does not line up properly at the beginning of the event	-.05
Squad begins a jump pass without acknowledgement from the Head Judge by either hand signal or green flag. As a result of no salute or premature salute by lead athlete, judges will not get an accurate count, therefore, no bonus will be rewarded	-1.0 each and no bonus
Non-active participants do not kneel with one (same) knee and hands on front leg in the designated area (as determined in the coaches meeting prior to march in)	-0.3 each and no bonus
Lead Athlete does not salute prior to a jump pass after being acknowledged by the head judge	-0.1
On the Floor event; Squad does not line up properly at the beginning	-0.5
For both Jump and Floor; entire squad does not execute the finish salute properly	-0.5
Any athlete or group of athletes practicing outside official competition area during warmup or competition	DISQUALIFY!!!

(f) Intensification

Athlete violates intensification rules	-0.3 each
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Article VII. Event Hosting Regulations & Guidelines

Hosting quality and entertaining competitions is a vital ingredient to the overall success of Power TeamGym.

*In the future, a Meet Director Certification in the Gymnastics for All discipline will be required. Refer to the USAG website for up to date information.

Section 7.01 Hosting Criteria

- A USA Gymnastics sanction certificate is required.
- Facility must be able to accommodate the number of athletes and spectators as well as the equipment layout in a safe environment.
- Music: provide quality sound system hook-up for multi-media – CD, I-pod, I-pad, MP3, etc. It is recommended to have a designated person in charge of playing the music. *place speakers in a safe location (not at corners of FX)
- All athletes and coaches must be members of USA Gymnastics (see Sections 3.03 and 3.00).
- Only certified judges may be used in a sanctioned event (see Section 3.02).
 - Local meets – one judge mandatory per event, two judge panels recommended
 - Large Invitationals, State and Regional Competitions – two judge panels mandatory – additional meet referee recommended (it is acceptable for a serving head judge to also be the meet referee)
 - At USAG Nationals – two judge panels with additional meet referee mandatory
 - Judges are required to present a Judge Invoice to the Meet Director prior to the ending of the competition. Meet Directors are required to pay judges before they leave the meet site.
- Results must be sent to Don Spencer at gficoach@msn.com and gfaresults@usagym.org, so they may be posted on the USAG website.
- Medical Staff
 - For Invitational, State and Regional meets, it is strongly recommended that qualified medical personnel (physician, trainer, physical therapist, nurse, etc.) be available at all times during warm-ups and competition.
 - At the National Championships, medical personnel must be present for all training and competition sessions.
 - The Meet Director must supply USA Gymnastics Accident Report forms to the medical personnel, who must complete the form and give it to the coach or parent of the injured athlete. An Accident Report Form is included in the Sanction packet and should be duplicated for use at the competition. Additional forms are available through Member Services.
 - Due to the increase in awareness and procedure regarding concussion injury in athletics; Meet Directors should go to <http://www.ncsl.org/issues-research/health/traumatic-brain-injury-legislation.aspx> or <http://theconcussionblog.com/state-legislation> for information regarding the state specific regulations.
- Additional Key Staff
 - Set up / break down Forman + (at least a crew of 10 at nationals)
 - Equipment Forman + (at least a crew of 3 required at nationals)
 - Admission Forman + additional staff as needed
 - Awards Forman + additional staff as needed
 - Head Table Tabulator(s) required at nationals
 - Music Operator(s) required at nationals
 - Master of Ceremonies (required at nationals and appointed by USAG GfA Staff)

- At the National Championships, the timing of the event should be scheduled so that there is enough time in between sessions for awards to be presented without the next session beginning.

(a) Meet Information Packet

Include the following information and send to all eligible teams:

- Name of meet, level(s) of competition and date
- Entry fee (individual and/or team) and to whom it is payable.
- Spectator admission fees.
- Site - address, phone and map.
- Equipment description: Meet directors must list all available equipment.
- Competitive Levels and Divisions.
- Type of awards and number to be awarded. Also include the expected day/time of the award ceremonies.
- Local hotel and transportation information, if necessary.
- Competition schedule outline
- **Both the Club and Squad Profiles are a required part of entry registration for Nationals. They must be completed in full to be eligible to compete. Blanks or the same information on every profile are not acceptable.**

Section 7.02 Competition Format

(a) Coaches Meeting

- Every meet must have a coaches meeting before timed warm-ups in order to go over all pertinent information regarding the execution of a smoothly ran and safe competition. The recommended time is during the open stretch period.
- The Meet Director and a coach from each club participating must be present and at larger events, the Meet Referee also.
- A designated area for jump routine athletes sitting out a specific pass must be explained. Athletes are required to kneel in each specific area according to the respective event. One common area for all jump events is recommended.
- All competition areas are to be clearly identified and traffic flow for athletes and coaches identified.
- Jump Forms should be collected at this time and given to the respective judges.
- A basic checklist for the coaches meeting is as follows:

Coaches Meeting Checklist

- ✓ Introductions (Meet Director, Head Judge or Meet Referee, Coaches, Music and Medical Personnel)
- ✓ Identify exits, restrooms, staging area, athlete seating and kneeling areas, medical station, hospitality area, spectator restrictions, awards area, and any other pertinent logistic issues.
- ✓ Warmup rotation sheets
- ✓ Sign in sheets
- ✓ Music protocol
- ✓ March in detail
- ✓ Jump Form submission
- ✓ Presentation / Salute Protocol / Judges Location
- ✓ Inquiry Procedure
- ✓ Awards criteria

(b) Competition Warm-up

- Open Stretch

- A minimum of 15 minute, maximum of 30 minute, open stretch period is required to begin each session for levels 1 - 6. In level 7 and above, a minimum of 20 minutes is required with maximum of 45 minutes.
- The open stretch period is for stretching and minor control tumbling only. **NO FLIGHT SKILLS**
- No vaulting or mini-tramp.
- The coaches meeting should be conducted during this period.
- Coaches should submit their respective Jump Form to the Head judge for each respective jump event at this time.
- Timed Warm-up for Power TeamGym Routines
 - The **allotted time includes setting up equipment** for that specific rotation. Only in the case of equipment transition difficulty will any extra time be allowed. If something does occur where a coach feels extra time is necessary for safety of the athletes; the meet director must approve and if so, the exception extra time will be allotted after the official warm-up rotation has ended.
 - Squads are required to be off equipment when time expires. Any squad not cooperating may forfeit their remaining rotations. The meet director will make this decision. The respective coach will be responsible for being disqualified from warm-ups.
 - Rotation stations include: Floor – Vault – Tumbling – Mini-tramp
 - Bye rotations are included if there are more than 4 squads in a session.
 - Each club is responsible for having enough coaches to handle multiple squads per session.
 - **Levels 1 – 3: minimum of 2 (maximum of 3) minute rotations**
 - **Levels 4 – 6: minimum of 3 (maximum of 4) minute rotations**
 - **Levels 7 - 10: minimum of 4 (maximum of 7) minute rotations**
- Timed Warm-up for Performance Routines
 - The allotted time for a Performance Group to warm up is 5 minutes minimum per group.

(c) March In

- A brief 5 – 10 minute period should be scheduled in between the official end of timed warm-ups and march-in to allow for any incidental issues and for athletes to prepare.
- **It is strongly recommended (required at nationals) to start on time!** On occasion, circumstances may dictate starting late. **Under no circumstances should you start a session early.** Paying spectators are expecting and deserve sessions to start when published.
- There are several acceptable procedures for march-in. The primary goal for march-in is to introduce the squads participating in a respective session.
- All rise for the national anthem. (at large events, it is not mandatory to do the national anthem at each session, only the first one of the day is required)
- At nationals an Opening Ceremonies is required where a grand march in will take place. Therefore, marching in for each session is not required.

(d) Audience/Spectator Regulations

- Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
- Spectators are not allowed to use flash photography during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
- Spectators shall not disturb the order of the competition, its competitors and its officials. Individuals causing violations shall be required to leave the competition site.

(e) Scoring Procedure

- The USAG GfA Technical Committee has developed a scoring program that is mandatory for use at State, Regional, and National Championships. Meet Directors are required to acquire a signed results sheet per level competing and keep it for one year pending any reference need.
- Judges are required to use the official Jump Forms and Floor Tariff Sheet (see Article IX) to tabulate manually.
- Either the head judge or a tabulator (recommended) will enter scores into the score program.
- **Use of the Official USAG PTG Score Program is required in order to have results posted on the USAG website.**

(f) National Championships Bidding Procedure (if USAG is not hosting the event directly)

- Each year (six months prior to nationals) an invitation to bid announcement will be made via email to all Gymnastics for All USAG Professional Members. There will be a four month window to submit bids. The bid will be for the nationals two years out.
- Bid packets, along with specific instructions, will be available online at the USAG website.
- After the four month deadline, all bids will be considered and voted on by the GfA National Task Force.
- The bid will be officially awarded and announced at Nationals every year. Therefore, at each nationals, the GfA community will know where and when the next two Nationals will be held.

Section 7.03 Awards Criteria

Prior to announcing any awards, it is absolutely critical and mandatory that **scores are verified** and an official result page for each level competing is signed by the respective judges. The Meet Referee and Meet Director are also responsible for accurate scoring. **A signature of the Meet Referee is required on each Results Page!**

At least 50% of the **squads** entered shall receive a **RECOGNITION AWARD** for participation such as plaques, trophies or banners.

Each **athlete** entered shall receive some kind of an **INDIVIDUAL MEMENTO** such as a certificate, ribbon, trophy, t-shirt, etc.

Minimum placement for individual awards shall be Gold – Silver – Bronze (1st – 2nd – 3rd).

At nationals, it is required to use the official USAG award company for at least gold, silver, and bronze medals.

(a) Achievement Award Categories for LEVELS 1 and 2 only

Designed for the development of skills, style, with emphasis on cooperation and sportsmanship. There are three categories (Gold, Silver, and Bronze) divided by score range to reflect the overall level of performance as opposed to one on one competition. Therefore, awards are presented to each athlete based on their squad's final Team Score, not rank compared to others.

The actual award presented may include ribbons, medals, or a broad range of award types as long as they indicate "gold", silver" or "bronze" somehow on the award. For example, different color ribbons, neck ribbons, or on the ribbon tag, or actually written on the award itself are all acceptable. These achievement awards should NOT indicate placement. When announcing awards presentation, announcer should do so by indicating each category.

The following table illustrates the score range for determining each category based on Final Team Score:

Team Score Range	Category
17 - 20	GOLD
15 – 16.99	SILVER
Below 14.99	BRONZE

(b) Placement Awards for LEVELS 3 - 10

Placement awards (based on Final Team Score) shall be presented to a *minimum* of top 3 squads entered in the competition in the form of ribbons, medals, plaques or trophies.

(i) Tie-Breaking Procedures for Presentation of Awards

- The team with the highest team score on a single event receives the award for the tied place.
- If still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.
- Regardless of tie breaker; both teams will be recognized on the podium as tied for highest placement.

Section 7.04 Warm-up / Competition Equipment Management

First, make sure you know how all of the equipment is adjusted, as well as knowing all of the different pieces of equipment that can be used for each session. Examples being Vault height, Mini Tramps, Blocks for early level vaults, how many 8-inch mats are a minimum landing requirement, and how many to keep nearby for people who want more. This changes with each session depending on what levels are competing, and sometimes this requires checking with the judges to see if they approve of the layout.

The Equipment Forman should attend the coaches meeting before each session to introduce themselves. Once familiar with all of the equipment and landing mat requirements for a particular session, at the beginning of open warm up track down one coach from each team and ask them which settings they would like for Vault and Mini Tramp. Write those down next to their team name on the rotation sheet or create a master equipment setting sheet per session. After acquiring every participating squad's settings, set up for the first round of warm up.

Warm up is the most difficult time as it requires a lot of quickly moving and adjusting equipment, while also making adjustments as coaches change their minds and want either a different height on the Mini Tramp, more or less 8-inch landing mats, or even different Vault Boards/Tramps. With level 6 and above, who use Mini Tramp for the Vault, the preference is a mini tramp for vault and one for the Mini Tramp event so the apparatus can stay at the event. At smaller events with only one mini tramp; it requires a bit more juggling and may require a time extension for at least one team. One of the most efficient ways to make warm ups run smoothly, is to have one or two helpers. The Forman will tell them when Mini Tramps need to be switched, and when to add or remove 8-inch landing mats. The most demand usually is on Vault, which tends to require smaller changes more often. Different Vault Boards, springs added or removed, different spring patterns, Vault Table height, Blocks or 8-inch landing mats for lower levels, etc. These are the settings which change the most often; it is important to have them written down.

Once competition starts; make sure the first jump setting is set up in advance, then set up each additional jump setting during the floor routine which gives you plenty of time. It is imperative Coaches are ready to go once Judges are ready.

EXAMPLES:

Team A:

Mini Tramp: Power Incline, **Orange Mini**, Euro Mini

Vault: Block, Mat Stack, **Vault Table**, **Red Board - 5 Springs**, Height **135cm**, Mats – **20cm + 8in**

Team B:

Mini Tramp: **Power Incline**, Orange Mini, Euro Mini

Vault: **Block**, Mat Stack, Vault Table, **Blue Board - 4 Springs**, Height **bottom 2 sections of trapezoid**

The more everything is pre-planned and thought out the easier it will be.

Article VIII. Union European De Gymnastique Difficulty Appendices

Section 8.01 **Appendix A1 – Table of Difficulty for Floor**

Section 8.02 **Appendix A2 – Table of Difficulty for Tumbling**

Section 8.03 **Appendix A3 – Table of Difficulty for Trampet**

Section 8.04 **Appendix A4 – Element Recognition**

Section 8.05 **Appendix A5 – Table of General Faults and Penalties**

Article IX. **Jump Forms / Floor Tariff Form / Judge Invoice**

Section 9.01 **Power TeamGym Jump Forms (specific form for each level)**

Section 9.02 **Power TeamGym Floor Tariff Form**

Section 9.03 **Judge Invoice**

Article X. **Floor Check Lists for Levels 4 - 7**



THE APPENDICES

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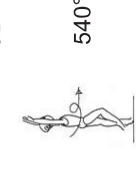



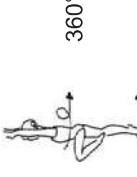
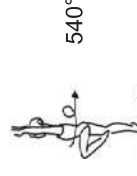
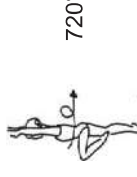
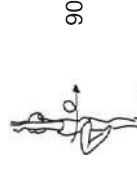

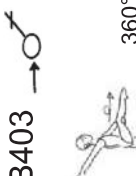

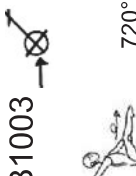
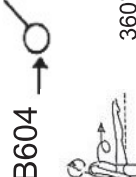
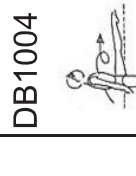
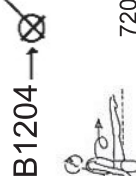
Appendix 1 - Floor Difficulty Values

1 BALANCES

The text contains the definition of the element and the pictures is a guideline.

1.1A Dynamic Balances - Pirouettes

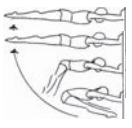
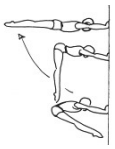

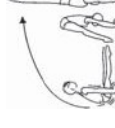

The Pirouette must be performed on one foot, on toes. The rotation must be totally fulfilled, measured at the hips (tolerance to get the full difficulty value is 45° under and over rotation). The turn must not be done by jumping, but a slight hop to maintain balance during the pirouette is allowed. Optional placement of the free leg and arms.

Pirouettes	0.2	0.4	0.6	0.8	1.0	1.2
Forwards	DB201 →○ 	DB401 →○ 	DB601 →⊗ 	DB801 →⊗ 		DB1201 →⊗ 
Backwards	DB202 ←○ 	DB402 ←○ 	DB602 ←⊗ 	DB802 ←⊗ 		DB1202 ←⊗ 
Forwards Free leg with hand support 90°		DB403 →♂ 		DB803 →♂ 	DB1003 →♂ 	
Forwards Free leg without hand support 90°			DB604 →○ 		DB1004 →♂ 	DB1204 →⊗ 



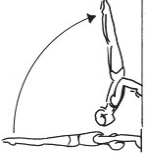

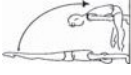
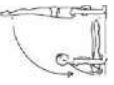

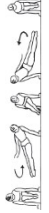
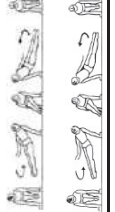

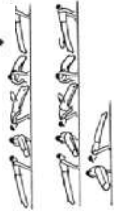
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1.1B Dynamic Balances - Power Elements

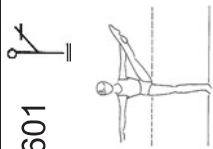
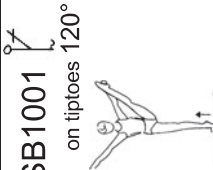
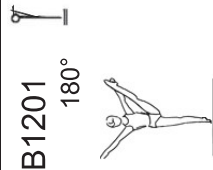
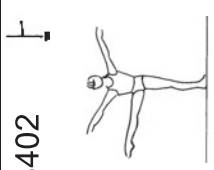
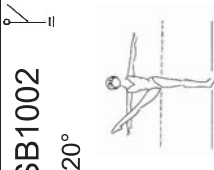
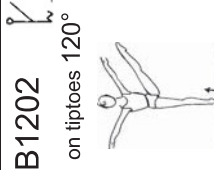
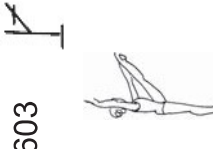
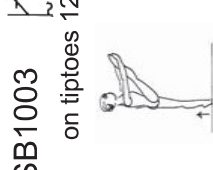





The starting and finishing positions must be clearly visible. Movement must be controlled and performed without a pause. In the handstand the arms must be straight (tolerance 45°).

Power Elements	0.6	0.8	1.0	1.2	1.4	1.6
Press up to handstand With bent legs together or split straight legs. Starting position is optional.			DB1005 			
Press up to handstand From optional starting position press to handstand. Straight legs together.				DB1206 		
Press up to handstand from straddle pike sitting support From a straddle pike sitting support press to handstand with straight legs.					DB1407 	
Press up to handstand from pike sitting support Press to handstand with optional leg position.					DB1408 	DB1608  45°-90°








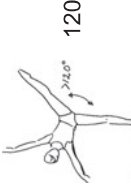
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Power Elements Continued	0.6	0.8	1.0	1.2	1.4	1.6
Headstand to planche From a controlled headstand, body straight, lowering to a planche on elbows. Legs together and straight.		DB809 				
From handstand to support From a controlled handstand, to a "spider support"/ a planche (body straight) on elbows/ a planche with straight arms. Legs straight (not in DB810). Legs may be separated.		DB810 		DB1210 		DB1610 
From handstand to straddle pike or pike sitting support Lowering from handstand to straddle pike/ pike sitting support. Legs straight.				DB1211 	DB1411  Legs together	DB1611  Legs together 45°-90°
Circles The turn is measured from the legs. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.		DB812  Double leg circles, one round	DB1012  Double leg circles ≥2 rounds		DB1412  Flared leg circles 2 rounds	
Russian wendel-swing The full turn (360°) is measured from the shoulders. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.			DB1013 			

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1.2 Standing Balances						
Standing balances must stay at least 2 seconds in a static position. Leg separation requirements need to be fulfilled (15° tolerance). Both legs straight (15° tolerance, not applicable to lifting leg in SB404). For upright body position the tolerance is 30°.						
Standing Balances	0.2	0.4	0.6	0.8	1.0	1.2
Side balance with help of hand Free leg on the side with help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.			SB601 120° 		SB1001 on tiptoes 120° 	SB1201 180° 
Side balance without help of hands Free leg on the side without help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.		SB402 90° 			SB1002 120° 	SB1202 on tiptoes 120° 
Frontal balance Free leg in front with help of hand/ hands. Leg separation/ tiptoes position defines the element.			SB603 120° 		SB1003 on tiptoes 120° 	
Frontal balance Free leg in front without help of hand/ hands. Leg separation/ tiptoes position defines the element.	SB204 	SB404 on tiptoes 	SB604 on tiptoes 90° 		SB1004 120° 	SB1204 on tiptoes 120° 

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Standing Balances Continued	0.2	0.4	0.6	0.8	1.0	1.2
<p>Side balance Upper body at horizontal, free leg to the side. Heel defines the angle to the hip. Leg separation defines the element.</p>			<p>SB605  90°</p>	<p>SB805  120°</p>		
<p>Scale Upper body must be horizontal or above. Leg separation/ tiptoes position defines the element.</p>		<p>SB406  90°</p>			<p>SB1006  120°</p>	<p>SB1206 on tiptoes 120° </p>
<p>Scale sideways without help of hand Shoulders and the hip must both be sideways, in the same direction. Upper body must be horizontal. The heel defines the angle to the hip.</p>			<p>SB807  90°</p>	<p></p>		<p>SB1207  120°</p>



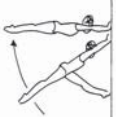










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1.3 Hand Supportive Balances

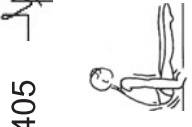






Hand supportive balances must stay at least 2 seconds in a static position.

Hands are the only part of the body which is in contact with the floor (except HB201, HB801 and HBX06). In the handstand the arms must be straight (tolerance 45°).

Hand Supportive Balances

	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
Headstand/ Handstand In HB201 head is allowed on floor. In HB801 no leaning with head. Legs at or above hip level.	HB201 			HB801 	HB1001 	
Planche on elbows/ straight arms, legs separated Leg separation 45° The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (20° tolerance) (Not in HB202). When performing HB1202, arms must be straight (15° tolerance).	HB202 	HB402 				HB1202 
Planche on elbows/ straight arms, legs together Straight legs together (except HB403). The body is supported on both hands (except HB403) on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (20° tolerance). When performing HB1403, arms must be straight (15° tolerance).		HB403 	HB603 			HB1403 
Straddle pike sitting-support Straight legs. Hands can be placed in front or back (HB404) or front and back (HB204), leg separation 45°. When legs are lifted higher than parallel to the floor, leaning on the arms is not allowed. Both hands are placed at the side of the body, close to the hips. Body is supported with only the hands in contact with the floor.	HB204 	HB404 	HB604 	HB804 		

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Hand Supportive Balances Cont'd	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
Pike sitting- support Straight legs together. When legs are lifted higher than parallel to the floor no leaning on the arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported only with the hands in contact with the floor.		HB405 		HB805  45°	HB1005  90°	
Bridge Position and angle of the free leg defines the element.	HB206 		HB606  thigh vertical	HB806  leg 45° from vertical	HB1006  leg vertical	

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2 JUMPS

The text contains the definition of the element and the picture is a guideline.

2.1A Jumps / Hops

A Jump takes off from two feet and lands on one or two feet or front laying support.

A Hop takes off from one foot and lands on the same foot or front laying support.

A recognised shape (position) must be formed in the air. No more than three steps (walking/ running) are allowed before a jump or hop.

In the take off and landing, the hip defines the degree of the turn/ twist and the tolerance to get the value is 45° under and over rotation. There is a 15° tolerance on leg separation.

Jumps/Hops

0.2

0.4

0.6

0.8

1.0

1.2

Stretched jump with twisting

Body straight during the flight. Twist finished in the air. Placement of arms is optional.



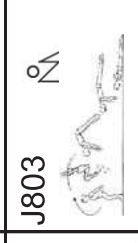
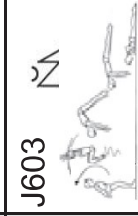
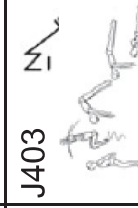
Tuck jump with twisting

Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. Twist finished in the air. Placement of arms is optional.



Tuck jump or hop with or without twisting to front laying support

Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. When twisting 180° turn must be ready before tucked position. When twisting 360° or more turn must be ready before landing. Body must be horizontal before landing.

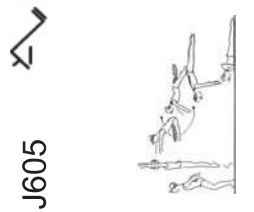
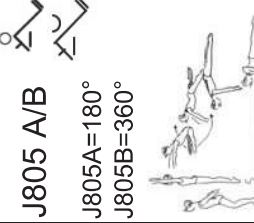
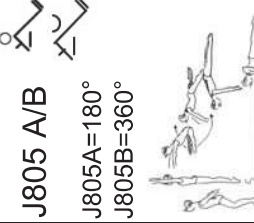
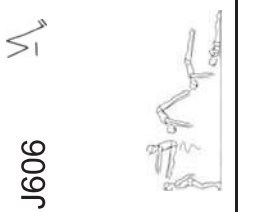
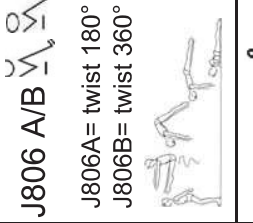
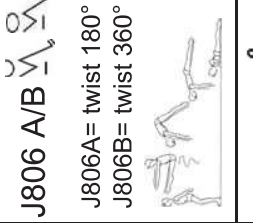



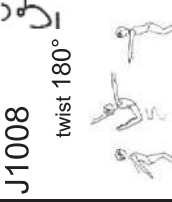
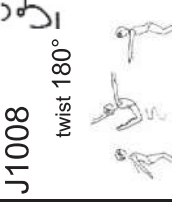
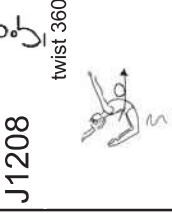


Straddle pike jump











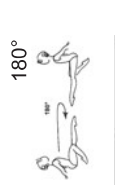

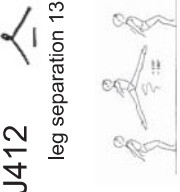
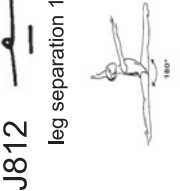



Leg separation 135° and clear pike 90° (tolerance in leg separation and hip angle 15°) legs straight without a kick.



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	0.2	0.4	0.6	0.8	1.0	1.2
Jumps/Hops Continued						
Shushunova Leg separation 135° and clear pike 90° (tolerance 15° in leg separation and hip angle) before landing in front laying support. Body must be horizontal before landing. When twisting the turn must be performed during the flight.			J605 	J805 A/B J805A=180° J805B=360°  		
Pike jump or hop to front laying support Clear pike 90° (tolerance 15°) before landing in front laying support, straight legs together. Body must be horizontal before landing.			J606 	J806 A/B J806A= twist 180° J806B= twist 360°  		
Sheep jump Head back. Height of the feet defines the jump. Legs may be separated. No tolerance in feet height.				J807 Feet at shoulder height 	J1007 Feet at head height  	
Sheep jump twisted The feet must reach the shoulder height somewhere during the jump. No tolerance in feet height. Twist must be performed during the flight.					J1008 twist 180°  	J1208 twist 360° 

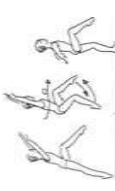








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Jumps/Hops Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sissone Take off from both legs and landing on one leg. In J1209 A/B No tolerance in foot height.	J409 Leg separation 135° 	J409 Leg separation 135° 	J809 Leg separation 180° 	J809 Leg separation 180° 	J1209 A/B Foot at shoulder height J1209A without twist J1209B with 180° twist 	J1209 A/B Foot at shoulder height J1209A without twist J1209B with 180° twist 
Double stag jump Right 'stag'-position must be visible during the jump: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot height. The turn must be fulfilled during the flight.	J210 	J410 180° 			J1010 Double stag ring Foot at head height 	
Wolf jump or hop One leg extended, other tucked. Hip and bent knee angles 90° (tolerance 15°).	J211 	J411 180° 		J811 360° 		
Split jump First leg must be straight, no kick. Leg separation defines the jump. J1212 Horizontal ring jump: front leg horizontal, rear foot at shoulder level. No tolerance on foot height.		J412 leg separation 135° 		J812 leg separation 180° 		J1212 leg separation 180° 
Split jump landing to front laying support First leg must be straight, no kick. Leg separation defines the jump. Body must be horizontal before landing.			J613 leg separation 135° 	J813 leg separation 180° 		

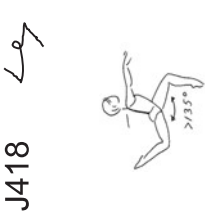
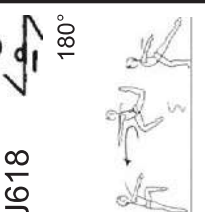
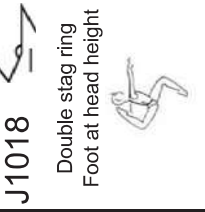
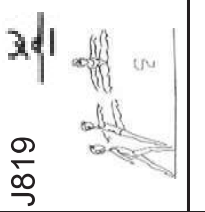
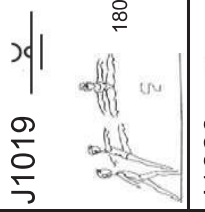
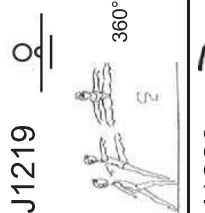
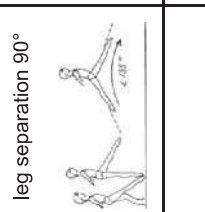
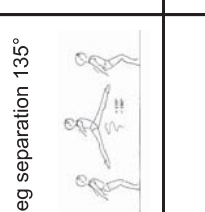
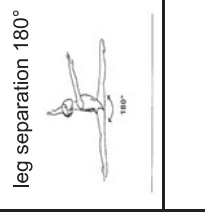
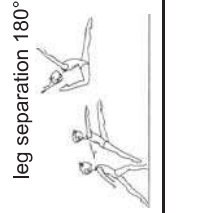
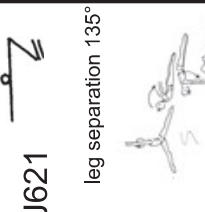
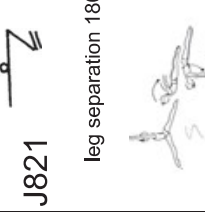
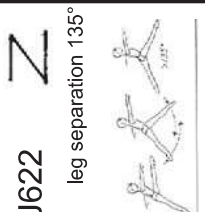


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2.1B Leaps


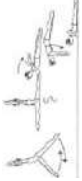


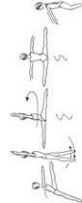
A Leap takes off from one foot and lands on the other or both feet or front laying support (not switch leaps in rows 22, 23 and 24). A recognised shape (position) must be formed in the air. No more than three steps (walking or running) are allowed before a leap. In the take off and landing, the hip defines the degree of the turn/ twist, and the tolerance to get the value is 45° under and over rotation. There is a 15° tolerance on leg separation.

Leaps	0.2	0.4	0.6	0.8	1.0	1.2
Cat leap Bent legs. Leg change during the flight. Legs must be horizontal somewhere during the flight. When twisting the turn must be fulfilled in the air.			J614 360° 	J814 540° 		J1214 720° 
Scissors leap Straight legs. Leg change during the flight. First leg must reach horizontal. J615: First vertical hop lifting first leg horizontal, then half turn (to the direction of the take off leg) lift the other leg 120° and land to the first lifted leg. The turn must be fulfilled in the air.		J415 Leg separation 120° 	J615 Leg separation 120° turn 180° 			
Scissors leap 180° Straight legs. Leg change during the flight. First leg must reach horizontal. Twisting during the flight. Leg separation after the turn defines the element.		J416 Leg separation 90° 			J1016 leg separation 135° 	J1216 leg separation 180° 
Butterfly upwards Upper body at horizontal, legs above horizontal level.					J1017 leg separation 90° 	

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Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
Double stag leap Right 'stag'-position must be visible during the leap: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot height. The turn must be fulfilled during the flight.		J418 	J618 		J1018 Double stag ring Foot at head height 	
Split leap to straddle pike position Leg separation 135° and clear pike 90° (tolerance in leg sep. and hip angle 15°) legs straight without a kick.				J819 	J1019 	J1219 
Split leap forward First leg must be straight, no kick. Leg separation defines the leap. J1220 Horizontal ring- leap: front leg horizontal, foot at shoulder level. No tolerance in foot height.	J220 leg separation 90° 	J420 leg separation 135° 			J1020 leg separation 180° 	J1220 leg separation 180° 
Split leap forward landing to front laying support First leg must be straight, no kick. Leg separation defines the value of the leap. Body must be horizontal before landing.			J621 leg separation 135° 	J821 leg separation 180° 		
Switch leap First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. In J1222 no tolerance in foot height.			J622 leg separation 135° 		J1022 leg separation 180° 	J1222 foot at shoulder height leg separation 180° 














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Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
<p>Switch leap to front laying support First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Body must be horizontal before landing.</p>			<p>J623 leg separation 135° </p>	<p>J823 leg separation 180° </p>		
<p>Switch leap twisting First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Twist must be finished during the flight.</p>			<p>J624 leg separation 135° twist 90° </p>		<p>J1024 leg separation 135° twist 180° </p>	<p>J1224 leg separation 180° twist 180° </p>

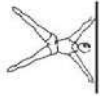
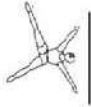



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3 ACROBATIC ELEMENTS

The text contains the definition of the element and the picture is a guideline.

Acrobatic Elements	0.2	0.4	0.6	0.8	1.0	1.2
Forwards		A401 handspring legs together/with leg split 		A801 free handspring 		
		A402 walk over forwards 	A602 sitting salto 	A802 	A1002 	
Backwards	A203 	A403 	A603 	A803 	A1003 	
		A404 walk over backwards 		A804 tempo salto legs separated/together 		

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Acrobatic Elements Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sideways	A205 		A605  free cartwheel	A805  salto sideways		
Backwards twisting				A806  Tucked salto with 180°	A1006  Tucked salto with 360°	A1206 A/B/C A) Straight salto with 360° B) Straight salto with 540° C) Straight salto with 720°

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APPENDIX A2a - Tumble Elements Difficulty Values

Diff Value	Group 1 Forward elements	Artistic Code	K Code	Diff Value	Group 2 Backward elements	Artistic Code	K Code
0.10	Cartwheel	X	X	0.10	Round off	/	R
0.20	Handspring	∩	H	0.20	Flick Flack	∩	F
0.20	Flyspring	∩	FS	0.20	Tucked salto	l	O
0.20	Tucked salto (At start)	★ ∅	O	0.20	Piked salto	eV	<
0.20	Tucked salto	∅	O	0.30	Whipback salto	∩ _n	W
0.30	Piked salto (At start)	★ ∅V	>	0.30	Straight salto	e/	/
0.30	Piked salto	∅V	>	0.30	Tucked salto ½	l 180	O1
0.30	Straight salto (At start)	★ ∅	\	0.30	Piked salto ½	eV 180	<1
0.40	Straight salto	∅	\	0.40	Tucked salto 1/1	l 360	O2
0.30	Tucked salto ½	∅ 180	O1	0.40	Straight salto ½	e/ 180	/1
0.40	Tucked salto 1/1	∅ 360	O2	0.50	Straight salto 1/1	e/ 360	/2
0.40	Piked salto ½	∅V 180	>1	0.60	Straight salto 1½	e/ 540	/3
0.50	Straight salto ½	∅ 180	\1				
0.40	Straight salto 1/1 (At start)	★ ∅ 360	\2	0.70	Straight salto 2/1	e/ 720	/4
0.60	Straight salto 1/1	∅ 360	\2	0.80	Straight salto 2½	e/ 900	/5
0.70	Straight salto 1½	∅ 540	\3	0.80	Double salto tucked	ll	OO
0.80	Straight salto 2/1	∅ 720	\4	0.90	Double salto piked	eeV	<<
0.90	Straight salto 2½	∅ 900	\5	1.10	Double salto straight	ee/	//
1.10	Double salto tucked	∅∅	OO	1.00	Double salto tucked 1/1	ll 360	OO2
1.30	Double salto piked	∅∅V	>>	1.20	Double salto tucked 2/1	ll 720	OO4
1.50	Double salto straight	∅∅/	//	1.30	Double salto straight 1/1	ee/ 360	//2
1.20	Double salto tucked ½	∅∅ 180	OO1	1.50	Double salto straight 2/1	ee/ 720	//4
1.40	Double salto tucked 1½	∅∅ 540	OO3	1.80	Double salto straight 3/1	ee/ 1080	//6
1.40	Double salto piked ½	∅∅V 180	>>1	1.60	Triple salto tucked	lll	OOO
1.60	Double salto straight ½	∅∅ 180	//1	1.90	Triple salto piked	eeV	<<<
1.80	Double salto straight 1½	∅∅ 540	//3	2.00	Triple salto tucked 1/1	lll 360	OOO2
	★ Note reduced value for some starting saltos						

The difficulty value for other elements can be counted by adding the basic element value and the additional value for twists.

APPENDIX A2b - Tumble Series Difficulty Values

Series 1 - Forward with tucked/piked saltos	K Code	Series 2 - Forward with straight saltos Forward	K Code	Series 3 - Back with tucked/piked saltos	K Code	Series 4 - Back with straight saltos	K Code	Series 5 - Back with two multiple saltos	K Code	Series 6 combined	K Code
	HFS O				RFO						
	HFS >				RF <		RF /				> RFO
	1 H O										> RF <
	1 H >										> RF /
			180		360		RF / 2				1 RF /
			180		720						12 RF /
			360		360						12 RF / 2
			540		360						12 RF / 4
					720						1 RF O O
					360						12 RF <<
	1 H O O										12 RF <<
	12 H O O				720		RF / 2				12 RF O O 2
											> RF O O 4
	180										12 RF /
	1 H >>										12 RF O O 4
	1 H O O 3										12 RF /
	12 H >>										12 RF O O 4
	12 H O O 3										12 RF / 2
			180		360						
			180		1080		RF / 6		RF / W F O C		12 RF / 4
			540		1080		R W F / 6		RF / W F <<		
			540		1080				RF / W F O 2		
			900		720				RF / W F O 4		12 RF / 6
					360				RF / W F / 2		
					720				RF / 2 W F O 4		
					720				RF / W F / 4		
					720				RF / 2 W F / 4		

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APPENDIX A3 - Trampet Elements Difficulty Values

Diff value	Group 1 with Vaulting Table	Artistic Code	K Code
0.30	1/4 on 1/4 off	90 = 90	R
0.40	Handspring ½ on	180 =	1H
0.40	Handspring	=	H
0.50	Handspring ½ on ½ off	180 = 180	1H1
0.50	Handspring ½ off	= 180	H1
0.60	Handspring ½ on 1/1 off	180 = 360	1H2
0.60	Handspring 1/1 off	= 360	H2
0.70	Handspring ½ on 1½ off	180 = 540	1H3
0.70	Handspring 1½ off	= 540	H3
0.80	Tsukahara tucked	TSU	TO
0.90	Tsukahara piked	TSU V	T<
1.00	Tsukahara straight	TSU /	T/
1.20	Tsukahara straight 1/1 ★	TSU / 360	T/2
1.40	Tsukahara straight 2/1 ★	TSU / 720	T/4
0.80	Handspring salto tucked	=	HO
0.90	Handspring salto piked	= V	H>
1.00	Handspring salto straight	=	H\
0.90	Handspring salto tucked ½	= 180	HO1
1.00	Handspring salto piked ½	= V 180	H>1
1.10	Handspring salto straight ½	= 180	H1
1.30	Handspring salto straight 1½	= 540	H3
1.50	Handspring salto straight 2½	= 900	H5
1.60	Double Tsukahara tucked	TSU	TOO
1.80	Double Tsukahara piked	TSU V	T<<
2.00	Double Tsukahara tucked 1/1	TSU 360	TOO2
1.70	Handspring double tucked ½	= 180	HOO1
1.90	Handspring double piked ½	= V 180	H<<1
2.10	Handspring dbl. tucked 1½	= 540	HOO3

Diff value	Group 2 without Vaulting Table	Artistic Code	K Code
0.10	Tucked salto		O
0.10	Piked salto		>
0.20	Straight salto		\
0.20	Tucked salto ½	180	O1
0.20	Piked salto ½	180	>1
0.30	Straight salto ½	180	\1
0.30	Tucked salto 1/1	360	O2
0.40	Straight salto 1/1	360	\2
0.50	Straight salto 1½	540	\3
0.60	Straight salto 2/1	720	\4
0.70	Straight salto 2½	900	\5
0.60	Double salto tucked		OO
0.70	Double salto piked	V	>>
0.80	Double salto straight		\
0.70	Double salto tucked ½	180	OO1
0.80	Double salto piked ½	V 180	>>1
0.90	Double salto tucked 1½	540	OO3
0.90	Double salto straight ½	180	\1
1.10	Double salto straight 1½	540	\3
1.30	Double salto straight 2½	900	\5
1.60	Double salto straight 3½	1260	\7
1.50	Triple salto tucked ½	180	OOO1
1.70	Triple salto piked ½	V 180	>>>1
1.90	Triple salto tucked 1½	540	OOO3
2.30	Triple salto tucked 2½	900	OOO5

★ TSU / 360 and Kasamatsu (KAS) are judged as the same element.

★ TSU / 720 and KAS / 360 are judged as the same element.

The difficulty value for other elements can be counted by adding the basic element value and the additional value for twists.

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Appendix A4

Element Recognition

1 Floor

1.1 General

- a) All difficulty elements must comply with the norms defined in Appendix A1.
- b) In order to achieve full difficulty, specific technical expectations are required.
- c) The selected difficulty elements must be performed by all gymnasts at the same time (according to the choreography). If, for example, one gymnast is late in time and performs the element later than rest of the team, the team will still get the D value of the element, because the element was choreographed to be performed at the same time.
- d) The whole team needs to perform exactly the same difficulty element with the same code number and variation (A/B/C). An element with the same code number can be counted only once even if performed with different variations. E.g. if a team performs J806A and J806B, the element can be counted only once.
- e) Mirroring is allowed in all difficulty elements. This means that gymnasts can individually choose e.g. the supporting leg in standing balances.
- f) In elements with flexibility requirement (e.g. leg separation or hip/ knee angle requirements in jumps/ balances etc.) there is a general 15° tolerance for the leg separation and hip/ knee angle requirements. Showing additional flexibility or smaller hip/ knee angles does not affect the difficulty value.
- g) If the team is not fulfilling the difficulty requirements of the element, the D value is reduced as follows:
 - If 1-2 gymnasts fail to perform the element according to the difficulty requirements, the D value of the element is divided by 2 (team will receive 50% of the original difficulty value of the element).
 - If three or more gymnasts fail in performing the element, the difficulty value of that element will be zero.
 - If one or more gymnasts are not even trying to perform the element, the difficulty value of that element will be zero.
- h) No more than three steps (walking or running) are allowed before any difficulty element. If three or more gymnasts are taking e.g. 4 steps before a leap, the team does not get the DV. If one or two gymnasts take too many steps, the DV will be divided by 2.
- i) All elements that the team wishes to be counted towards the D score must be marked in the team's tariff form. Judges are only checking if the elements written on the tariff form are performed correctly or not.

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- j) There can only be four (4) balances, three (3) jumps, two (2) acrobatic elements and one (1) combination marked on the tariff form. If a team has marked more than the allowed number of elements, judges count only the first marked elements/combinations. The remaining elements are not recognized by the difficulty judges. Execution deductions are still made for all performed elements.

1.2 Labelling the Elements

- a) The letter in front of the code number explains the category of the element:
- DB= Dynamic Balance element,
 - SB= Standing Balance element,
 - HB= Hand Supportive balance element,
 - J= Jump/hop/leap
 - A= Acrobatic element
- b) The first number tells the value of the element (e.g. number 4 means 0.4 in DV)
- c) The two last numbers tell the row number in the difficulty table.
- d) For example: Shushunova is shown as J605.

1.3 Element Definitions

1.3.1 Balance Elements

1.3.1.1 *Dynamic Balances (DB)*

Pirouettes

- a) A pirouette is a turn performed on one foot. The pirouette must be performed clearly on toes. The turn must not be done by jumping. However, a slight hop to maintain the balance during the pirouette is allowed. The rotation is measured at the hips and there is a general 45° tolerance for under/over rotation.
- b) Forward pirouette: Turning in the same direction as the supporting leg
- c) Backward pirouette: Turning in the opposite direction from the supporting leg
- d) The placement of arms is optional for the team.
- e) A pirouette starts when the free leg is lifted from the ground and is finished when
- The rotation is over or
 - The heel of the supporting leg is touching the floor or
 - The free leg is touching the floor
- f) The body shape must be correct, and any leg separation requirements fulfilled.
- g) The number of turns and the height of the free leg in pirouettes define the value of the element.

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- h) The free leg can be straight or bent but must be the same for the whole team.
- i) When the free leg is bent (forward/side) the heel is used to define the angle with the hip.
- j) In case the free leg is bent and backwards, the knee is used to define the angle with the hip.
- k) The position of the supporting leg, bent/ straight, does not change the DV, but must be the same for the whole team.
- l) Pirouettes may be performed in smaller groups provided that:
 - The sub groups consist of at least three gymnasts
 - Gymnasts in the same sub group must start the pirouette facing the same direction
 - The sub groups are separated by at least twice the distance between adjacent gymnast
- m) Difficulty requirements - summary:
 - The pirouette is performed on one foot, on toes
 - Turning the pirouette by jumping is not allowed (hop to maintain balance during the turn and stopping the turn with a jump out of the pirouette are allowed).
 - Turning requirement is fulfilled (measured at the hips, 45° tolerance for under/over rotating)
 - The leg separation requirement is fulfilled (15° tolerance) and the free leg is held in the correct position for at least $\frac{3}{4}$ of the rotation
 - All gymnasts in the same sub group must start to perform the turn facing in the same direction (no need to perform pirouettes with the same leg)

Power Elements

- a) There must be a controlled continuous movement with dynamic strength with even speed. The starting and ending positions must be clear, but do not need be held for two seconds. All gymnasts perform the same power element with arms and legs in the same position
- b) Difficulty requirements - summary:
 - The movement must be controlled and continuous (not too fast, no pause ≥ 3 sec, no fall or more than one step allowed)
 - The starting and finishing positions must be clearly shown
 - The body position must be according to the definition of the element
 - Legs must be off the ground in Circles (element DBX12) and Russian Wendel-Swing (element DBX13)

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1.3.1.2 *Standing Balances (SB)*

- a) There must be a recognised shape when performing balances on one leg. The whole body must be held in a static position for at least two seconds without any additional choreographed movements. In case the body or part of the body like an arm is moving slightly, but the elevated leg is kept in the required position and the supporting leg is not moving, the difficulty is still given.
- b) The supporting leg needs to be straight (15° tolerance).
- c) When the free leg is bent (forward/side) the heel is used to define the angle with the hip.
- d) In case the free leg is bent and backwards, the knee is used to define the angle with the hip.
- e) If not otherwise mentioned, the placement of arms is optional for the team.
- f) Difficulty requirements - summary:
 - The standing balance must be held in a static position for at least 2 seconds
 - The shape must be recognizable
 - The leg separation requirement is fulfilled, and the supporting leg is held straight (15° tolerance)

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1.3.1.3 Hand Supportive Balances (HB)

- a) In a hand supportive balance, the body is held in a static position for at least two seconds.
- b) Only the hands are touching the floor (except in headstand HB201, forearm balance HB801 and bridges HBX06). There must be a recognised shape without any additional movement.
- c) In case the body or part of the body like the legs are moving slightly, but the hands are not moving, the difficulty is still given.
- d) Leaning on the arms is not allowed in pike sitting supports where the legs are lifted over the horizontal level.
- e) When the legs are bent and forwards, the heels are used to define the angle with the hip.
- f) In case the legs are bent and backwards, the knees are used to define the angle with the hip.
- g) The whole team must perform the same hand supportive balance with arms and legs in same position except in the handstand, where the exact placing of the legs is optional for each gymnast.

Example - Handstand (HB1001)

In the handstand, the arms must be straight, and the legs must be equal to or above hip level, e.g. straight together, stag, split or bent. Each gymnast's leg position is optional (note: this is different compared to all other difficulty elements!). The handstand must be held in a static position for at least two seconds, without stepping with the hands.

- h) Difficulty requirements - summary:
 - the hand supportive balance must be held in a static position for at least 2 seconds
 - the shape must be recognizable
 - no leaning on arms in pike sitting support (when legs lifted above horizontal level)
 - the hip angle and leg separation requirement must be fulfilled (15° tolerance)
 - hands are the only part of the body which are in contact with the floor (except in headstand HB201, forearm balance HB801 and bridges HBX06).
 - in a handstand, the legs need to be equal to or above hip level

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1.3.2 Jumps (J)

- a) The category Jumps includes:
- Jumps** – take-off from two feet and land on one or two feet
 - Hops** – take-off from one foot and land on the same foot
 - Leaps** – take-off from one foot and land on the other or both
- Some Jumps, Hops and Leaps can also land in front laying support.
- b) A recognised body shape (position) must be shown in the air. The shape during flight, twisting and landing must be according to the definitions of the element. If not otherwise mentioned, the placement of the twist is optional, but all gymnasts must perform the same variation.
- c) In take-off and landing the hip defines the degree of the turn or twist. There is a general 45° tolerance for under/over rotation.
- d) When performing with the foot at shoulder/head height, the lowest part of the foot is defining the height. The whole foot (both heel and toes) must be at the required height.
- e) The whole team must perform the same jump with arms and legs in the same position.
- f) If not otherwise mentioned, the placement of arms is optional for the team.
- g) Difficulty requirements - summary:
- a recognised body shape must be shown in the air
 - the leg separation, hip angle (15° tolerance) and twist requirements (45° tolerance for under/ over rotation) need to be fulfilled
 - when landing in front laying support the body must be horizontal before landing

1.3.3 Acrobatic elements (A)

- a) Acrobatic elements must comply with recognised norms in gymnastics.
- b) Different landing positions (standing, kneeling, front laying support) are allowed. However, the acrobatic element must be completed before landing, e.g. salto backwards landing in front laying support is not allowed since the rotation is not completed before landing. In front saltos, the take-off is allowed from one or two feet.
- c) The whole team must perform the acrobatic element with similar take-off and landing positions.
- d) Difficulty requirements - summary:
- acrobatic elements must comply with recognised norms in gymnastics
 - when performing A602 (sitting salto), the landing in sitting position must be with hands and foot before any other part of the body

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1.3.4 Combination (C)

- a) A combination value will be awarded for direct connections between difficulty elements as follows:
 - Jump + jump
 - Jump + balance element
 - Jump + acrobatic elementor in reverse order
- b) A jump is either a jump, hop or leap
- c) The elements used in the combination must be from those nine elements that are selected as difficulty elements. Both elements included in the combination must be performed according to the difficulty requirements.
- d) In direct connections
 - Both feet can touch the ground only once
 - No pause to prepare for the second take-off allowed. After the completion of the first element, there should be no pauses. The gymnast must already be prepared to execute the second element as soon as both feet have touched the ground
 - No major loss of balance between the elements
- e) Calculating the value of two combined elements is:
$$(\text{value of the first} + \text{value of the second}) / 2.$$
- f) The individual values as given by the judge.
- g) A team can mark only one combination on the tariff form.
- h) Combination requirements - summary:
 - Both elements must be performed according to the difficulty requirements
 - The connection between two elements must be direct

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1.3.5 Flexibility Elements

- a) The gymnasts in the team may individually choose a flexibility element, which must be performed at the same time according to the choreography. Each gymnast can choose one of the following elements:
 - Splits (left or right leg in front is optional), the tolerance on the leg separation is 15°
 - Side splits, the tolerance on the leg separation is 15°
 - Straddle pike sitting fold, leg separation must be at least 90°, upper body folded at least 45°
 - Pike sitting fold, chest touching the knees
- b) In the flexibility element, the position must be clearly shown, but does not have to stay still.
- c) If the team is not fulfilling the above flexibility requirements, the composition value is reduced as follows:
 - If 1-2 gymnasts fail to perform the flexibility element according to the requirements, the composition value of the element is 0.5
 - If 3 or more gymnasts fail in performing the element, the composition value is zero for the flexibility element

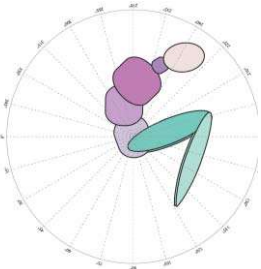
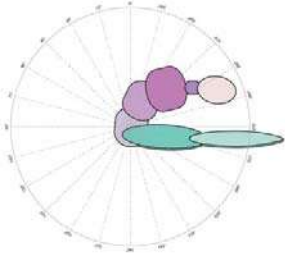
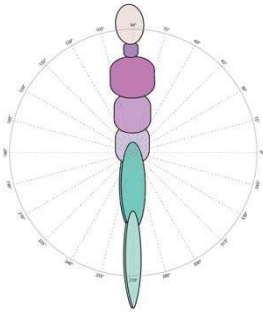
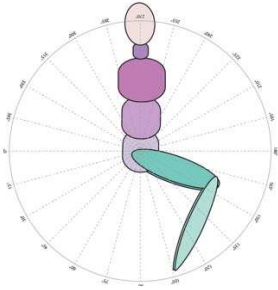
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2 Tumble and Trampet

2.1 Element Recognition

2.1.1 Required Body Positions in Saltos

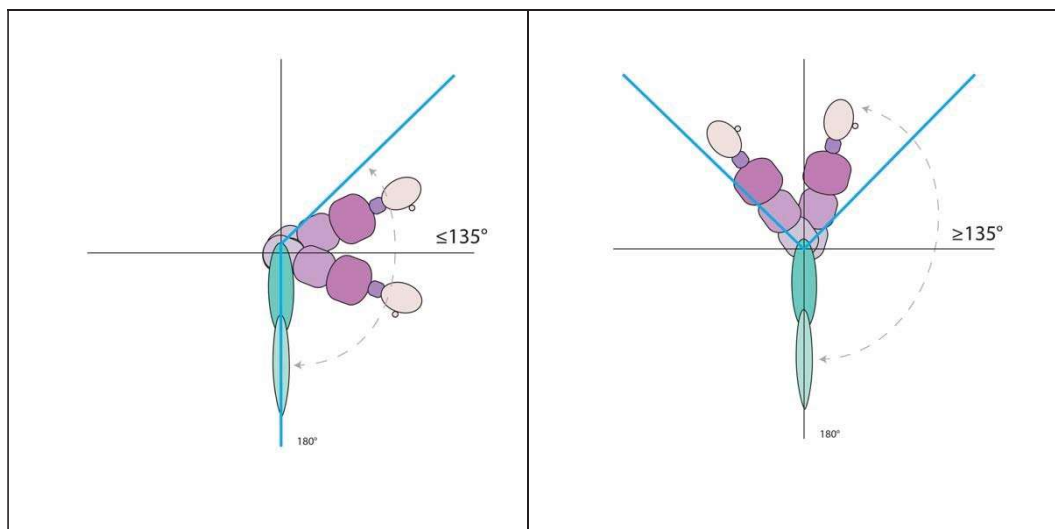
Depending on the chosen element, the body position in each salto must be either referred to as tucked, piked or straight. In double and triple saltos with more than half twist, the tucked position may be slightly modified (opened) and is then referred to as a pucked position. The pucked position is regarded as tucked in terms of difficulty.

Tucked position	Piked position	Straight position	Pucked position
			
<p>In a tucked body position the knees and hips are bent and drawn towards the chest.</p> <p>Equal to or less than 135° for the hips and 135° between the thighs and the lower legs are acceptable.</p>	<p>In a piked body position the body is bent in the hips with the legs straight.</p> <p>Equal to or less than 135°* for the hips is acceptable.</p> <p>A slight bending (30°) of the knees is accepted.</p>	<p>A straight body position is exactly 180° in both hips and knees.</p> <p>Equal to or more than 135° * for the hips are acceptable.</p>	<p>A pucked body position is typically 120° in the hips and 90°-120° in the knees. This is a modification of the tucked position for twisting multiple saltos.</p> <p>The pucked position is regarded as a tucked.</p>

* Body positions at exactly 135° are counted to the benefit of the team taking into account both composition deductions and difficulty. Values for body positions are only given when the gymnast clearly shows the body position in each salto. For execution deductions see appendix A5.

All body positions where the knees are bent $\leq 90^\circ$ are counted as tucked.

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Recognition of Piked (left) versus Straight (right). The pictures indicate the angle at the hips. Blue lines show 135° between legs and upper body.

2.1.2 Twisting Requirements

- Additional values for twists will be accepted when rotated up to at least 45° from the nominal twist rotation. If under rotated by more than 45° , the number of credited twists is reduced to the number of whole half twists. This position is measured at the hips. Any deviation from nominal twist rotation will be deducted by the execution judges.
- Note that twisting doubles and triples with less than three twists in the Team Round will require the same number of twists in each salto for each gymnast.
- Tsukahara without twisting in the somersault does not fulfil the twisting requirement

2.1.3 Double and Triple Saltos

In Trampet, double and triple saltos are counted from the trampet to landing. This means that Tsukahara and handspring salto are both considered as double saltos and Tsukahara double and handspring double are considered as triple saltos.

2.1.4 Whipback

A whipback in Tumble is defined as a single backward salto with arched body position and performed at shoulder height or lower.

2.1.5 Tsukahara 360° and Kasamatsu

Tsukahara (TSU) 360° and Kasamatsu (KAS) are judged as the same element. This also applies to TSU 720° and KAS 360° .

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2.1.6 Recognition of Different Elements

- a) Elements based on the same basic element can be counted as different if the gymnast performs with different body positions or different number of twists. This implies that in double and triple saltos an element is different even if the gymnast is changing the body position in only one salto and the difficulty value remains the same.
- b) A double piked salto with half twist vs a double salto with straight in the first and piked in the second are different elements from a composition point of view. Although both elements will be given the same difficulty value.
- c) In doubles and triples the number of twists in each salto also makes different elements. E.g. a double salto with full twist in and half twist out is different from half twist in and full twist out.
- d) When performing double and triple saltos with three or more twists the exact placement of the twists is not taken into account. A double straight salto with 540° twist in the first and 720° twists in the second salto is thus recognised as the same element as a double straight with 720° twists in the first and 540° in the second salto.

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Appendix A5

Table of General Faults and Penalties

1 Floor

1.1 General

- a) E judges use this table of faults to build up their execution deductions.
- b) Execution deductions are made in the following groups:

Very small 0.1

This deduction is taken when a mistake is minor, and it is done by one gymnast

Small 0.2

This deduction is taken when a minor mistake is done by more than one, but less than half of the team's gymnasts. It can also be taken when a moderate mistake is done by one gymnast.

Medium 0.4

This deduction is taken when a moderate mistake is done by less than half of the team's gymnasts. It can also be a minor mistake made by half or more of the team (e.g. the whole team is not using their body - no dynamics in execution). Also, this is the deduction if a major mistake is made by one gymnast.

Large 0.7

This deduction is taken when a major mistake is made by less than half of the team. It can also be a moderate mistake made by half or more of the team.

Very large 1.0

This deduction is only taken when half or more of a team make a major mistake.

Table of Execution Deductions				
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 the team's gymnasts make the fault		Small 0.2	Medium 0.4	Large 0.7
Half or more of the team's gymnasts make the fault		Medium 0.4	Large 0.7	Very large 1.0

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1.2 Floor Table

Floor Execution Faults	Minor	Moderate	Major
1. Wrong number of gymnasts			
There must be 8 to 10 gymnasts in a team and an equal number of male and female in a mixed team.			
In case there are too few or too many gymnasts performing, or there are not equal number of male and female gymnasts in a mixed team, there will be a deduction. If after interrupting the program there are less than eight gymnasts on the floor, there will be no deduction for the wrong number of gymnasts. Deduction for wrong number of gymnasts.			1.0
2. Precision in formations			
All gymnasts must be on exact places according to the tariff form formation drawings (dots tell each gymnasts' own place).			
Deduction if a gymnast is out of formation.	Gymnast out of formation		
3. Transitions			
Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Program.			
Transitions must have gymnastic quality (feet and the whole body is active)			
Deduction if transitions are done simply walking, marching or running without any gymnastic quality.	No gymnastic quality in transition		
Transitions must be easily made.			
Deduction if transitions between formations (plus before and after the Group Element) are not easily made.	Not having easy access to a Formation/ Group Element, extra/large steps to get in place		
4. Synchronisation			
The team must perform the elements at the same time when intended according to the choreography.			
Deduction if a gymnast is not synchronized with the rest of the team.	Gymnast about one beat ahead /after	Gymnast about two beats ahead /after (e.g. coming earlier down from a balance element)	Gymnast "lost"; performing totally different or not performing at all

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Floor Execution Faults	Minor	Moderate	Major
5. Uniformity in execution			
The team must perform the same movements and elements in the same way.			
Deduction if there are differences in performing elements meant to be the same.	E.g. different technique in pirouettes or someone taking too many steps before difficulty element or bending supporting leg in standing balances	Very visible differences in performance e.g. hands down near the body when the rest of the team is performing hands in horizontal position	
6. Performance in difficulty and flexibility elements			
6.1 Dynamic balances			
6.1.1 Pirouettes			
Pirouette must be performed on one foot.			
Deduction if performed both feet on floor.			Pirouette performed both feet on floor somewhere during the turn (reduction of the DV)
Pirouette must be performed on toes.			
Deduction if heel is touching the floor.	Deduction if heel is touching the floor.		
Pirouette must be performed without jumping.			
Deduction when gymnast is hopping/ jumping during the pirouette.	Hop during the pirouette	Turning the pirouette by jumping Reduction of the DV	
The rotation of the pirouette must be completed, measured at the hips.			
Deduction if the turn is not properly completed.	Under or over rotation $\leq 45^\circ$	Under or over rotation $> 45^\circ$ up to 90° Reduction of the DV	Under or over rotation $> 90^\circ$ Reduction of the DV

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Floor Execution Faults	Minor	Moderate	Major
The body shape must be correct.			
Deduction if upper body is bent/ arched.	Upper body leaning forward/ arched $\geq 15^\circ$		
Leg separation requirement must be fulfilled.			
Deduction if leg separation requirement is not fulfilled.	Leg separation too small $\leq 15^\circ$	Leg separation way too small $> 15^\circ$ Reduction of the DV	
6.1.2 Power elements			
There must be controlled and continuous movement throughout the element.			
No stepping with hands			
Deduction if stepping with hands during the element (not in Circles, DBX12, and Russian Wendel-Swing, DBX13).	One step on hands to maintain the balance	Two or more steps to maintain the balance Reduction of the DV	
No pause or stop during the element.			
Deduction if there is a pause/ stop during the power element.	Short pause during the element (< 3 sec)	Stop during the element (≥ 3 sec) Reduction of the DV	
Movement must be controlled.			
Deduction if the movement is not controlled through the element, lowering is too fast.		Fast lowering from the handstand, still visible ending position	Fast lowering from the handstand, no clear ending position Reduction of the DV
Starting and ending positions must be clearly visible.			
Deduction if no clear positions in the beginning/ end of the element.		No visible starting position (e.g. when starting the element, only one leg above hip level in handstand) Reduction of the DV	No visible ending position (e.g. not show handstand or straight away walking on hands, or straight away falling to butt after lowering from handstand) Reduction of the DV

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Floor Execution Faults	Minor	Moderate	Major
Arms must be straight when required.			
Deduction when bent arms.	Slightly bent arms $\leq 15^\circ$	Bent arms $>15^\circ$ up to 45°	Bent arms $>45^\circ$ Reduction of the DV
Legs must be straight when required.			
Deduction when bent legs.	Slightly bent knees $\leq 15^\circ$	Bent knees $>15^\circ$ up to 45°	Bent knees $>45^\circ$ Reduction of the DV
Legs must be together when required.			
Deduction when legs separated.	Leg separation $\leq 15^\circ$	Leg separation $>15^\circ$ up to 45°	Leg separation $>45^\circ$ Reduction of the DV
Legs must be off the ground in Circles and Russian Wendel-Swing (DBX12 and DBX13).			
Deduction if legs touch the floor in elements DBX12/ DBX13.	Brushing/ slightly touching the floor with feet during the element		Legs dragging the floor during the element Reduction of the DV

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Floor Execution Faults	Minor	Moderate	Major
6.2 Standing balances			
There must be a recognized shape.			
Body must be upright according to the definition of the element.			
Deduction if body position is not upright	Upper body leaning forward/ arched $\geq 15^\circ$	Not upright body position ($>30^\circ$) Reduction of the DV	
Upper body must be horizontal according to the definition of the element.			
Deduction if upper body is not horizontal (Side balance, SBX05) or if body is above 90° (Scale, SBX06 and Scale sideways, SBX07).	Upper body above/ below horizontal, $\leq 15^\circ$	Upper body above/ below horizontal, $>15^\circ$ Reduction of the DV	
Upper body must be sideways according to the definition of the element.			
Deduction if upper body is not sideways (Scale sideways, SBX07).	Upper body twisted, not sideways $\leq 15^\circ$	Upper body twisted, not sideways $>15^\circ$ Reduction of the DV	
The whole body must be held in a static position for at least two seconds.			
Deduction if gymnast is moving during the element.	Body slightly moving, supporting leg not moving	Upper body and the free leg clearly moving, with the supporting leg stationary. Reduction of the DV if not stationary for 2 sec.	Supporting leg moving to maintain the balance. Reduction of the DV if not stationary for 2 sec.
Leg separation requirement must be fulfilled.			
Deduction if leg separation requirement is not fulfilled.	Leg separation too small $\leq 15^\circ$	Leg separation way too small $>15^\circ$ up to 45° Reduction of the DV	Leg separation totally missing $>45^\circ$ Reduction of the DV
Supporting leg must be straight.			
Deduction if supporting leg is bent.	Slightly bent supporting leg $\leq 15^\circ$	Bent supporting leg $>15^\circ$ up to 45° Reduction of the DV	Totally bent supporting leg $>45^\circ$ Reduction of the DV
Standing on tiptoes.			
Deduction if not on tiptoes when required.	Heel is touching the floor at some time during the balance element	Standing on whole foot/ lowering to the whole foot Reduction of the DV if not on tiptoes for 2 sec.	

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Floor Execution Faults	Minor	Moderate	Major
6.3 Hand supportive balances			
Handstand			
These deductions can also be used for other hand supportive balances			
Handstand must stand still for 2 sec.			
Deduction if not standing still for 2 sec.	Taking a step, in handstand Slightly moving during the handstand, hands not moving Reduction of the DV if not standing still for 2 sec.	Taking several steps in a handstand. Reduction of the DV if not standing still for 2 sec.	
Arms must be straight.			
Deduction if arms are not straight.	Slightly bent arms $\leq 15^\circ$	Bent arms $>15^\circ$ up to 45°	Bent arms $>45^\circ$ Reduction of the DV
Shoulder angle must be straight.			
Deduction if shoulder angle is not straight.	Shoulder angle $>30^\circ$ and up to 45°	Shoulder angle $>45^\circ$ Reduction of the DV	
Legs must be equal or above hip level.			
Deduction if legs are under the hip level.	Leg/ legs visiting below hip level but stay for 2 sec. above it		Leg/ legs stay below hip level Reduction of the DV
Hands must be the only part of the body in contact with the floor according to the definition of the element.			
Deduction if some other part of the body in contact with the floor.			Other parts (than hands) of the body in contact with the floor Reduction of the DV
Body line must be straight, according to the definition of the element.			
Deduction if the body line is not horizontal/straight.		Body line exceeding $>20^\circ$ over horizontal Reduction of the DV	

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Floor Execution Faults	Minor	Moderate	Major
Legs must be straight, according to the definition of the element.			
Deduction if legs bent.	Slightly bent knees $\leq 15^\circ$	Bent knees $>15^\circ$ Reduction of the DV	
Legs must be together, according to the definition of the element.			
Deduction if legs separated.	Leg separation $\leq 15^\circ$	Leg separation $>15^\circ$ up to 45°	Leg separation $>45^\circ$ Reduction of the DV
Legs must be separated, according to the definition of the element.			
Deduction if leg separation is too small.	Leg separation too small $\leq 15^\circ$	Leg separation too small $>15^\circ$ up to 45°	Leg separation too small $>45^\circ$ Reduction of the DV
No leaning on arms.			
Deduction if leaning on arms or hands			Leaning on arms or hands Reduction of the DV
Hip angle must be according to the element definition.			
Deduction for mistake in hip angle	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $>15^\circ$ up to 45° Reduction of the DV	Major mistake in hip angle $>45^\circ$ Reduction of the DV
6.4 Jumps / hops/ leaps			
Legs must be straight.			
Deduction when legs bent.	Slightly bent knees $\leq 15^\circ$	Bent knees $>15^\circ$	
Legs must be together, according to the definition of the element.			
Deduction if legs separated.	Leg/knee separation $\leq 15^\circ$	Leg/knee separation $>15^\circ$ up to 45°	Leg/knee separation $>45^\circ$ Reduction of the DV
Leg separation requirement must be fulfilled, according to the definition of the element.			
Deduction if leg separation requirement is not fulfilled.	Missing $\leq 15^\circ$ of required leg separation	Missing $>15^\circ$ up to 45° of required leg separation Reduction of the DV	Missing $>45^\circ$ of required leg separation Reduction of the DV

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Floor Execution Faults	Minor	Moderate	Major
Height of the free leg must be according to the element definition.			
Deduction if free leg is too low.	Missing $\leq 15^\circ$ of required leg height	Missing $> 15^\circ$ up to 45° of required leg height Reduction of the DV	Missing $> 45^\circ$ of required leg height Reduction of the DV
Hip angle must be according to the element definition.			
Deduction if hip angle is not like required.	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $> 15^\circ$ up to 45° Reduction of the DV	Major mistake in hip angle $> 45^\circ$ Reduction of the DV
Body shape must be according to the element definition.			
Deduction if errors in body shape.	Minor errors in body shape	Errors in body shape	Significant errors in body shape Reduction of the DV
Landing must be controlled.			
Deduction if mistakes on landing.	Slight mistakes on landing (e.g. a bit unbalanced with extra movements to continue)	Heavy landing (hard to continue to the next element)	
Landing in front laying support must be according to the definition.			
Deduction if mistakes in landing in front laying support.		No controlled support before whole body touches the floor, bouncing back from the floor	Body not horizontal before landing in front laying support. Reduction of the DV
Twisting must be fulfilled in the air, measured from the hip.			
Deduction if twisting is not properly completed before landing	Under or over rotation $\leq 45^\circ$	Under or over rotation $> 45^\circ$ up to 90° Reduction of the DV	Under or over rotation over 90° Reduction of the DV
6.5 Combinations			
Connection between two elements must be direct.			
Deduction if there is a pause.		Pause between the elements No combination value given	

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Floor Execution Faults	Minor	Moderate	Major
6.6 Acrobatic elements			
Arms and legs must be straight when required.			
Deduction when bending arms and legs.	Slightly bent arms/ legs $\leq 15^\circ$	Bent arms/ legs $> 15^\circ$	
Shoulder angle must be straight when required.			
Deduction when there is a shoulder angle.	Shoulder angle $> 30^\circ$		
Body shape must be according to the element definition.			
Deduction if errors in body shape.	Minor errors in body shape	Errors in body shape	Significant errors in body shape Reduction of the DV
Landing of an acrobatic element must be balanced and under control.			
Deduction when mistakes on landing.	Slight mistakes on landing (e.g. a bit unbalanced and, extra movements to continue)	Heavy landing (hard to continue to the next element)	
6.7 Flexibility elements			
There must be good technique and quality in splits/ side splits/ straddle pike sitting/ pike sitting.			
Deduction if lack of extension.	Legs bent. Feet not pointed.		
Deduction if lack of flexibility.	Hip not straight forward in splits	Hip is clearly twisted in splits	
	Leg separation in splits/ side splits $< 180^\circ$	Leg separation in splits/ side splits $< 165^\circ$ Reduction of the composition value	
	Leg separation $< 90^\circ$ in straddle pike sitting	Leg separation $< 75^\circ$ in straddle pike sitting Reduction of the composition value	
	Back is not straight when folding 45° in straddle pike sitting	Insufficient fold in straddle pike sitting Reduction of the composition value	
		Chest not on straight knees in pike sitting fold Reduction of the composition value	

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Floor Execution Faults	Minor	Moderate	Major
7. Dynamic execution			
There must be continuity in elements and flow in the program, no purposeless pauses. The whole body must be involved in elements.			
Deduction when purposeless pauses, new energy created for next elements, no gravity and relaxation used. Missing flow in the program.	Purposeless pauses Creating a new force for the element instead of using momentum from the previous element No flow		
Deduction if isolated arm and leg movements are performed or "frozen upper body".	Isolated arm and leg movements, "frozen upper body"		
8. Amplitude and extension			
Elements and movements in floor program must be performed with optimal amplitude with visible extension.			
Deduction if missing amplitude and/ or extension.	Element performed constricted No optimal extension in elements, e.g. not pointed feet		
9. Balance and controlled execution			
The floor program must be performed with balance and control.			
Deduction if lack of balance or control. For the specific deduction in Difficulty elements see section 6. Performance in difficulty and flexibility elements.	Extra/ contra movements, slight stepping/ hopping/ jumping to maintain balance during the element/ movement	Significant correction hop/ step to maintain balance during the element (several steps or hand support)	

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Floor Execution Faults	Minor	Moderate	Major
10. Falling down			
If a gymnast falls from standing position to butt, back, stomach or side on to the floor or from hand supportive balance to back, stomach or side, the deduction will always be 0.3/ time/ gymnast. This does not mean e.g. coming down from balance too early, this deduction is only for a clear FALL.		0.3	
11. Line violations			
The floor programme must be performed inside the floor area.			
Deduction if touching the floor outside the border markings.	Performing outside the floor area		

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2 Tumble and Trampet

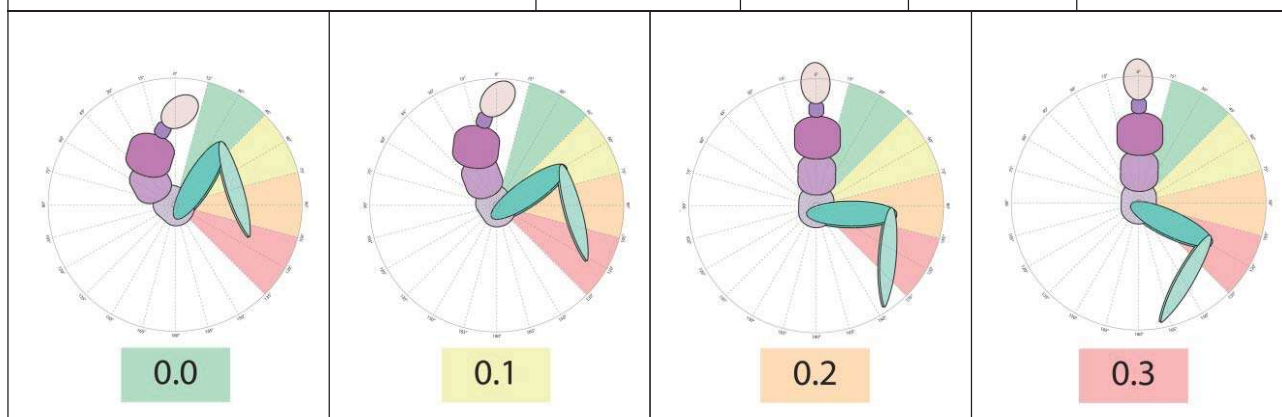
Tumble and Trampet Execution Faults	Deduction Application	Minor	Moderate	Major
		0.1	0.2	0.3 or more

2.1 Body Shape in Saltos (0.5)

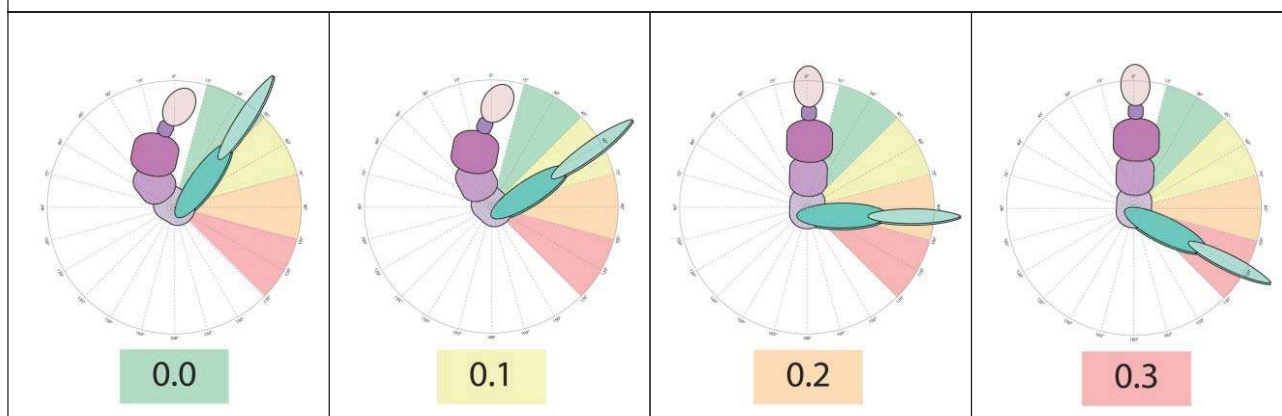
Tucked, piked and straight body positions must be performed with clear and defined body shape with feet and legs kept together and the feet and toes pointed. Both hip and knee angles must be considered for body position deductions (see also Appendix 4 for body position definitions). Arms should be close to the body in the salto. It is possible to deduct for both head and feet errors.

The pucked position is allowed when twisting more than 180° in double or triple saltos.

- Hip and knee angle faults	per gymnast / element	X	X	X
- Split/crossed legs		X	---	---
- Head errors		X	---	---
- Feet errors		X	---	---
- Arms not close to body and axis of rotation in twists.		X	---	---



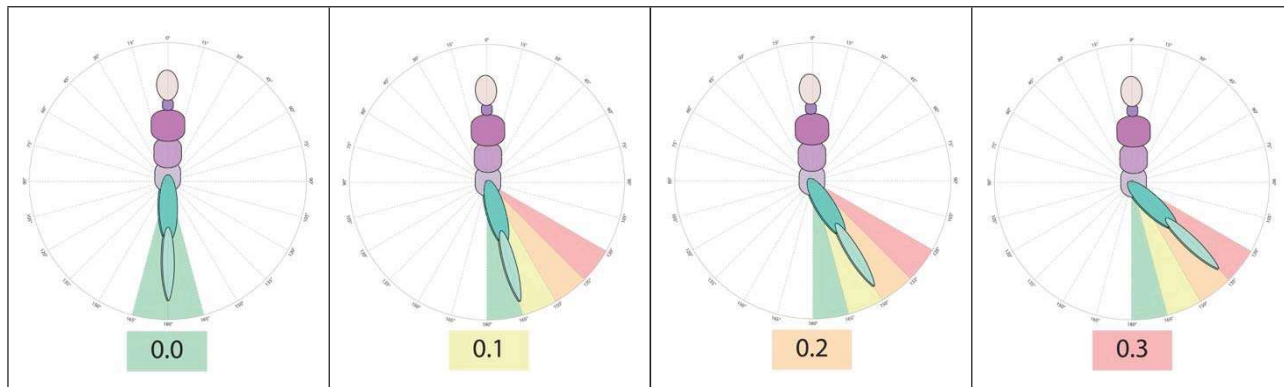
Tucked position



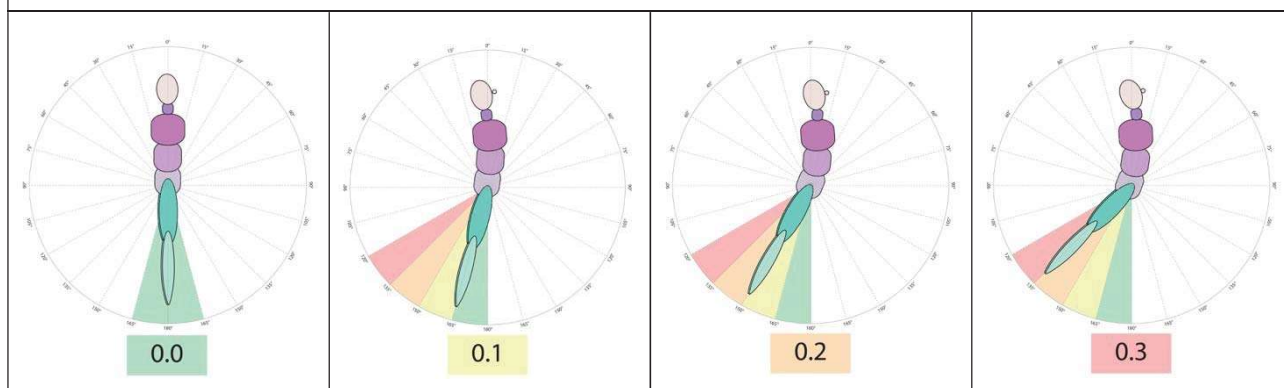
Piked position

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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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Straight position



Straight position

2.2 Twisting (0.3)

The take - off phase must be clearly shown and the twist must be completed in due time before landing (at latest 30° from vertical). A combination of the deductions could be given up to the maximum 0.3.

- Starting the twist too early	per gymnast / element	X	X	---
- Finishing the twist too late in the air		X	---	---
- Under or over rotating the twist when landing		30° - 45°	45° - 90°	---

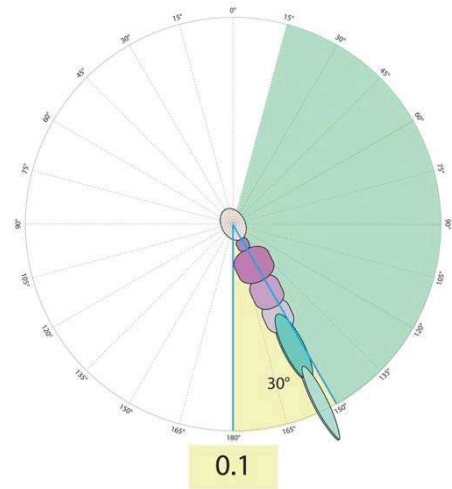
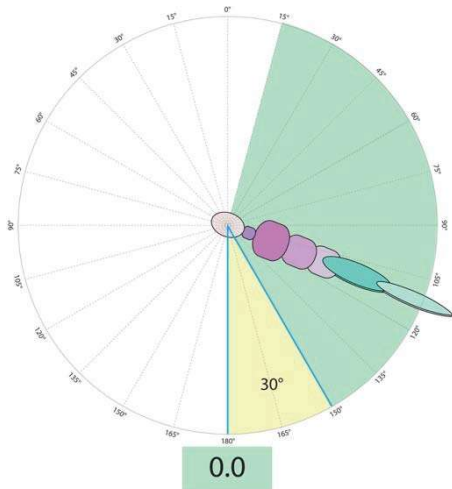
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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.3 Extended body position before landing (0.2)

Before landing, the gymnast must show an extended body position (last element in tumble). This is preferably at horizontal or earlier, but at the latest 30° from vertical. If the extended body position is reached earlier, it must be kept until at least horizontal position. After showing the extended position, it is allowed to prepare for landing (at horizontal at the earliest).

- Late opening / early opening but not kept until horizontal position	per gymnast	X	---	---
- No opening		---	X	---



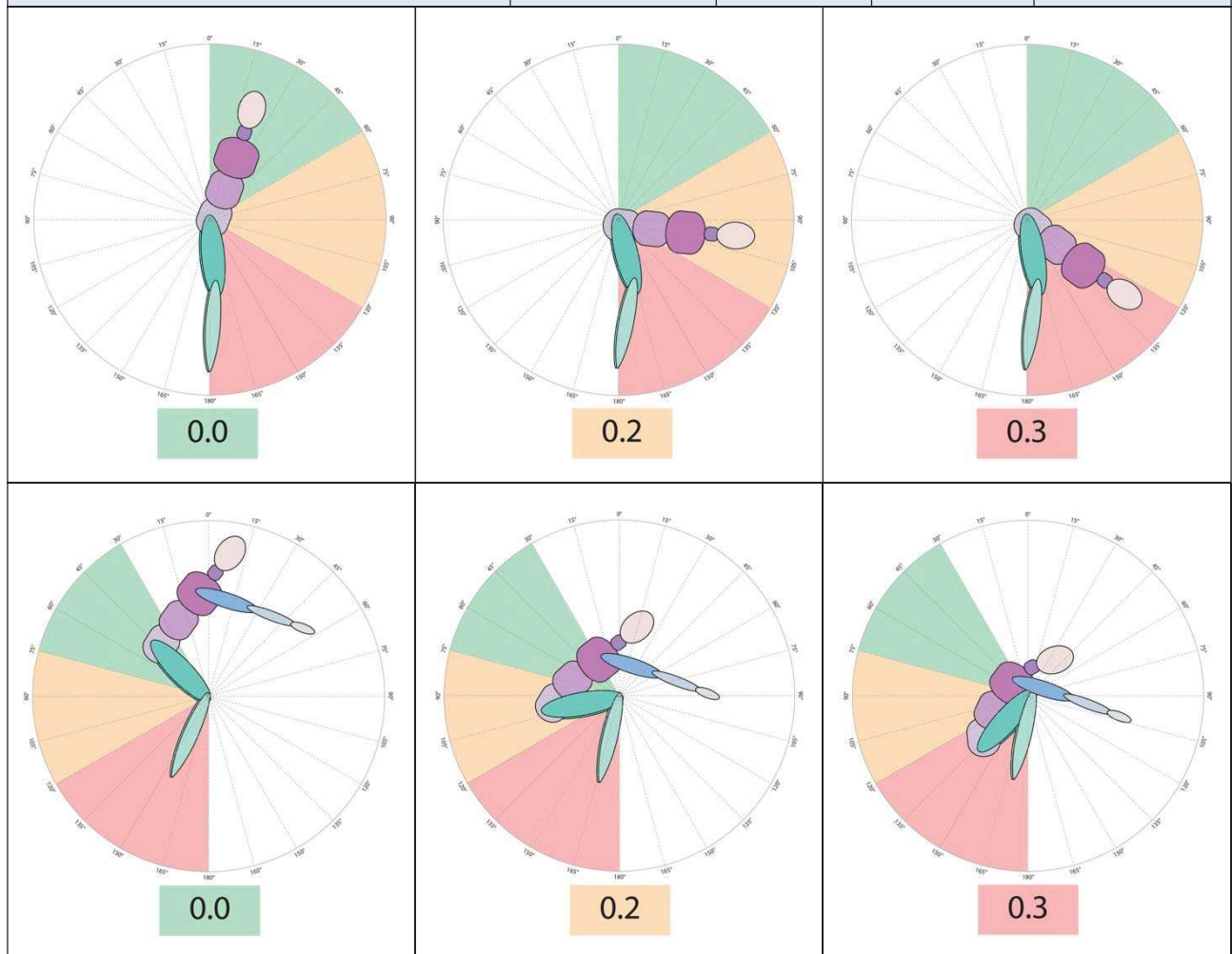
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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.4 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed.

<ul style="list-style-type: none"> - Leaning position - Hips/knees bending $\geq 90^\circ$ up to a deep squat 	per gymnast	---	X	X
		---	X	X



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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.5 Control in Landing (1.5)

The landing must be controlled and may continue moving in the direction of tumble, under control. Light touching is sweeping the mats with your hand or knee with almost no weight on it. Touching with any part of the soles of both feet is defined as the limit of landing feet first. The sole means the bottom part of your foot, especially the part you walk or stand on. This includes the underside of the toes.

- Loss of control	per gymnast	---	X	---
- Light touching with one hand/one knee		---	---	X
- Light touching with two hands/two knees		---	---	0.5
- Falling (sitting, rolling, etc.)		---	---	0.8
- Not landing feet first (no DV)		---	---	1.5

2.6 Coaches' Actions (1.5)

A compulsory coach standing in is only there to react in case of dangerous situations, not to draw attention to themselves. The coach is there to avoid injury to the gymnasts and not to stop gymnasts from falling over. All supportive actions that touch the gymnast are deductible. There is a difference between support and helping the gymnast to achieve the element.

The maximum deduction is used for helping the gymnast to achieve the element by providing the necessary rotation and/or height.

- Supportive action that touch the gymnast	per gymnast / each time	---	---	0.8
- No action in dangerous situation, mainly in case of serious injury risk (neck, back, spine)		---	---	1.5
- Helping the gymnast to achieve element (no DV)		---	---	1.5

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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.7 Streaming (0.1)

Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time. On Tumble the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element.

- Irregular streaming/ lack of streaming	per gymnast each time	X	---	---
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2.8 Jogging back together between Rounds (0.4)

Gymnasts must jog back to the run up after each round. They must return together.

- Not jogging back	per team for each round	---	---	0.4
- Not returning together		---	---	

2.9 Special deductions

2.9.1 Running through (3.0)

In case a gymnast is running through without performing any valid elements there will be a deduction (e.g. triple salto with blind landing on trampet). In this case, there are no other execution deductions taken.

- Running through	per gymnast	---	---	3.0
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2.9.2 Wrong number of gymnasts (3.0 per missing/extra gymnast)

In case there are too few or too many gymnasts performing or there are not three male and three female gymnasts in a mixed team, there will be a deduction.

- Wrong number of gymnasts				
More than 6 or less than 6 gymnasts	per wrong number of gymnast	---	---	3.0
More or less than 3 men and less or more than 3 women in the mixed team		---	---	

Examples: 2 men and 4 women will be deducted $1 \times 3.0 = 3.0$ (one woman should be replaced by a man)
 5 men and 1 woman will be deducted $2 \times 3.0 = 6.0$ (two men should be replaced by two women)
 3 men and 2 women will be deducted $1 \times 3.0 = 6.0$ (one gymnast/woman is missing)

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3 Tumble

Tumble Faults	Application	0.1	0.2	0.3 or more
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3.1 Body Shape for elements other than saltos (0.2)

Elements like round off, flic flack and handspring (not the saltos) must be performed with a clear and defined body shape, with feet and legs kept together when appropriate, as well as feet pointed. It is possible to deduct for both head and feet errors.

- Hip and knee angle faults	per gymnast / element	X	X	---
- Split/crossed legs, head or feet errors		X	---	---

3.2 Momentum (0.3)

The gymnast must keep the momentum until the final landing. The kinetic energy can be transferred between rotation, speed and height. Loss of momentum is deducted from minor to major, maximum deduction 0.3 is applied when the gymnast is almost standing still.

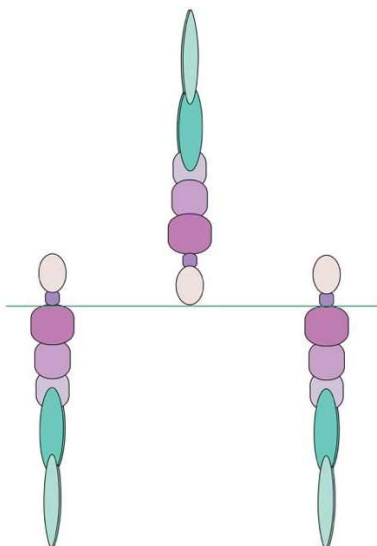
- Loss of momentum	per gymnast	X	X	X
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3.3 Height of the Final Salto Forwards (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a straight salto.

The height of the salto should be no lower than the shoulder height of the standing gymnast when the body is upside down at the highest point. The standing height is measured from the top of the landing mat.

- Too Low	per gymnast / element	---	X	---
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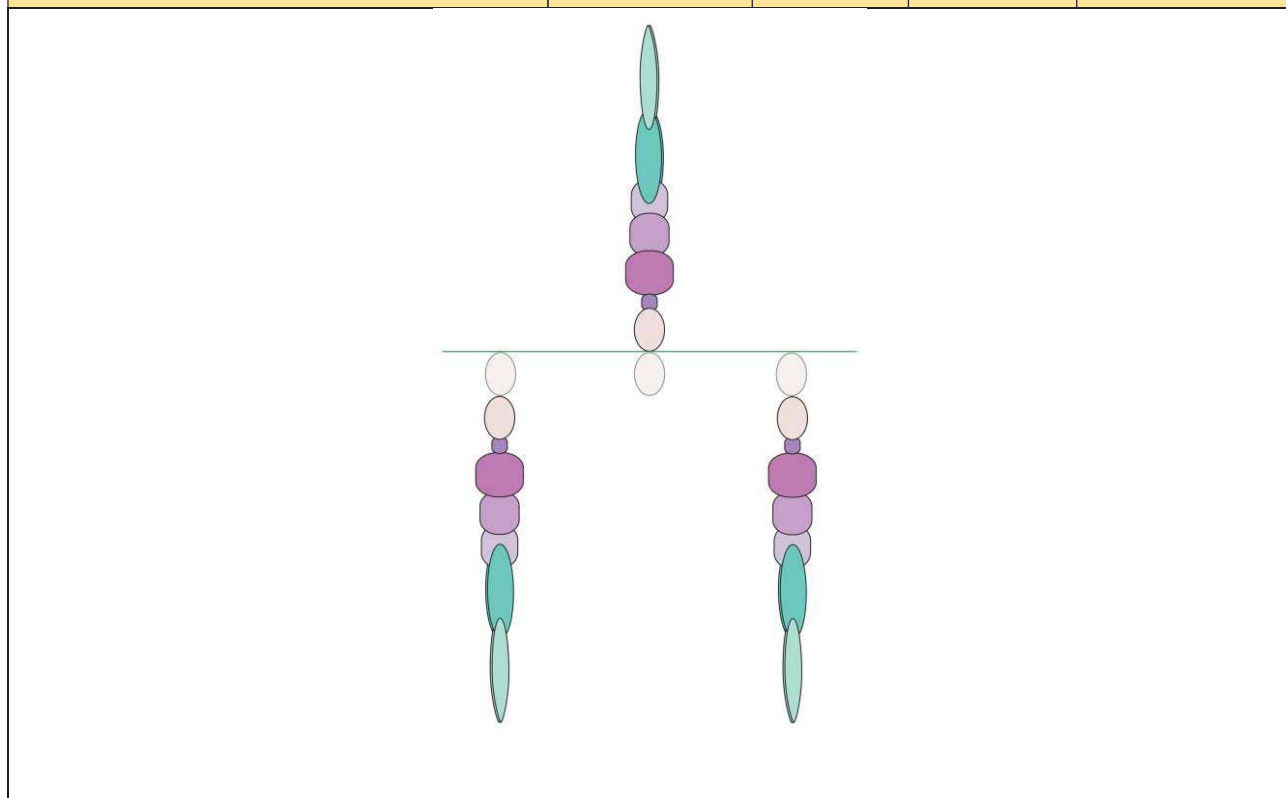
Tumble Faults	Application	0.1	0.2	0.3 or more
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3.4 Height of the Final Salto Backwards (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a straight salto.

The gymnast's head must be above the top of the gymnast's standing head height, plus one head. The standing height is measured from the top of the landing mat.

- Too Low	per gymnast	---	X	---
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3.5 Length of the final Salto (0.1)

The maximum length of the salto, is the height of the salto.

- Too long	per gymnast	X	---	---
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3.6 Landing the last element in the landing area (0.3)

Gymnast must land the last element in the landing area. The tape connecting the landing area to the tumble track is part of the landing area. At least part of both feet must be present in the landing area.

- Not landing the last element in the landing area	per gymnast	---	---	X
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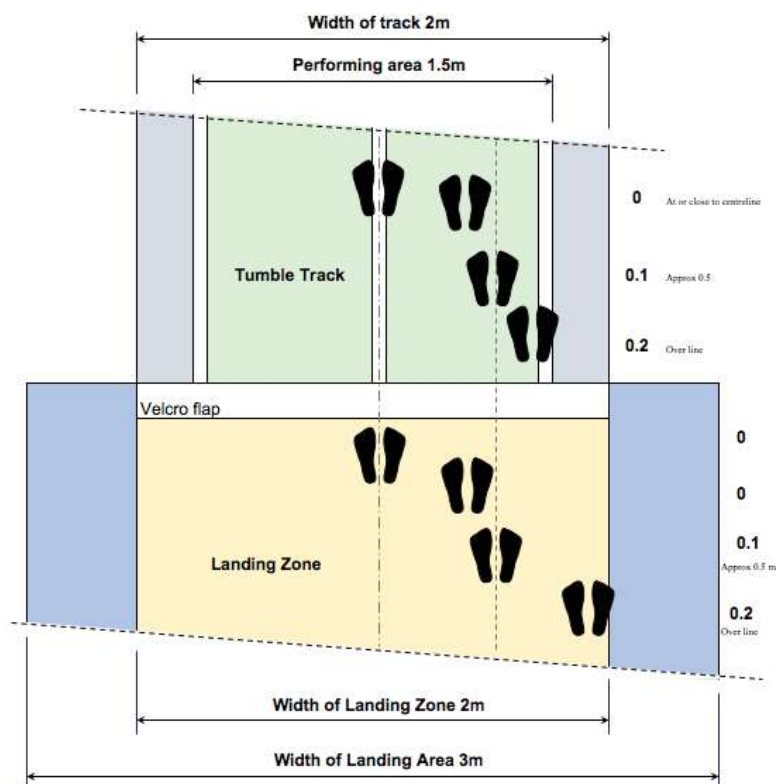
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Tumble Faults	Application	0.1	0.2	0.3 or >
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3.7 Performing along the Centre Line (0.2)

Elements should be performed along the centre of the track and landing area. The deduction could be taken both when deviating on the track and on the landing area (max 0.2).

- For not performing along the centre line	per gymnast	>0.5 m	Outside the performing area or Landing Zone	---
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3.8 Special deductions (2.0)

In case a gymnast is performing fewer valid elements than required (usually three) in the series, there will be a deduction. In the junior competition, where one round may contain only two elements, the deduction for missing element is based on having less than two elements in that round.

- Missing element in the series	per missing element	---	---	1.0
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4 Trampet

Trampet Faults	Application	0.1	0.2	0.3 or >
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4.1 Contact with the vault (0.6)

At the point of leaving the vault there should be extension in the body, including legs, shoulders and arms. This is deductible if less than 135° in any of the joints (knees, hips, shoulders, arms).

There must also be a visible lift from the hands off the vault. No lift off or just touching the vaulting table with hands will receive a maximum deduction.

Blocking in the handspring/Tsukahara allows a change from the horizontal speed to upward direction providing height. The centre of gravity of the body is lifted and the path the body will take is changed.

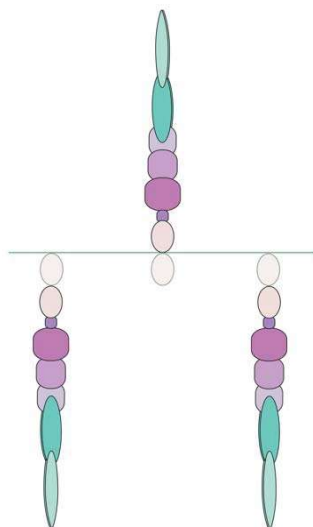
- Not extended body position	per gymnast	---	X	---
- Lack of lift off the vault		---	X	---
- No visible lift off the vault		---	---	0.4

4.2 Height of the Salto (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a straight salto.

Saltos should be above the top of the gymnast's standing head height, plus one head. The standing height is measured from the top of the landing mat.

- Too Low	per gymnast / element	---	X	---
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4.3 Length of the Salto (0.1)

The maximum length of the salto, is the height of the salto.

- Too Long	per gymnast	X	---	---
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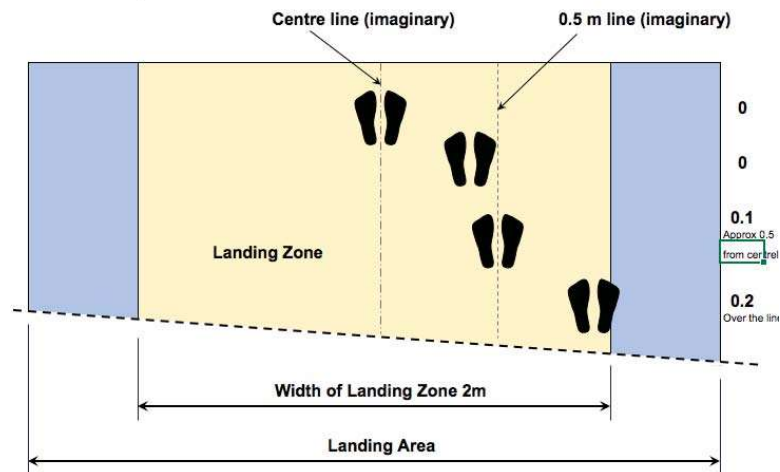
UEG TeamGym Code of Points 2017 - 2021

Trampet Faults	Application	0.1	0.2	0.3 or >
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4.4 Landing on the Centre Line (0.2)

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

- For not landing along the centre line	per gymnast	>0.5 m	Outside the Landing Zone	---
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CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____ Judge Initial _____

Squad Division (circle one): Open Female Open Male Mixed HUGS Unified

2020~23

INSTRUCTIONS:

Coaches must fill out above, initial on the left column your choices, and turn in to judges (one copy for each judge).

TUMBLING – Level 1 Performs one tumbling pass (either option A or B). All athletes on squad perform the same pass.

Option A: From stand facing forward – ft. roll - ft. roll- straight jump* ft. roll -ft. roll – straight jump with full twist-finish. Last athlete will stick hold, finish and salute.

Option B: From stand facing forward – ft. roll – ft. roll – straight jump ½ turn – *bk. straddle roll – bk. tuck roll to finish in stand. Last athlete will stick hold, finish and salute.

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes: _____

Difficulty	Composition	Execution	Bonus	Totals
3.0	2.0	5.0	up to +0.5	

D 3	C 2	E 5	bonus	TU Score

VAULT – Level 1 competes one vault drill. All athletes on squad perform the same vault.

_____ Straight Jump on Straight Jump off _____ Straight Jump on Tuck Jump off _____ Straight Jump on Star Jump off

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes: _____

D 3	C 2	E 5	bonus	VT Score

MINI-TRAMP – Level 1 Performs 1 MT pass. All athletes on squad perform the same jump from the following choices:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 1 - 2	9 - 10	11 - 12	13	14

Straight Jump

Tuck Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

Star Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes: _____

D 3	C 2	E 5	bonus	MT Score

FINAL

Head Judge Tabulation: Second judge score: _____ Average score: _____ less HJ deductions: _____ = SCORE: _____ Judge SCORE: _____

Power TeamGym Roster

Level 1

List all Athletes on Squad

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____

8	_____
9	_____
10	_____
11	_____
12	_____
13	_____
14	_____

***** No more than 2 Double Dippers per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster and the Jump Form on double sided paper (one page). If necessary, two pages stapled are acceptable.

Please initial each Double Dipper regardless of which direction they are double dipping. Only two allowed in this level per squad.

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____ Date: _____

INSTRUCTIONS:

Coaches must fill out above, initial on the left column your choices, and turn in to judges (one copy for each judge).

TUMBLING Pass 1 - Compulsory Pass. Level 2 Performs two tumbling passes. All athletes on squad perform the same passes.

From stand facing forward – cartwheel – side chassé – side cartwheel – side chassé – side cartwheel- side chassé –square cartwheel (finish in lunge position facing starting point)
Last athlete will lunge hold, finish and salute.

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

Difficulty		Composition		Execution		Bonus	
3.0		2.0		5.0		up to +0.5	
D 3		C 2		E 5		bonus	
T1 Score							

TUMBLING Pass 2 - May be either Option A or Option B. All athletes on squad perform the same pass.

Option A: From stand facing forward – run 2 or 3 steps hurdle-RO rebound 1/4 turn-step out-*cartwheel-cartwheel-RO rebound with a short run backwards with arms up by ears.
Last athlete will stop hold, finish and salute. No stick required.

Option B: From stand facing forward – step, kick, lunge – donkey kick on hands step down (or HS step down) – chassé – *chassé – donkey kick on hands (or HS step down) – cartwheel - lunge to finish
Last athlete will lunge hold, finish and salute.

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

Difficulty		Composition		Execution		Bonus	
D 3		C 2		E 5		bonus	
T2 Score							

Tumbling (Average) Score:

VAULT – Level 2 competes one vault drill. All athletes on squad perform the same vault.

Run – hurdle – punch board - dive roll with stretched straight shape from board to mat *uphill – then get off mat safely.

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

Difficulty		Composition		Execution		Bonus	
D 3		C 2		E 5		bonus	
VT Score							

MINI-TRAMP – Level 2 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

Tuck Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

Star Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

Pike Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 1 - 2	9 - 10	11 - 12	13	14

Difficulty		Composition		Execution		Bonus	
D 3		C 2		E 5		bonus	
MT Score							

Head Judge Tabulation:	Second judge score: _____	Average score: _____	less HJ deductions: _____	=	SCORE: _____
				FINAL	Judge

Power TeamGym Roster

Level 2

List all Athletes on Squad

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____

8	_____
9	_____
10	_____
11	_____
12	_____
13	_____
14	_____

***** No more than 2 Double Dippers per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster and the Jump Form on double sided paper (one page). If necessary, two pages stapled are acceptable.

Please initial each Double Dipper regardless of which direction they are double dipping. Only two allowed in this level per squad.

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____ Date: _____



CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____ Judge Initial _____

Squad Division (circle one): Open Female Open Male Mixed

2020-23

INSTRUCTIONS:

Coaches must fill out above, initial on the left column your choices, and turn in to judges (one copy for each judge).

TUMBLING Pass 1 - Compulsory Pass. Level 3 Performs two tumbling passes. All athletes on squad perform the same passes.

From stand facing forward – run 2 or 3 steps hurdle – RO – BHS small rebound ½ turn step out – *run 3 steps hurdle – RO – BHS small rebound to both feet – finish. Last athlete will do a larger rebound to a stick hold, finish and salute.

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
			T1 Score

TUMBLING Pass 2 - May be either Option A or Option B. All athletes on squad perform the same pass.

Option A: From stand facing forward – handstand forward roll step out-side cartwheel-*cartwheel turn out-run 3 steps-FHS- rebound then get out of the way. Last athlete, no stick required, finish and salute.

Option B: From stand facing forward – run2 or 3 steps hurdle – RO – BHS small rebound 1/4 turn step out – *side cartwheel-RO rebound with arms up by ears.

Last athlete will run backwards to a stop hold, finish and salute

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
			T2 Score

Tumbling (Average) Score:

VAULT – Level 3 competes one vault drill. All athletes on squad perform the same vault.

Run – hurdle – punch board – straight position - front Flyspring – straight arch position post flight - legs together throughout – upon landing step forward get out of the way.

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
			VT Score

MINI-TRAMP – Level 3 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14

Tuck Jump with stretch before and after shape (angle of thighs at least 90° from vertical).

Straddle Jump with stretch before and after shape (angle of thighs at least 90° from vertical).

Pike Jump with stretch before and after shape (angle of thighs at least 90° from vertical).

Front Tuck Salto with stretch before and after shape.

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
			MT Score

FINAL

Head Judge Tabulation: _____ Second judge score: _____ Average score: _____ less HJ deductions: _____ = **SCORE:** _____ Judge SCORE: _____



Power TeamGym

JUMP FORM

Level 4

CLUB: _____ SQUAD NAME: _____ JUDGE INITIAL _____
 Squad Division (circle one): **Open Female** **Open Male** **Mixed** **2020~23**

TOTAL # of ATHLETES: _____

INSTRUCTIONS:

Coaches must fill out above, initial on the left column your choices, and turn in to judges (one copy for each judge).

TUMBLING Pass 1 - Compulsory Pass. Level 4 performs two tumbling passes. All athletes on squad perform the same passes unless intensifying or kneeling out.

From stand facing forward – run 2or3 steps hurdle – RO – *BHS –BHS – BHS – small rebound then get out of the way. Last athlete will do a larger rebound to stick hold, finish and salute.

Count: _____	Judges Notes:	D 3		C 2	E 5	bonus	T1 Score

TUMBLING Pass 2 - May be either Option A or Option B. All athletes on squad perform the same pass.

Option A: From stand facing forward – run 2or3 steps hurdle – front handspring (FHS) step out – RO - *BHS – BHS – small rebound - get out of the way. Last athlete will do a larger rebound to a stick hold, finish and salute.

Option B: From stand facing forward – run 2or3 steps hurdle – FHS step out-FHS step out-* run 3 steps punch front tuck salto. Last athlete will stick hold, finish and salute.

Count: _____	Judges Notes:	D 3		C 2	E 5	bonus	T2 Score
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Tumbling (Average) Score:

VAULT – Level 4 competes one or two handspring vaults. HIGHEST SCORE COUNTS. Last athlete must stick.

First Handspring

Second Handspring

Count: _____ Judges Notes Vault #1:

Count: _____ Judges Notes Vault #2:

D 3	C 2	E 5	bonus	score 1
D 3	C 2	E 5	bonus	score 2

MINI-TRAMP – Level 4 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

Front salto tuck with stretch position before and after tuck shape.

Count: _____ Judges Notes:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14

D 3	C 2	E 5	bonus	MT Score
-----	-----	-----	-------	----------

FINAL

Judge

Head Judge Tabulation: Second judge score: _____ . Average score: _____ less HJ deductions: _____ = SCORE:

SCORE:



Power TeamGym

JUMP FORM

Level 5

CLUB: _____

SQUAD NAME: _____

TOTAL # of ATHLETES: _____

Judge Initial

Squad Division (circle one): **Open Female** **Open Male** **Mixed**

2020~23

INSTRUCTIONS:

Coaches must fill out above, initial on the left column your choices, and turn in to judges (one copy for each judge).

TUMBLING Pass 1 - Compulsory Pass. Level 5 perform two tumbling passes. All athletes on squad perform the same passes unless intensifying or kneeling out.

from stand facing forward – run 2or3 steps hurdle – RO - BHS – *BHS – back salto tuck - finish . Last athlete will stick hold, finish and salute.

Coach's Choice: Entire squad may substitute _____ back pike or _____ back layout for back tuck salto.

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
-----	-----	-----	-------

T1 Score

TUMBLING Pass 2 - May be either Option A or Option B. All athletes on squad perform the same pass.

Option A: from stand facing forward – run 2or3 steps hurdle – punch front tuck salto step through – *RO – BHS – back salto tuck - finish. Last athlete will stick hold, finish and salute.

Option B: **(2.5 SV)** from stand facing forward – run 2or3 steps hurdle – *FHS - front tuck salto - finish. Last athlete stick hold, finish and salute.

Coach's Choice: Entire squad may substitute _____ back pike or _____ back layout for back tuck salto.

Intensification: Last athlete may substitute pike or layout for tuck back salto

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
-----	-----	-----	-------

T2 Score

Tumbling (Average) Score:

VAULT – Level 5 competes one handspring vault.

Handspring

Count: _____ Judges Notes: Last athlete may add ½ twist in the vault. ½ on or ½ off and may choose to not stream (no deduction).

D 3	C 2	E 5	bonus
-----	-----	-----	-------

VT Score

MINI-TRAMP – Level 5 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14

Count: _____ Judges Notes:

Intensification: Last athlete may add ½ twist (in same shape) and may choose to not stream (no deduction).

D 3	C 2	E 5	bonus
-----	-----	-----	-------

MT Score

FINAL

Head Judge Tabulation: Second judge score: _____ . Average score: _____ less HJ deductions: _____ = SCORE: _____

Judge

SCORE:

Power TeamGym Roster

Level 5

List all Athletes on Squad

1	_____	8	_____
2	_____	9	_____
3	_____	10	_____
4	_____	11	_____
5	_____	12	_____
6	_____	13	_____
7	_____	14	_____

***** No more than 1 Double Dipper per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster and the Jump Form on double sided paper (one page). If necessary, two pages stapled are acceptable.

Please initial each Double Dipper. Only one allowed dipping into each squad and only one dipping out.

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____ Date: _____

Squad Division (circle one): Open Female Open Male Mixed

2020-23

INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices, write your passes for Coach's Choice, and turn in to judges (one copy for each judge).

Difficulty	3.0	Composition	2.0	Execution	5.0	Bonus	up to +0.5
							Totals

TUMBLING Pass 1 - Compulsory Pass. Level 6 Performs three tumbling passes in the following order:

From stand facing forward – run 2 or 3 steps hurdle - RO – Whipback- *BHS – back salto tuck – finish. Last athlete will stick hold, finish and salute.

Count: _____ Judges Notes: **Intensification:** Not allowed.

D 3	C 2	E 5	bonus	T1 Score
-----	-----	-----	-------	----------

TUMBLING Pass 2 - Coaches Choice. *Must be forward tumbling and must indicate asterisk.

(3.0SV) From stand facing forward – run 2 or 3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a tuck position. Last skill must be a salto. Last athlete will stick hold, finish and salute.

(2.6V) From stand facing forward – run 2 or 3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a tuck position. Last skill not required to be a salto. Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 180°) to any salto.

D 3	C 2	E 5	bonus	T2 Score
-----	-----	-----	-------	----------

TUMBLING Pass 3 - Coach's Choice Combo pass. Coaches must indicate asterisk.

Any combination of both forward and backward skills with a minimum of 4 skills total and at least one salto in at least a pike position, with up to one 1/2 twist allowed in the pass, may include a whipback, no more than one bilateral rotation per salto (No double back). Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 180°) to any salto.

BONUS		+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14	
D 3	C 2	E 5	bonus	T3 Score	

Head Judge Tabulation:

FINAL

Judge

second judge score: _____ . Average score: _____ less HJ deductions: _____ =

SCORE:

USA GYMNASTICS CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____ JUDGE INITIAL _____

Squad Division (circle one): Open Female Open Male Mixed
 INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices and turn in to judges (one copy for each judge).

Designate : _____ **two vaults and one trampet** _____ **two trampet and one vault.**
 Teams must complete only 3 passes total. Teams must begin on the apparatus designated for two passes. In the first pass all athletes must complete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

VAULT – Level 6 one handspring required, second vault optional must have 1/2 twist in pre or post flight (must be different). Last athlete will stick hold, finish and salute.

Count: _____
 First Vault (3.0 SV): _____ Handspring _____ 1/2 on _____ or _____ 1/2 off
 Second Vault: (3.0 SV): _____ Handspring _____ 1/2 on _____ or _____ 1/2 off
 Count: _____ Judges Notes Vault #1: _____

Count: _____ Judges Notes Vault #2: _____

TRAMPET – Level 6 one pass required, second pass optional (must be different). Last athlete will stick hold, finish and salute.

Count: _____
 (2.0 SV) _____ Front salto tuck _____ Front salto pike (2.6SV) _____ front salto Layout (2.8 SV) _____ Brani Pike (3.0 SV) _____ Brani Pike (3.0 SV) _____
 (2.0 SV) _____ Front salto tuck _____ Front salto pike (2.6 SV) _____ front salto Layout (2.8 SV) _____ Brani Tuck _____ Brani Tuck _____ Brani Layout _____ Brani Layout _____

Count: _____ Judges Notes MT #1: _____

Count: _____ Judges Notes MT #2: _____

Difficulty	Composition	Execution	Bonus	Sub	Scores	Totals
3.0	2.0	5.0	up to +0.5			
D 3	C 2	E 5	bonus	score 1		
D 3	C 2	E 5	bonus	score 2		VT Score

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L3 - 6	8-9	10 - 11	12-13	14
D 3	C 2	E 5	bonus	score 1
D 3	C 2	E 5	bonus	score 2
FINAL				
Judge				

Head Judge Tabulation: _____ second judge score: _____ . Average score: _____ . less HJ deductions: _____ = SCORE: _____

Power TeamGym Roster

Level 6

List all Athletes on Squad

1	_____	8	_____
2	_____	9	_____
3	_____	10	_____
4	_____	11	_____
5	_____	12	_____
6	_____	13	_____
7	_____	14	_____

***** No more than 1 Double Dipper per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster (one Page) and the Jump Form on double sided paper (one page) for two pages stapled.

Please initial each Double Dipper. Only one allowed dipping into each squad and only one dipping out.

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____

Date: _____



Judge Initial _____

TOTAL # of ATHLETES: _____

SQUAD NAME: _____

Squad Division (circle one): Open Female Open Male Mixed

2020~23

INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices, write your passes for Coach's Choice and turn in to judges (one copy for each judge).**TUMBLING Pass 1 - Compulsory Pass. Level 7 Performs three tumbling passes in the following order:**

From stand facing forward – run 2 or 3 steps hurdle - RO – Whipback- *BHS – back salto layout – finish. Last athlete will stick hold, finish and salute.

Count: _____ Judges Notes: **Intensification:** Not allowed.

Difficulty	Composition	Execution	Bonus	Totals
3.0	2.0	5.0	up to +0.5	
D 3	C 2	E 5	bonus	T1 Score

TUMBLING Pass 2 - Coaches Choice. *Must be forward tumbling and must indicate asterisk.

From stand facing forward – run 2 or 3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a pike position. Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 360°) to any salto, Last athlete may upgrade to a double full and is not required to stream.

D 3	C 2	E 5	bonus	T2 Score
-----	-----	-----	-------	----------

TUMBLING Pass 3 - Coach's Choice Combo pass. Coaches must indicate asterisk.

Any combination of both forward and backward skills with a minimum of 4 skills total and at least one salto in a layout position, with up to one full twist allowed in the pass, may include a whipback, no more than one bilateral rotation per salto (No double back). Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 360°) to any salto, Last athlete may upgrade to a double full and is not required to stream.

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L7 - 8	7 - 8	9 - 10	11	12
D 3	C 2	E 5	bonus	T3 Score

Head Judge Tabulation:

FINAL

second judge score: _____ . Average score: _____ less HJ deductions: _____ = SCORE: _____

Judge

SCORE: _____

USA GYMNASTICS CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____ Judge Initial: _____

Squad Division (circle one): Open Female Open Male Mixed **2020~23**

INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices, write your passes for Coach's Choice, and turn in to judges (one copy for each judge).
Designate : _____ **two vaults and one trampet** _____ **two trampet and one vault.**
 Teams must complete only 3 passes total. Teams must begin on the apparatus designated for two passes. In the first pass all athletes must complete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

VAULT – Level 7 one handspring w/ 1/2 twist required, second vault optional (must be different). Last athlete must stick.
 First Vault (3.0 SV): _____ 1/2 on or _____ 1/2 off _____
 Second Vault:(2.0SV): _____ Handspring or (2.6SV): _____ 1/2 on _____ 1/2 off or (3.0SV): _____ HS full off _____, _____ 1/2-1/2 _____, _____ 1/4-3/4 _____ Tuck Tsukahara
 Count: _____ Judges Notes Vault #1: _____ up to last three athletes may upgrade in twist only, last may choose to not stream.

Difficulty	Composition	Execution	Bonus	Sub	Totals
3.0	2.0	5.0	up to +0.5	Scores	Totals
D 3	C 2	E 5	bonus	score 1	
D 3	C 2	E 5	bonus	score 2	VT Score

TRAMPET – Level 7 one pass required, second pass optional (must be different). Last athlete must stick.
 2.0 SV Front Layout, _____ 2.4 SV Barani Pike, _____ 2.6 SV Barani Layout, _____ 3.0 SV Layout Full _____ 3.0 SV Layout 1 1/2 _____
 2.0 SV Front Layout, _____ 2.4 SV Barani Pike, _____ 2.6 SV Barani Layout, _____ 3.0 SV Layout Full _____ 3.0 SV Layout 1 1/2 _____
 Count: _____ Judges Notes MT #1: _____ last athlete may add more (on shape and twist) and may choose to not stream.

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5	MT Score
L7 - 8	7 - 8	9 - 10	11	12	
D 3	C 2	E 5	bonus	score 1	
D 3	C 2	E 5	bonus	score 2	MT Score

Count: _____ Judges Notes MT #2: _____ last athlete may add more (on shape and twist) and may choose to not stream.
 Head Judge Tabulation: second judge score: _____ . Average score: _____ less HJ deductions: _____ = _____
FINAL Judge SCORE: _____

Power TeamGym Roster

Level 7

List all Athletes on Squad

1	_____	7	_____
2	_____	8	_____
3	_____	9	_____
4	_____	10	_____
5	_____	11	_____
6	_____	12	_____

***** No more than 1 Double Dipper per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster (one Page) and the Jump Form on double sided paper (one page) for two pages stapled.

Please initial each Double Dipper. Only one allowed dipping into each squad and only one dipping out.

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____ Date: _____

INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices, write your passes for Coach's Choice, and turn in to judges (one copy for each judge).

TUMBLING Pass 1 - Compulsory Pass. Level 8 Performs three tumbling passes in the following order:

From stand facing forward — run 2 or 3 steps hurdle - RO — Whipback*BHS-BHS — back salto layout 1/2 or 1/1— finish. Last athlete will stick hold, finish and salute.

Judges Notes: **Intensification:** Entire squad may upgrade BHS to a whipback. Up to 3 whipbacks allowed

Difficulty	Composition	Execution	Bonus
3.0	2.0	5.0	up to +0.5
Totals			
D 3	C 2	E 5	bonus
			T1 Score

TUMBLING Pass 2 - Coaches Choice. *Must be forward tumbling and must indicate asterisk.

From stand facing forward — run 2 or 3 steps hurdle — execute a minimum of 3 skills in the forward direction to include at least one salto in at least a layout position. Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 360°) to any salto.

D 3	C 2	E 5	bonus
			T2 Score

TUMBLING Pass 3 - Coach's Choice Combo pass. Coaches must indicate asterisk.

Any combination of both forward and backward skills with a minimum of 5 skills total and at least one salto in a layout position with at least a 1/2 twist, with up to a double full twist allowed in the pass, may include a double back salto (only 3 skills required if one is a double back). Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 360°) to any salto.

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14

D 3	C 2	E 5	bonus
			T3 Score

Head Judge Tabulation:

FINAL

second judge score: _____ . Average score: _____ less HJ deductions: _____ = _____

SCORE:

CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____ Judge Initial _____

2020-23

INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices, write your passes for Coach's Choice, and turn in to judges (one copy for each judge).
Designate : _____ **two vaults and one trampet** _____ **two trampet and one vault.**
 Teams must complete only 3 passes total. Teams must begin on the apparatus designated for two passes. In the first pass all athletes must complete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

VAULT – Level 8 one handspring w/ 1/2 twist required, second vault optional (must be different). Last athlete must stick.
 ■ First Vault (2.0 SV): _____ 1/2 on 1/2 off _____ HS full off _____ 1/2on -full off (3.0SV): _____ Tuck Tsukahara _____ Pike Tsukahara (3.0SV): _____ Layout Tsukahara _____ FHS front tuck _____ Pike Tsukahara
 _____ Second Vault (2.0 SV): _____ 1/2 on 1/2 off _____ HS full off _____ 1/2on -full off (3.0SV): _____ Tuck Tsukahara _____ Pike Tsukahara (3.0SV): _____ Layout Tsukahara _____ FHS front tuck _____ Pike Tsukahara
 Count: _____ Judges Notes Vault #1: _____

Difficulty	Composition	Execution	Bonus up to +0.5	Sub Scores	Totals
D 3	C 2	E 5	bonus	score 1	
D 3	C 2	E 5	bonus	score 2	VT Score

TRAMPET – Level 8 one pass required, second pass optional (must be different). Last athlete must stick.

■ (2.0 SV) _____ Brani (2.4 SV) _____ Layout 1/1 (2.8SV) _____ Layout 1 1/2 (3.0 SV) _____ Layout 2/1 _____ Double Front 1/2 out _____ Double Front _____ Brani Double
 _____ (2.0 SV) _____ Brani (2.4 SV) _____ Layout 1/1 (2.8SV) _____ Layout 1 1/2 (3.0 SV) _____ Layout 2/1 _____ Double Front 1/2 out _____ Double Front _____ Brani Double
 (3.0 SV) _____ Double front _____ Brani Double
 Count: _____ Judges Notes MT #1: _____

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L7 - 8	7 - 8	9 - 10	11	12
D 3	C 2	E 5	bonus	score 1
D 3	C 2	E 5	bonus	score 2
FINAL Judge				

Count: _____ Judges Notes MT #2: _____
 Head Judge Tabulation: _____ second judge score: _____ . Average score: _____ less HU deductions: _____ = SCORE: _____

Power TeamGym Roster

Level 8

List all Athletes on Squad

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____

***** No more than 1 Double Dipper per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster (one Page) and the Jump Form on double sided paper (one page) for two pages stapled.

Please initial each Double Dipper. Only one allowed dipping into each squad and only one dipping out.

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____

Date: _____



Power TeamGym

Level 9

2020~23

Club: _____ # Athletes: _____
 Squad Nickname: _____
 City/State _____ Double Dipper? Y / N
 Team Type: Open Female Open Male Mixed

Judge:
Date:
Meet Site:
Leo Color:

◀ Coaches, ▲ Please complete selections denoting which elements your squad will compete. ▼

Difficulty up to 7.0	Composition 2.0	Execution 10.0	Totals out of 19.00
-------------------------	--------------------	-------------------	------------------------

Level 9 TUMBLING Pass 1 - All six athletes must perform the exact same pass.

Write the pass here with values for the three highest elements from the Code of Points:

Difficulty	Composition	Execution	Totals

Judges Notes:

Level 9 TUMBLING Pass 2 - Six athletes. Unlimited intensifications allowed with max 7.0 difficulty combined.

Gymnast 1: _____ Sum of highest 3 values _____
 Gymnast 2: _____ Sum of highest 3 values _____
 Gymnast 3: _____ Sum of highest 3 values _____
 Gymnast 4: _____ Sum of highest 3 values _____
 Gymnast 5: _____ Sum of highest 3 values _____
 Gymnast 6: _____ Sum of highest 3 values _____

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Level 9 TUMBLING Pass 3 - Six athletes. Unlimited intensifications allowed with max 7.0 difficulty combined.

Gymnast 1: _____ Sum of highest 3 values _____
 Gymnast 2: _____ Sum of highest 3 values _____
 Gymnast 3: _____ Sum of highest 3 values _____
 Gymnast 4: _____ Sum of highest 3 values _____
 Gymnast 5: _____ Sum of highest 3 values _____
 Gymnast 6: _____ Sum of highest 3 values _____

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Special HJ Deductions

Avg Total Tumbling

Power TeamGym

Level 9

2020~23



Club: _____ # Athletes: _____
 Squad Nickname: _____
 City/State _____ Double Dipper? Y / N
 Team Type: **Open Female** **Open Male** **Mixed**

Judge: _____
 Date: _____
 Meet Site: _____
 Leo Color: _____

◀ Coaches, ▲ Please complete selections denoting which elements your squad will compete. ▼ Level 9 TRAMPET Pass 1 - All six athletes must perform the exact same element.	Difficulty	Composition	Execution	Totals
	up to 7.0	2.0	10.0	out of 19.00

Vault : Write element _____
 Mini-Tramp: Write element _____

Difficulty	Composition	Execution	Totals
Judges Notes:			

Level 9 TRAMPET Pass 2. _____ Vault _____ Mini-Tramp
 Difficulty determined from Appendices:

Gymnast 1: _____
 Gymnast 2: _____
 Gymnast 3: _____
 Gymnast 4: _____
 Gymnast 5: _____
 Gymnast 6: _____

Squad Difficulty	Composition	Execution	Total
Judges Notes:			
	2.0	10.0	

Level 9 TRAMPET Pass 3. Must be highest difficulty pass. _____ Vault _____ Mini-Tramp
 Difficulty determined from Appendices:

Gymnast 1: _____
 Gymnast 2: _____
 Gymnast 3: _____
 Gymnast 4: _____
 Gymnast 5: _____
 Gymnast 6: _____

Squad Difficulty	Composition	Execution	Total
Judges Notes:			
	2.0	10.0	

Special HJ Deductions	
Avg Total Trampet	

Power TeamGym Roster

Level 9

List all Athletes on Squad

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____

***** No more than 1 Double Dipper per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

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If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____

Date: _____

Power TeamGym

Level 10

2020~23



Club: _____ # Athletes: _____
 Squad Nickname: _____
 City/State _____ Double Dipper? Y / N
 Team Type: **Open Female** **Open Male** **Mixed**

Judge: _____
 Date: _____
 Meet Site: _____
 Leo Color: _____

◀ Coaches, ▲ Please complete selections denoting which elements your squad will compete. ▼

Difficulty Open	Composition 2.0	Execution 10.0	Totals
--------------------	--------------------	-------------------	--------

Level 10 TUMBLING Pass 1 - All six athletes must perform the exact same pass.

_____ Forward _____ Backward _____ Combo

Write the pass here with values for the three highest elements from the Code of Points:

Difficulty	Composition	Execution	Totals
------------	-------------	-----------	--------

Judges Notes:

Level 10 TUMBLING Pass 2 - Six athletes. Unlimited intensifications allowed.

_____ Forward _____ Backward _____ Combo

Gymnast 1: _____

Sum of highest 3 values _____

Gymnast 2: _____

Sum of highest 3 values _____

Gymnast 3: _____

Sum of highest 3 values _____

Gymnast 4: _____

Sum of highest 3 values _____

Gymnast 5: _____

Sum of highest 3 values _____

Gymnast 6: _____

Sum of highest 3 values _____

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total
---------------------	--------------------	-------------------	-------

Level 10 TUMBLING Pass 3 - Six athletes. Unlimited intensifications allowed.

_____ Forward _____ Backward _____ Combo

Gymnast 1: _____

Sum of highest 3 values _____

Gymnast 2: _____

Sum of highest 3 values _____

Gymnast 3: _____

Sum of highest 3 values _____

Gymnast 4: _____

Sum of highest 3 values _____

Gymnast 5: _____

Sum of highest 3 values _____

Gymnast 6: _____

Sum of highest 3 values _____

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total
---------------------	--------------------	-------------------	-------

Special HJ Deductions

Avg Total Tumbling

Power TeamGym

Level 10

2020~23



Club: _____ # Athletes: _____
 Squad Nickname: _____
 City/State _____ Double Dipper? Y / N
 Team Type: **Open Female** **Open Male** **Mixed**

Judge: _____
 Date: _____
 Meet Site: _____
 Leo Color: _____

◀ Coaches, ▲ Please complete selections denoting which elements your squad will compete. ▼

Difficulty Open	Composition 2.0	Execution 10.0	Totals
--------------------	--------------------	-------------------	--------

Level 10 TRAMPET Pass 1 - All six athletes must perform the exact same element.

Difficulty determined from Appendices:

Vault (mini-tramp as rebounding device)? Write element & Difficulty _____

Mini-Tramp? Write element & difficulty _____

Difficulty	Composition	Execution	Totals

Judges Notes:

Level 10 TRAMPET Pass 2. _____ Vault _____ Mini-Tramp

Difficulty determined from Appendices:

Gymnast 1: _____

Gymnast 2: _____

Gymnast 3: _____

Gymnast 4: _____

Gymnast 5: _____

Gymnast 6: _____

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Level 10 TRAMPET Pass 3. Must be highest difficulty pass. _____ Vault _____ Mini-Tramp

Difficulty determined from Appendices:

Gymnast 1: _____

Gymnast 2: _____

Gymnast 3: _____

Gymnast 4: _____

Gymnast 5: _____

Gymnast 6: _____

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Special HJ Deductions

Avg Total Trampet

Power TeamGym Roster

Level 10

List all Athletes on Squad

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

7	_____
8	_____
9	_____
10	_____
11	_____
12	_____

***** No more than 1 Double Dipper per squad.**

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If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire clearance for an exception to the rule. If approved, Meet Referee signature required: _____

Coach Signature: _____

Date: _____



Power TeamGym

Floor Tariff Sheet

CLUB: _____ SQUAD NAME: _____ LEVEL: _____

USA GYMNASTICS

Squad Division (circle one): **Open Female** **Open Male** **Mixed** **Unified** **Judge Initial** _____

Coaches, Meet Director, or Judge must fill out above and turn in to judges (one copy for each judge). **2020-23**

Difficulty (2.0)	L1/L2	L3	L4	L5	L6	L7	L8	BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
Pirouettes	1	1	2, 45°	2, 45°	2, >45°	2, >60°	2, >90°	L 1 - 2	9 - 10	11 - 12	13	14
Jump / Leap / Hops	2	2, leap	2, leap 90°	4, leap 120°	4, leap 135°	4, leap 180°	4, leap 180°	L 3 - 6	8 - 9	10 - 11	12 - 13	14
Balance (Strength/Group)	2, 1 bal	2, 1 bal	4, 1 bal	4, 1 bal	4, 1 bal	4, 2 bal	4, 2 bal	L 7 - 8	7 - 8	9 - 10	11	12
Tumbling	2	2, 1 unison	2, 1 unison	4, 2 unison	4, 2 unison	4, 2 unison	4, 2 unison					
Combinations	1	2	2	2, 1 w/ 3 skills	2, 1 w/ 3 skills	4, 1 w/ 3 skills	4, 1 w/ 3 skills					
Formations	3 / 4	5	5	6	6	8	8					
Time: L1/2 1:00-1:30 L3/4 1:15-1:45 L5/6 1:30-2:00 L7/8 2:00-2:30												

Count: _____

Head Judge Tabulation: second judge score: _____ . Average score: _____ less HJ deductions: _____ = FINAL SCORE: _____	Difficulty (2.0) Composition (3.0) Execution (5.0) Bonus Total SCORE:
--	--



Power TeamGym

HUGS Floor Tariff

CLUB: _____

SQUAD NAME: _____

TOTAL # of ATHLETES: _____

Squad Division (circle one): All HUGS or Unified (equal or majority # of HUGS)

Coaches must fill out above and turn in to judges (one copy for each judge).

Difficulty (2.0)	Level A	Level B
Pirouettes	1	1
Jump / Leap / Hops	2	2
Balance (Strength/Group)	2 (1 bal)	2 (1 bal)
Tumbling	2	2
Combinations	1	2
Formations	3	4

Count: _____

BONUS	+ 0.2
TIME:	9 - 10
	Level A
	Level B

Difficulty (2.0)
Composition (2.0)



Power TeamGym

JUDGE INVOICE

EVENT: _____ CLUB: _____ DATE: ____/____/202__

Head Judge Initial _____

2020~23

SESSION FEES:

Local (in-house) \$70 X _____ sessions = _____
 Invitational \$80 X _____ sessions = _____
 State Championships \$90 X _____ sessions = _____
 Regional Championships \$100 X _____ sessions = _____
 National Championships \$110 X _____ sessions = _____

TRAVEL EXPENSES:

Milage: _____ miles X \$0.60/mile = _____
 Airfare Expense = _____
 Travel Days _____ X \$35 = _____
 Parking Expense = _____
 Toll Expense = _____
 Luggage Fees = _____
 Other Expense _____ = _____
 Hotel Expense = _____

LODGING:

PerDiem: _____
 For meets in which judges are required to be present between 3 - 6 hours (report time to end of meet), per diem payment is \$30
 For meets in which judges are required to be present over 6 hours per day, # of days _____ X \$45 = _____
 The breakdown per meal option:
 Breakfast _____ X \$12 = _____
 Lunch _____ X \$15 = _____
 Dinner _____ X \$20 = _____

JUDGE NAME: _____

JUDGE SIGNATURE: _____

TOTAL = _____

Power TeamGym Floor Content Check Lists for Levels 4 - 5

Level 4	Check	Level 5	Check
(A) Pirouette 1 (full turn, coupe high arms, or passe)		(A) Pirouette 1 (full turn, coupe high arms, or passe)	
(A) Pirouette 2 (full turn, coupe high arms, or passe)		(A) Pirouette 2 (full turn or jump/leap/hop turn)	
(B) Jump Leap Hop 1		(B) Jump Leap Hop 1 (turning jump 90°)	
(B) Jump Leap Hop 2 (must be leap, = or > 90° split)		(B) Jump Leap Hop 2 (must be leap, = or > 120° split)	
(C) Balance 1 (Individual 45°)		(B) Jump Leap Hop 3	
(C) Balance 2		(B) Jump Leap Hop 4	
(C) Balance 3		(C) Balance 1 (Individual 90° or 1 sec handstand)	
(C) Balance 4		(C) Balance 2	
(D) Tumbling (in unison)		(C) Balance 3	
(D) Tumbling		(C) Balance 4	
(E) Combination (counts for both)		(D) Tumbling 1 (in unison assorted skills)	
(E) Combination (counts for both)		(D) Tumbling 2 (in unison, assorted skills)	
Formation 1 (Circle, curved or arched)		(D) Tumbling 3 (BHS or FHS or Tuck by team -1)	
Formation 2 (2 or more groups)		(D) Tumbling 4	
Formation 3		(E) Combination (counts for both, with 3 Skills)	
Formation 4		(E) Combination (counts for both)	
Formation 5		Formation 1 (Circle, curved or arched)	
Time min 1:15, max 1:45		Formation 2 (2 or more groups)	
		Formation 3	
		Formation 4	
		Formation 5	
		Formation 6	
		Time min 1:30, max 2:00	

Notes:

Notes:

Power TeamGym Floor Content Check Lists for Levels 6 - 7

Level 6	Check	Level 7	Check
(A) Pirouette 1 (full turn, on 1 foot > 45°)		(A) Pirouette 1 (full turn, thigh angle > 60°)	
(A) Pirouette 2 (1 1/2 or double turn on 1 foot)		(A) Pirouette 2 (1 1/2 or double turn on 1 foot)	
(B) Jump Leap Hop 1 (turning jump 180°)		(B) Jump Leap Hop 1 (turning jump 360°)	
(B) Jump Leap Hop 2 (must be leap, = or > 135° split)		(B) Jump Leap Hop 2 (must be leap, = or > 180° split)	
(B) Jump Leap Hop 3		(B) Jump Leap Hop 3	
(B) Jump Leap Hop 4		(B) Jump Leap Hop 4	
(C) Balance 1 (Individual)		(C) Balance 1 (Individual 2 sec handstand)	
(C) Balance 2 (90° thigh angle w/o hand supp or 2 sec HS)		(C) Balance 2 (Individual in releve with free leg optional angle)	
(C) Balance 3		(C) Balance 3	
(C) Balance 4		(C) Balance 4	
(D) Tumbling 1 (in unison)		(D) Tumbling 1 (in unison)	
(D) Tumbling 2 (in unison)		(D) Tumbling 2 (in unison)	
(D) Tumbling 3 (Salto by full team - 1)		(D) Tumbling 3 (short series with salto by team-1)	
(D) Tumbling 4		(D) Tumbling 4	
(E) Combination (counts for both, with <u>3</u> Skills)		(E) Combination (counts for both, with <u>3</u> Skills)	
(E) Combination (counts for both)		(E) Combination (counts for both)	
Formation 1 (Circle, curved or arched)		(E) Combination (counts for both)	
Formation 2 (2 or more groups)		(E) Combination (counts for both)	
Formation 3		Formation 1 (Circle, curved or arched)	
Formation 4		Formation 2 (2 or more groups)	
Formation 5		Formation 3	
Formation 6		Formation 4	
Time min 1:30, max 2:00		Formation 5	
Notes:		Formation 6	
		Formation 7	
		Formation 8	
		Time min 2:00, max 2:30	