



2011-2012 TeamGym Regulations

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2011-2012 TeamGym Regulations

Updated: September 6, 2011

I. Goals

- A. Provide a multi-level Junior Olympic program for the development of *Gymnastics for All* (GFA).
- B. Create developmental and competitive levels within the same competition program.
- C. Integrate group performance development and competitive sport.

II. TeamGym Group Competition – Program Description

A. Number of Athletes per Squad

- For Levels 1, 2, 3, 4, 5, 6, and 7 there shall be a minimum of 6 and a maximum of **14** athletes per squad. The judges do the count at the initial presentation of the squad prior to each Event or at each Jump Apparatus.
- For Levels 7-10 there shall be a minimum of 6 and a maximum of 12 athletes per squad.

NOTE: for Group Jump, the count is determined by the smallest number of athletes performing on any one apparatus.

B. Number of active participants

- In Group Jump, a minimum of 6 squad members must perform during all passes for all apparatus.
- 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 and/or pass to the next as long as the minimum number of required performers is met.
- In Group Floor, if there are only 6 squad members, all must perform. If there are 7-14 squad members, **1 may drop out of performing.**

For Levels 1-5

If 5 or less gymnasts perform in any of the apparatus for Group Jump or Group Floor, the deduction is...
2.0 (taken by the Head Judge from the **Final Team Total Score**)

For Levels 6-7 in the 2012 season

If only 5 gymnasts perform in any of the apparatus for Group Jump or Group Floor, the deduction is...
1.0 (taken by the Head Judge from the **Final Team Total Score**)

If 4 gymnasts perform in any of the apparatus for Group Jump or Group Floor, the deduction is...
2.0 (taken by the Head Judge from the **Final Team Total Score**)

C. Bonus Points

- **On Group Floor**, bonus points are awarded to the Group Floor Exercise Event Score based on the table of active gymnasts below.
- **On Group Jump**, Bonus points (as listed below) are based on the SMALLEST NUMBER of performers presented at each of the different apparatus and is added to the Final Group Jump Score.
Example for a Level 5 squad that consists of a total of 15 gymnasts: 14 perform at Tumbling, 12 perform at Vault, **7 perform at Mini-tramp...**
- **Bonus = 0.0 added to the Final Group Jump Event Score**

Levels 1-6: **6-8** squad members – bonus = + 0.0

Levels 1-6: **9-12** squad members – bonus = +0.1

Levels 1-6: **13-14** squad members – bonus = +0.2

NO Bonus is given based on squad size for Levels 7-10 = +0.0

D. Dress

Judges

- Dress appropriately (business casual or in neat sportive apparel).

Coaches

- Coaches must wear matching sportive attire.
- Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes: Jewelry, watches and rings. Loose items such as belts and suspenders. Unsecure hair grips. Lanyards (accreditation or other).

Gymnasts

- A neat and proper athletic appearance should be the overall impression.
- The dress must be identical for members of the same team, with some exceptions for mixed teams.
- The wearing of gymnastics footwear is optional on each discipline, but if chosen must be worn by the entire team for the Floor program.
- Bandages are permitted. However, they must be securely fastened and of a non-intrusive color. (This includes joint supports).
- No jewelry may be worn by gymnasts with the exception of one pair of stud earrings (one in each ear).
- Body paint is not allowed. (Tattoos are not deductible).
- Loose items such as belts, suspenders/braces and laces are not allowed.
- Hair grips must be secure and safe.
- Decorated hair grips (slides) are classified as jewelry.
- **Men** – Gymnasts may wear a leotard, gymnastics unitard or a gymnastics sports shirt, with either a pair of athletic shorts* or long 'trousers' that are not baggy or loose. The top of the men's attire must not have an open cut below the shoulder blade. For USA Levels 1-6, T-shirts and athletic shorts* 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. "Basketball" or similarly styled shorts are not acceptable and will result in an apparel deduction.
- **Women** – Gymnasts must wear sportive, non transparent leotards with no loose parts. The neckline of the front and back of the leotard must be proper, that is 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 two (2) cm and narrow straps are not allowed. The length of the arms is optional, as well as the length of the legs of unitards and leggings (skin tight over whole leg – not baggy at all). The leggings may be worn over or under the leotard.
- **Open Girls or Open Boys Divisions** – The women and men in these divisions should follow the gender specific rules as above respectively. The women's and men's apparel does not have to be identical; however, the color scheme should match or compliment.
- **Mixed** – The women and men should follow the gender specific rules as above respectively. The women's and men's apparel does not have to be identical, or even similar. However, all women have to be identical and all men have to be identical – for example, women can wear one color and men can be another.
- Props, hand apparatus and costumes are not appropriate for TeamGym competition.

III. Participant Regulations

A. Gender Groupings and Groupings for Athletes with Disabilities or Special Needs (ADSN)

Mixed Division – The Mixed squad category must consist of 50% (± 1) male and female squad members. The ideal composition is 50/50. However, if there are an odd number of squad members, one of the gender groupings may have an additional person.

Examples: [3F+3M], [4F+4M], [5F+5N], [6F+6M]
 [3F+4M], [4F+5M], [5F+6M] OR, [3M+4F], [4M+5F], [5M+6M]

Open Female Division – Squads that are predominantly female in composition shall compete together. The squad may consist of all female athletes or include male participants. Squads with at least two (2) more female athletes than males will be categorized as in the Open Female Division.

Open Male Division – Squads that are predominantly male in composition shall compete together. The squad may consist of all male athletes or include male participants. Squads with at least two (2) more male athletes than females will be categorized as in the Open Male Division.

Squads may also be composed solely of Athletes with Disabilities or Special Needs (ADSN) or UNIFIED, consisting of male and/or female athletes working together with ADSN participants.

For the squads that have 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 a higher skill level. These Unified Partners may be from any TG competition Level and are NOT officially considered “Double-Dippers”.

B. Double-dippers (DDs) – i.e., athletes participating in more than one squad.

The number of DDs joining a squad from a squad of the same or different Level is limited to the numbers as listed in the table below.

All Double-Dipping deductions are taken by the Head Judge from the Final Team Total Score

Number of DD's permitted			
Squad size	ADSN	Levels 1-2 (achievement)	Levels 3-6 (competitive)
6-10	Does not apply	2	1
11-14			2

For all Levels, any particular athlete may only participate as squad member in 2 squads.

DDs may move up or down ONE (1) Level only.

Example: There would be a deduction for a L3 gymnast to DD down to L1 or to DD up to L5.

- SQUAD competes utilizing an excess number of double-dippers: 1.0
- Individual athlete competes on more than two squads... 1.0
 This deduction is taken from ALL the athlete's squad Team Total Scores)
- Individual athlete competes on squads with a Level distance >1 1.0
 This deduction is taken from ALL of the athlete's squad Team Total Scores
- The highest DD deduction that can be taken for any one squad is... 2.0

DD's as Unified Partners for ADSN Squads

Unified Partners that are members of an ADSN squad are NOT considered to be Double-Dippers. Their participation with the ADSN squad does not affect their DD status for other squads.

NOTE 1: It is the responsibility of the competition Meet Director to check the entry forms to determine if any squads have submitted registrations for an excess number of double-dippers and then inform the coach or Group Leader that they will need to readjust their registration list. On the day of the competition, the Meet Director will again verify that none of the squads are using an excess number of double dippers. If coach decides to continue to use the excess number(s), the Meet Director will so inform the Head Judge to make the appropriate deduction to the squad's final team score.

NOTE 2: 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 “double-dipper’s when organizing the timed warm-up or the draw for competition order.

Exceptional Circumstances

Clubs have the ability to submit a written petition to Steve Whitlock, GfA Director, if they believe that they have a compelling reason or particular and unusual circumstance that warrants an exception to the DD rules above for a particular competition. Should the petition be approved, Whitlock will so inform the petitioning Club Coach and the Competition Director IN WRITING.

C. Competition Levels and USA Gymnastics Membership Requirements

All athletes participating in a USA Gymnastics sanctioned competition must have the appropriate and valid USA Gymnastics Membership as described below.

Ten Levels are put forth within the TeamGym Junior Olympic/National Program:

Level 1	Introductory 1	Introductory or Athlete Membership
Level 2	Introductory 2	Introductory or Athlete Membership
Level 3	Junior Olympic Intermediate 1	Introductory or Athlete Memberships
Level 4	Junior Olympic Intermediate 2	Introductory or Athlete Memberships
Level 5	Junior Olympic Advanced 1	Athlete, or Jr. Pro. Memberships
Level 6	Junior Olympic Advanced 2	Athlete, or Jr. Pro. Memberships
Level 7	Junior Olympic National 1	Athlete, Jr. Pro., or Professional Memberships
Level 8	Junior Olympic National 2	Athlete, Jr. Pro., or Professional Memberships
Level 9	National Elite 1	Athlete, Jr. Pro., or Professional Memberships
Level 10	National Elite 2	Athlete, Jr. Pro., or Professional Memberships

- **Proof of membership (USAG#) must be submitted with final registration for all USAG sanctioned competitions.**
- **Athletes and coaches should be prepared to visibly present their current USAG member card at all sanctioned competitions.**
- **Competing in a competition without a valid membership can result in all scores related to the individual’s participation being voided and all award placements nullified.**

One additional Level is recognized at the International Elite Level and follows rules established by an International governing body.

D. Age Requirements

The minimum age requirement is 5 years. 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**

E. Age Groupings

As TeamGym grows throughout the USA, we need to be prepared to offer competitions within different age divisions in order to accommodate the increased interest in TeamGym as well as to organize efficient competitions.

On the local, regional, and national levels, the Competition Directors have the ability to create age divisions. Listed below is one scheme that might be used for creating age divisions.

Novice:	5-10 years	International:	18+ years
Child:	10-14 years	Open Division:	mixed ages
Junior:	14-16 years	Special Needs Athletes	
Senior:	16+ years		

In the simplest scenario for a small competition, a Meet Director might provide awards for the Open Division (mixed) age group only. Another Meet Director might want to host a competition just for the Novice and Children’s divisions. There is no set rule here. However, it is up to the Meet Director to clearly communicate these details when promoting the competition so that the Clubs understand the participation requirements.

An example: For the 2011 TeamGym Nationals at Universal Studios in California, we were faced with the problem of having 14 L3 squads. This is not an efficient number of squads to compete in one session using the warm-up/compete format.

After much discussion regarding alternatives, we were able to identify a L3 10 year and under Division and a L3 11 year and older division. We determined the “age” of each squad by averaging the age of all squad members using their age on their birthday in 2011.

Please contact Steve Whitlock if you'd like to discuss incorporating TeamGym age group divisions in your area. Steve's phone: 317-409-7345; Email: swhitlock@usagym.org

IV. Coaching Regulations

A. USA Gymnastics Membership

1. All coaches within the field of play must have a valid USA Gymnastics Membership.
2. Each registered **Level 1, 2, 3 and 4** TeamGym squad must have at least one (1) coach of their two required coaches who is a current *Gymnastics for All* (GFA) Professional Member of USA Gymnastics in good standing. Additional coaches/spotter(s) must have an acceptable USA Gymnastics membership such as Introductory Coach, Jr. Pro, or Pro membership.
3. Each registered **Level 5-10** TeamGym squad must have at least two (2) coaches who are current GFA Professional Members of USA Gymnastics in good standing. USAG Jr. Pro Members may serve as additional assistant coach/spotters.
 - **Proof of membership (USAG#) must be submitted with final registration for all USAG sanctioned competitions.**
 - **Athletes and coaches should be prepared to visibly present their current USAG member card at all sanctioned competitions.**
 - **Competing in a competition without a valid membership can result in all scores related to the individual's participation being voided and all award placements nullified.**

B. Coaches obligations

1. ALL designated coaches on the floor must be USA Gymnastics member in good standing.
2. Follow the USA Gymnastics Code of Ethics.
3. Be professional
 - a) Display good sportsmanship.
 - b) Dress in appropriate attire that reflects the best image of gymnastics.
 - c) Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
4. Attend all coaches' meetings and be familiar with the meet set-up and organization.
5. Be present at all warm-up and competition sessions. Check the time of floor exercise music audio cassettes/CD on the official cassette/CD player prior to competition, and report any problems to the Meet Referee.
6. Be respectful of and responsible for his/her athletes at all times during the travel to and from the competition, at the training prior to competition, during the off hours, and during the competition itself.
7. Follow all official guidelines for the competition and the GFA/TG Regulations, including entry requirements.
8. Update coaching knowledge & experience on a planned regular basis, by means of study, review of films, attending workshops, & participating in clinics, etc.
9. Treat all competitions the same, regardless of the skill level.
10. Set an example for the athletes by displaying a positive attitude and exemplary conduct. Constant criticism of officials gives a negative perspective of the sport.
11. Show respect for all gymnasts, coaches, judges, and meet personnel.
12. Coach gymnasts from their own team only, unless another coach asks for assistance and/or no coach is available.
13. 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.
 - a) Refrain from approaching a judge directly prior to, during, or at the conclusion of the competition. The proper channel is to direct all inquiries through the Meet Director or (as specified) to the Meet Referee.
 - b) Instruct their gymnasts and parents to discuss any concerns they may have with the coach.
14. Inform the gymnasts and parents of all competitive requirements, as well as rights and obligations.

15. 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.
16. Show respect for the United States flag and the National Anthem.

C. Professional Member Behavior Policy at USA Gymnastics Sanctioned Events

1. Unacceptable coach behavior can be defined as:
 - a) Verbal, emotional, sexual, or physical abuse of the gymnast.
 - b) Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the R&P.
 - c) Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed club coaches, or USA Gymnastics credentialed personnel).
 - d) Derogatory remarks to the press in regards to USAG, its designated representatives, meet officials or personnel.
2. Such above described behavior will be penalized as follows:
 - a) First Offense: Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics.
 - b) Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).

V. Judging Regulations

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 and Background check.

- **Proof of membership (USAG#) must be submitted with final registration for all USAG sanctioned competitions.**
- **Judges should be prepared to visibly present their current USAG member card at all sanctioned competitions.**

B. Judges Qualification

1. Qualified TeamGym judges are required for all USAG sanctioned events.
2. It is STRONGLY RECOMMENDED that a **minimum** of two (2) judges be used. In the case of very small, local competitions, one judge may be used.
3. For Invitational and Championship events, it is STRONGLY RECOMMENDED that a minimum of four (4) judges be used – two for Group Floor Exercise and two for Group Jump Activities.
4. Judges are required to successfully complete and pass the online Judge's examination in order to officiate at USAG sanctioned competitions.

See: <http://spreadsheets.google.com/viewform?formkey=cEpHUHRFSzVLCjY4VFgwNWF4aHJTUUE6MA>
OR) http://www.usa-gymnastics.org/group/pages/teamgym_judge_list.php

The current list of qualified and eligible judges is posted on the USAG web site at:

http://www.usa-gymnastics.org/group/pages/teamgym_judge_list.php

NOTE: (Aug. 15, 2011) The 2012 TeamGym Judge Examination is not yet available, but will be available soon! All of the TeamGym Judges who successfully completed the 2011 TeamGym Judging Examination are still eligible to judge upcoming 2012 competitions. Once the new exam is posted, there will be a grace period for all of the judges to take the new examination.

5. For the 2012 TeamGym Nationals, the judging panels will consist of a minimum of two judges per panel, one of whom is designated as the Head Judge for that event and a Judging Referee to oversee both panels.
6. Passing the exam is the first step in building the judges' credentials.

C. Judges obligations

1. Maintain their USA Gymnastics Professional Membership and visibly display their USAG Professional membership card on their person at all sanctioned competitions. A confirmation paper from Member Services copied from the web site is valid proof of membership.
2. Maintain Judges' Qualification ratings and active status requirements for the appropriate level of competition.
3. Follow the *USA Gymnastics Code of Ethics*.
4. Be professional.
 - a) Dress appropriately (business casual or in neat sportive apparel).
 - b) Be mentally & physically prepared and rested so that the evaluations be as accurate as possible.
 - c) Be quick, cooperative and efficient in resolving differences during a conference.
 - d) Remain at their event station until the entire competition is completed.
5. The meet referee should serve in the sole capacity of an official during warm-ups and competition. They should not act in a dual capacity (i.e., coach/judge, parent/judge, etc.).
6. Be familiar with the meet setup and organization.
7. 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.
8. Refrain from conversation with other judges and coaches during the competition.
9. The judges' responsibility does not involve the conduct of the gymnast(s) during warm-up or training. Conversations/comments with the athlete should be made only if requested by the coach or athlete.
10. Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
11. Be confidential about meet matters, scores, their own or other judges' scores or opinions.
12. 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.
13. Treat all competitions the same, regardless of skill level.
14. Avoid judging a meet in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect their ability to judge objectively.
15. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
16. Show respect for the United States flag and the National Anthem—teach young people by example.
17. Judges should report 30 minutes prior to march-in for local and invitational competitions, unless otherwise specified by the Meet Referee or Meet Director.
18. Each judge must be ready to explain his/her deductions & justify his/her score to the Judging Panel.
19. Seating Arrangement – The judges must sit in a position, which affords a correct and undisturbed view of the team's performances, within reasonable distance of each other.
20. Head Judge Duties
 - Lead the judges meeting before the competition in each section.
 - Signal the start of the program (or Jump apparatus) with a green flag.
 - Decide whether the interruption of the program was caused by the team or a technical matter.
 - Inform the Judging Panel of any change in difficulty value.
 - Control the scores of the judges, the difference between the scores and calculate the Final Score.
 - Call the judges to a meeting in the case of an unallowable score difference or other problems.
 - 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. The Head Judge Deductions are recorded on the Head Judge Deduction Form, which is passed to the Secretary.
 - Be a member of the Competition Jury in their respective discipline.

D. Judging Fee Guidelines

1. Session Fees – (per session)

- a) Local (in-house) \$50
- b) Invitational \$60
- c) State \$70
- d) Regional or National \$80

NOTE: It is permissible for multi-session competitions, for the Meet Director to negotiate a day rate.

2. Meal Expenses (*per diem*)

- a) Meet host may choose to provide all (or some) of the meals... or pay an “all” or partial *per diem*.
- b) *per diem* – For meets in which judges are required to be present between three to eight hours (report time to end of meet), per diem payment is now \$20. For meets in which judges are required to be present over eight hours the per diem payment is now \$30.
For travel days, judges receive \$20.

3. Travel Expenses

- a) USAG mileage is as posted on the USA Gymnastics web site – a printout of MapQuest mileage or other such mapping service documentation is preferred for determining the correct mileage along with accurate odometer readings.
- b) If the judge “shares a ride” the amount reimbursed will be proportional.

4. Accommodations

- a) With prior agreement the Meet Host may assist with accommodations as necessary.
- b) If judge “shares” a room, he/she is reimbursed proportionally.

E. Judges for the TeamGym National Championships

1. Selection of judges for the 2012 TeamGym National Championship will be by invitation only. The following criteria will be used in the selection of judges:
 - a) Successful completion of the TeamGym Judges Certification examination,
 - b) Judging experience during the 2011-2012 season, and
 - c) Coaches' recommendations.
 - d) Comparable credentials that meet or exceed the above for invited “guest” judges from FIG Member Federations.
2. Final selection and assignment will be based on the results of the judges' participation in a pre-competition training seminar and evaluation.

VI. Event Description and General Scoring Principles

A. The TeamGym Events

TeamGym Squads compete on two events – Group Jump and Group Floor

- **Group Floor** is a timed, choreographed routine performed to music by the members of a squad on a designated floor exercise mat. The maximum score that can be achieved is 10.0 with the possibility of a small “bonus” award for groups with larger numbers of performers.
- **Group Jump** consists of performances by the squad on three different apparatus – Tumbling, Vaulting, and Mini-trampoline. Each squad performs 1 or 2 passes on each of these apparatus in order to achieve a possible combined score of 10.0 (plus the possibility of a small “bonus” award). While this is not a timed event, it is usually completed in the time frame of 2 to 3 minutes. The squads are permitted to play some kind of background music during their performance.
- **The squad’s Final Team Total Score** is the sum of their Group Floor and Group Jump scores plus or minus any special bonus or deductions that apply to the final tally.

B. General Event Scoring

- **Group Floor Score** – The squad’s performance in the Group Floor Exercise Event is evaluated within the following categories:
 - 2.0 for Difficulty
 - 3.0 for Composition
 - 5.0 for Exercise Presentation and Technical Execution
 - 10.0 Maximum Score for Group Floor (minus Head Judge Deductions or plus bonus)
- **Group Jump Score** – The squad’s performance in the Group Floor Exercise Event is evaluated within the following categories:
 - 2.0 for Difficulty
 - 3.0 for Composition
 - 5.0 for Exercise Presentation and Technical Execution
 - 10.0 Maximum Score for Group Jump (minus Head Judge Deductions or plus bonus)
- The **Final Team Total Score** is determined by adding the two Event Scores minus any special deductions or plus bonus that apply to the only to final tally.
NOTE that all achievement or placement awards are based solely on the Final Team Score. Awards are not given in the individual events.
- **Evaluation of the score** – Generally, deductions are made under the following:

Very small	0.05
Small	0.1
Medium	0.2
Large	0.3 – 0.4
Very large	0.5, 1.0 or 1.5
Also specific deductions in each discipline	

C. Judging Category Definitions

Judging Categories	
Difficulty	2.0
Composition	3.0
Execution	5.0
Total	10.0

1. Difficulty – Value of category = 2.0 points

Closed Difficulty System – The USA Gymnastics TeamGym program utilizes a CLOSED Difficult System. For the most part the difficulty of the elements allowed at each of the competitive levels is regulated in order to present an progression from elementary and basics skills and movements to an systematic increase in complexity from the early competitive Levels to the higher Levels of competition.

This system serves to maintain a consistency of expectation of performance within each Level, therefore, placing greater emphasis on technical execution, performance, and choreography vs, degree of difficulty of the elements performed. Essentially, each squad begins the competition with the assumption of having full Difficulty credit. The judges deduct where appropriate as they determine the essential elements are missing or not performed up to standard.

Open Difficulty System – The European Union of Gymnastics (EUG) has typically set the standard for TeamGym competition at the highest levels. The EUG TeamGym system utilizes an Open Difficulty System for their Junior and Senior European Championships in TeamGym. In this system, the participating squads must meet certain requirements according to the EUG Code of Points.

The difficulty of the routines performed by each squad is carefully calculated by adding together the “value” of each and every gymnastics element performed in their routine. Here are three tumbling passes with their values listed.

- 1) Round off (0.15), BHS (0.20), back salto (0.25) = Difficulty value of 0.60
- 2) Round off (0.15), BHS (0.20), whip back (0.20), BHS (0.20), Back Pike (0.30) = Difficulty value of 1.05
- 3) FHS (0.15), Round off (0.15), BHS (0.20), back layout salto with 1/1 twist (0.45) = Difficulty value of 0.95

This system then determines the Final Score for the Event by combining the “open” Difficulty score with that for Composition, and Execution. This judging system is quite a bit more complex than what USA Gymnastics has utilized for the USA Junior Olympic TeamGym program.

USA Group Jump Difficulty – For the most part the difficulty is predetermined within the level that a squad selects to perform.

Below is a listing of the basic progression of tumbling difficulty as performed in the different Levels:

- **Levels 1 and 2** have basic gymnastics skills such as rolls, simple balances, and other basic acrobatic movements.
- **Levels 3 and 4** permit the athletes to show their proficiency with the core springing skills – typically back and front handsprings.
- **Level 5 and 6** athletes continue to develop their springing skills and add back and front somersaults to their repertoire.
- **Levels 7 and 8** do more complicated series of tumbling maneuvers requiring increased speed, height, and rhythmic qualities.
- **Levels 9 and 10** represent a very high skill level on all of the TG apparatus and events.

In Group Jump the squads select their skill elements and passes from a specific list for each Level. The judges deduct from the 2.0 points reserved for this category if the squad is missing difficulty or, for technical reasons, does not receive credit for skills and sequences that they performed.

a) **Group Floor Difficulty** –

The choreographer has a wide range of skills and elements to select from when planning the Floor routine. Selections should “be commensurate” with the difficulty expected for the squad level.

Judges may deduct from the Difficulty Category if the squad is missing difficulty of appropriate level or, for technical reasons, does not receive credit for skills and sequences that they performed.

b) **Required Floor Elements**

In the Floor program, the difficulty can only be counted from the maximum number of elements in the following six groups:

- 1) **Pirouettes (P)** – Pirouettes include at least a 360° rotation on one foot, which must be clearly on toes. Pirouettes must be performed clearly and the rotation must be totally fulfilled. If there is jumping during the pirouette, the value for the element will be awarded but there will be an execution deduction for jumping. 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.
- 2) **Jumps / Leaps / Hops (J)** – These should show a recognized shape (position) formed in the air. The shape must be fixed and well defined during the flight. There must be good amplitude, height and elevation during the flight. There must also be good control in the body during and after the element. The shape during the flight defines the level of the difficulty. No more than three steps are allowed (walking or running) before the jump, leap, or hop.

Jump – take off 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 1 foot and land on both (*assemblé*)

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

3) Balance/Power Elements (B) –

Balance Elements – 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.

Power Elements (Po) – A controlled movement with dynamic strength. The positions before and after must be clear, but need not be held for 2 sec. Essentially, power elements combine movement & strength. Examples include varieties push-ups, a press to a straddle support, a press from straddle stand to handstand, or from handstand down to straddle support.

4) Section Elements (S) – These include:

Women – Body Waves (one wave must be sideways and the other forwards or backward). – From a bent position, an extension occurs through each joint as a wave through the body. Alternatively it may be performed from a straight position with a contraction. The body waves must include hips and head.

Men – Swing Movements – In a swing element, there is an impulse or a release that lets gravity take the body into a pendulum swing. The swing must include the hips and the legs.

Partners –

- i) For Women or Men's groups: movements in pairs, trios, or more – A lift, throw or support element where the partner is carrying some weight or otherwise working together. "Touching" is not partnering.
- ii) Mixed Groups: movements in pairs with a lift throw or support element between male and female gymnasts (where the partner is carrying some weight). If there are a different number of male and female gymnasts, the movements in pairs may still be counted if one gymnast is not paired.
- iii) Partnering such as in Acrobatic Gymnastics in pairs, trios, or groups including pyramids and other such stunts.

5) Acrobatic Elements (A) – Acrobatic elements comply with recognized norms in gymnastics and be commensurate with the skills that are included for the various Jump Levels. Please refer to each level for information on particular Acrobatic elements.

6) Combination of Elements (C) – This refers to direct connections between two different elements which are appropriate to the norms for each level. The selected elements can be counted only once in the routine. For example, if a split leap is counted as part of a Combination, the same leap cannot be counted as a leap. All connections must be **direct**. Direct connections are those in which element are performed without pauses between elements, loss of balance, or additional steps.

Combinations of Elements can only be performed with the following groups of elements: Pirouettes, Jumps/Leaps/Hops, Balance Elements, Power elements and Acrobatic elements or a mixed combination of these element groups.

- **Combination of Pirouettes** – A combination of a succession of 2 different pirouettes. The connection between pirouettes may be performed without intermediate steps (but without heel touch of the support foot) or with one intermediate step.
- **Combination of Jumps, Leaps, or Hops** – A combination of a succession of 2 different jumps, leaps, or hops with a maximum of one intermediate step.
- **Combination of Balance Elements** – A combination of a succession of 2 different shapes of balance elements. The connection is performed with the body weight on the same foot or hands. It is possible to change body weight from hands to leg, from leg to hands, or from leg or hands to hands and leg.
- **Combination of Power Elements** – A combination of a succession of 2 different power elements. The connection is performed with the body weight on the hands during both elements without intermediate supporting hand movements.
- **Combination of Acrobatic Elements** – A combination of a succession of 2 different acrobatic elements. The connection is performed without any steps between landing and take-off, both legs touching once on the floor. E.g. RO, BHS.

- **Mixed combinations** – A connection between the difficulties of a mixed combination of 2 elements is performed without intermediate steps if possible, but if necessary, a maximum of one intermediate step will be allowed. The execution of each element inside the combination, must comply with recognized gymnastics technique and definitions.

Depending on the Competition Level, the minimum number of each of these group elements will be designated, and/or identified as to the relative value of the required elements. The judge must determine that the minimum number has been met during the performance and may deduct 0.1 or 0.2 from the Difficulty category for missing elements or elements with very small squad errors. The total value of the Difficulty category is 2.0.

Of course, even if full credit is given for Difficulty, the judges may still deduct for execution errors and/or consider the nature of the element(s) under the Composition category.

Explanation of Table of Required Floor Elements

Summary Table of Requirements by Competition Level and Time duration limits for the Group Floor routines

On the following page, you will find the first iteration of the **Table of Required Floor Elements** by Competition Level for the competition season 2011-2012. In this table you will find some broad suggestions for the elements that can be included and utilized for each of the Required Element categories.

We need your help on this!

We'd like for you to help identify as many individual elements as you can that YOU believe are appropriate in each of the Required Floor Element categories for all of the USA TeamGym Competition Levels.

The Element Categories include: Pirouettes, Jumps/Leaps/Hops), Balance/Power elements, Section elements, Acro (TU) elements, and Combination elements.

A good starting point in your thinking will be the new Appendices document that is provided this year.

NOTE: The skills in the Appendices were created as part of the European Gymnastics Union TeamGym Code of Points for higher level Junior and Seniors. Therefore, the elements in the Appendices do not include a lot of basic skills that might be good to consider for our USA Levels 1-4.

Email your suggestions to Steve Whitlock at swhitlock@usagym.org

Ultimately, this project will take a full year, with results integrated in the 2013 season Regulations.

You can...

- Send a list of the names of the elements that you are suggesting (with a description)
- Send me little stick figure drawings,
- Cutouts or copies from other Codes of Points (Women's or Men's Artistic, or Rhythmic, or Sports Acro).
- You can send me a LONG list of suggestions... or just a few! Whatever you can send will help.
- Maybe you can have a meeting with some other coaches and/or judges and get to work on this project.
- Are you an ADSN coach? Send suggestions for the ADSN Levels
- Are you a dancer? You'd be great to make suggestions about the Pirouettes, balances, etc.

THANKS!

– Steve Whitlock, USA Gymnastics Director Gymnastics for All
swhitlock@usagym.org

Required Floor Elements - Summary Table of Requirements by Competition Level

L1	L2	L3	L4	L5	L6	L7	L8
Pirouettes (P) – Minimum of 2 per Level							
1/2 turns (coupé) or pivots are OK and/or	1, pivot-pivot + another pirouette	1, 1/1 turn + another pirouette	1, 1/1 turn w/ leg 45° + another pirouette	1, 1/1 turn w/ leg 45°	1, 1/1 turn w/ leg 45°	1, 1/1 turns w/ leg 60-90°	1, 1/1 turn or 1 1/2 turn
Jumps (J), Leaps (L), and Hops (H) – Minimum of 2 per Level							
1, Leap (sm);	1, Leap (45°);	1, Leap (45°);	1, Leap (120°);	1, Leap (120°);	1, Leap (120°) w/ or w/o turn;	1, Leap (120°) w/ or w/o turn;	1, Leap horiz.
1, J or H	1, J or H w/ 1/2 turn or interesting position	1, L or J w/ 1/2 turn	1, L or J w/ 1/2 turn	1, Jump w/ 1/1 turn	1, Jump w/ 1/1 turn	1, Jump 1 1/2 turn	1, L or J w/ 1 1/2 turn
Balance (B) / Power Elements (PO)							
Balance elements – Minimum of 2 (unless otherwise specified, balances must be held 2 seconds)							
Low level (1-leg stand in coupé)	Low level	Med. Level (1 standing, near 45°)	Med. Level (1 standing, leg 45°)	1, 1 sec. Hndst (1 standing, leg 90°)	1, 2 sec. Hndst (1 standing, leg 90°)	1, 2 sec. Hndst (1 standing, above 90°)	1, 2 sec. Hndst (1 standing, above 90°)
Power elements – Minimum of 1 for Levels 1-4; minimum of 2 for Levels 5-8							
Low level such as push-up	Low level such as "fancy" push-up	Med. Level such as press to Headstand or ??	Med. Level such as lower from Headstand to straddle thru	Such as small jump into Press to Hndst, hips > shoulder height	Such as Press to Hndst, hips < shoulder height; other?	Such as Press to Hndst, from straddle sit	Such as Press to Hndst, from straddle support
Section Elements (S)							
Body waves (W) (predominantly for Women) & Swings (predominantly for Men) – NOTE: Of course, both Women and Men may utilize body waves and swings throughout the routine.							
2	2	2	2	2	2	2	2
Partner elements (P) – Includes work in pairs, trios, or larger groupings. May utilize Acrobatic Gymnastics elements, stunting*, and/or pyramids.							
<i>NOTE: Levels 4-6 may include SMALL lifts and carries. * NOTE: Advanced cheerleading stunting that includes throws and tosses, etc. are reserved for Levels 7 and 8.</i>							
2	2	2	2	3	3	3	3
Mixed Squads (Squads w/ 50-50% men & women) – Movements in pairs with a lift or throw or support element between male and female.							
2	2	2	2	3	3	3	3
Acro Elements - (A - tumbling) – Minimum of 2 required for Levels 1-4. Minimum of 3 required for Level 6-8.							
such as basic rolls	include clw	may include BHS	Entire squad performs BHS as single element or in a combination.	1 short series required. May include Bk salto. Aerial clw is OK	1 short series required. MUST include a Bk salto. May include Ft salto.	1 short series required. MUST include 1 salto.	1 short series required. MUST include 1 salto.
Combination of Elements – The number of various combinations of elements required at each Competition Level are indicated below.							
1	2	3	3	3	3	4	4
Formations - Number of required different Formations (Levels 1-2 require at least 1 curved formation; Levels 4-8 require at least 2 curved formations)							
6	6	7	7	7	7	8	8
Timing - Duration of Group Floor routine							
1:15-1:30	1:15-1:30	1:30-1:45	1:30-1:45	1:45-2:00	1:45-2:00	2:15-2:30	2:15-2:30

2. Composition & Artistry – Value of category = 3.0 points

Group Jump – Composition

In Group Jump, the coach selects elements and sequences from a prescribed list for the Tumbling, Vaulting, and Mini-tramp passes. Therefore, there is not as much emphasis here on choreography as there is in Group Floor.

The Group Jump judges do have the opportunity to take deductions within this category in terms of the following:

Group Jump – Composition Deductions (3.0)	Small 0.1	Medium 0.2	Large 0.3	Very Large
Music (2.0)				
Music includes explicit lyrics				2.0
Absence of music				2.0
Using music to enter/leave area			X	
Squad organization and discipline				
Not jogging between the rounds			x ea.	
Not jogging together		X ea.		
Additional movements between the rounds		X ea.		
Uniformity in Execution				
Not performing movements/elements exactly the same	0.05- 0.1 each	X each		
Respecting requirements of the elements				
Individual gymnasts change elements or order of elements	X ea.	X ea.	X ea.	
Missing elements		X ea.		
SQUAD changes element(s) or of elements		X	X	
Repeating a pass from a previous round				0.2 per gymnast
Intensification at Levels 1-6				
Gymnast(s) perform(s) element/pass 1 Level higher			X ea.	
Gymnast(s) perform(s) element/pass 2 Levels higher				0.5 ea.
Intensification at Levels 7-8				
Missing Team round (per gymnast)		X each		
Incorrect intensification	X ea. time			
Streaming				
Uneven and/or too much space between athletes	X ea			
Failure to have at least 2 moving at same time		X ea		
Total lack of streaming				0.5

Group Floor – Composition

Principles

1. This is an optional Floor program without hand apparatus, to music.
2. 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.
3. The movements, music, and dance “style” of the choreography selected should be appropriate to the age, gender, level, and representation of the squad members.
4. Attention should be paid to synchronization throughout. All members of the group must show continuity
5. The choice of elements and composition in the program should never sacrifice style and technical precision in favor of difficulty.
6. The program should always fit the knowledge and maturity of the gymnasts.
7. **Formations: Changing patterns, the groups must show a minimum number of formations during the routine.**

Qualities to demonstrate

1. *Dance elements* – Gymnastics and dance elements should be dominant in the choreography
2. *Body movements* (waves and swings) are evident throughout.
3. *Transitions* – There should be smooth, rhythmic transitions between elements and formation changes. Acrobatic elements should melt rhythmically into the movement sequences.
4. *Formations* – The groups must show a minimum number of formations during the routine.
5. *Synchronization* – The athletes should move together a majority of the time. Short solos or canons are permitted, but must not detract from the overall performance.
6. *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.
7. *Coordination and Rhythm* – all members of the squad should demonstrate total body coordination and show a natural sense of movement.
8. *Expression and Dynamics* – The athletes should perform with a consistent expression and perform movements with the same dynamic.
9. *Originality* – The squad should show originality.
10. *Levels* – Movements should be shown on all levels and in all directions.
11. *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.
12. *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.
13. *Unnecessary repetitions* – 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.

Group Floor Composition Deductions

Required Difficulty Elements

Of course, the choreographer must keep in mind that there are required Difficulty Elements that must be included in the Group Floor program. These difficulty elements include: Pirouettes, Jumps/Leaps/Hops, Balance/Power elements, Section Elements, Acrobatic Elements, and Combination of Elements. (See section on Difficulty.)

If any of these elements are missing or not performed technically correct so as to receive credit, the value of the element will be deducted a 0.2 within the Difficulty category. The maximum deduction in this category is 2.0.

The judges have two other possibilities in evaluating these elements... in terms of their Execution or their relationship to Composition.

- 1) How are the elements performed technically? Errors in technical performance are generally small, medium, or large (0.05 to 0.3) and are taken under the Execution category.
- 2) How do the particular elements that are selected for the group routine integrated into the choreography? Do they make sense? Are they placed and integrated in a good way? Is the selection appropriate to the group Level? Do they match the music? – These are areas where the judges can consider differences among the teams in terms of the choreography.

Additional Specific Floor Choreography deductions include:

- **Timing** – Each level has particular time limits for the length of the Floor music. The Group Floor Event timekeeping starts with the music and ends when the last movement is performed.

Elements performed after the time limit will be recognized and evaluated.

Squad performance with music over or under time =

- 0.4

Deduction for very short program (more than 0:15 seconds from designated Minimum time)

-2.0

Under time deductions > 15 sec. ← 15 sec. → -2 -0.4	← Min. time Max. time → ...Routine performance...	Over time deduction -0.4		
Levels 1 & 2	Levels 3 & 4	Levels 5 & 6	Levels 7 & 8	Levels 9 & 10
2011-2012 Time limits:				
1:15-1:30 min.	1:30-1:45 min.	1:45-2:00 min.	2:15-2:45 min.	2:30-3:00 min. (same as EUG Rules)

- **Music** – The complete presentation is performed to optional music.
For Levels 1-6, the routine must be choreographed to instrumental music (**preferred**) or to music with lyrics that are in “good taste” and do not contain explicit, vulgar, lewd, or suggestive language. If necessary, the Head Judge may review the music to determine if the deduction for explicit lyrics should be applied.

Music includes explicit lyrics in the vocal track = 2.0
Absence of music = 2.0
Using music to enter or leave the Group Floor performance area = 0.3
Squad performance with music over or under time = See chart (0.4 or 2.0)

For Levels 7-10, the music must be instrumental with no lyrics. This means no words – even if we don’t know what the words mean. Human voice can be used as an instrument. E.g.) humming and whistling.

Music includes explicit lyrics in the vocal track = 2.0
Using music with lyrics = 1.0
Absence of music = 2.0
Using music to enter or leave the Group Floor performance area = 0.3
Squad performance with music over or under time = See chart (0.4 or 2.0)

Additional movements between rounds – Additional movements (e.g. dance, gymnastics or additional choreographed movements are not allowed between rounds). 0.2 each time

- **The choice of elements and movements** – The routine should present a variety of different movements engaging the entire body. The routine must consist of different gymnastics elements, all movements and elements shall favor dynamic execution.

Sequences of simple isolated arm and leg movements 0.1 each time
Missing dynamic execution and Body movements 0.2-0.3 each time
Maximum deduction for the choice of elements and movements 0.4

- **Acrobatic Elements** – See the Composition Chart for guidelines regarding the number and content of the acrobatic elements and sequences. The use of acrobatic elements in the Group Floor as limited and are designed to complement the routine. Acrobatic elements must be a natural part of the floor program and be linked to it fluently. The squad as a whole should perform the acrobatic elements and sequences together or, in some case as sub-groups.

Acrobatic elements are not coming together rhythmically 0.2
Acro elements are dominating (more than 5 acro elements) 0.2

- **Formations** – See the Composition Chart for specific number of formations at each Level. The shape and size of the formations must vary. If the formations are all similar straight lines there will be a deduction. There must also be formations in curved shapes (NOTE: two different size circles are not count as two different curved line formations!)

Missing required number of formations for the Level 0.1 each
Missing formation with a curved line 0.1
Shape and sizes of the formation not showing enough variance 0.1

- Transitions** – Connections mean those elements/movements include in changing one formation to another. Transitions must have gymnastics and rhythmic quality and form a natural part of the Floor program. Changing the size and the shape of the formation by simply walking, marching or running without any rhythmic quality is discouraged.

Transitions lack gymnastic and/or rhythmic quality 0.1 each
 Maximum deductions for Transitions 0.2
- Fluency in connections** – Connections mean how the single elements/movements are built together as one harmonious sequence. There must not be purposeless stops between movements or pauses to prepare for movements. The transitions between formations must be planned so that the gymnasts can easily make it without extra/large steps.

Not fluent and logical series of elements 0.1 each
 Maximum deduction for Fluency 0.3
- Use of floor area, levels and directions** – The whole floor area must be used during the program. (No deduction for 90-100%)

Absence of using whole floor area (< 90% used) Deduction for each additional 10% is... 0.2
 There is a requirement for using different levels (E.g. laying, sitting, standing, jumping, and working together).

Absence of using different levels 0.2 for each
 The program must include the gymnasts moving in different directions: E.g. forward, backward, sideways (left or right), and a sequence of two different movements/sequences.

Absence of moving into different directions 0.2 for each
 For Level 6 and above, elements/moves should be performed facing all 4 sides (fronts). Not all gymnasts need to be at the same time, but all gymnasts need to do all fronts. This is not necessary for the diagonals.

Level 6+ Absence of performing into different fronts 0.2 for each
- Unnecessary repetitions of elements/movements** – Exactly the same elements/movements (e.g. arm movements) should not be repeated.

Repeating the same element/movement more than three times 0.1 per element
- Effective teamwork** – The program must give the impression of working together. Solos and canons can give nuance for the composition, but they must not predominate. At least 2/3's of the program must be performed in unison.

More than 1/3 of the program not in unison 0.3
 More than 1/2 of the program not in unison 0.3
 Absence of effective teamwork 0.3 or 0.5

Summary Table of Group Floor Composition Deductions

Group Floor – Composition Deductions	Small 0.1	Medium 0.2	Large 0.3	Very Large
Timing (0.4) Music over or under time Very short program			0.4	2.0
Music (2.0) Music includes explicit lyrics Absence of music Using music to enter/leave area Over or undet time (see Time Chart)			X	2.0 2.0 0.4 / 2.0
Choice of elements and movements (0.4) Sequences of simple isolated movements Missing dynamic execution & Body movements	X each	X	X	
Acrobatic Elements (0.2) Acro elements not melting rhythmically Acro elements are dominating (>5)		X X		
Formations (0.2) Missing required number for the Level Missing curved line formation Shape and size of formations not varying	X ea. X X			
Transitions (0.2) Transitions lack gymnastics and/or rhythmic quality Maximum deductions for Transitions	X ea.			0.2
Fluency in connections (0.3) Not fluent and logical series of elements Maximum deduction for Fluency	X ea.			0.3
Use of floor area (0.6) Absence of using whole floor area Absence of using different levels Absence of moving into different directions L6+) Absence of performing into different fronts		X / 10% X ea. X ea. X ea.		
Unnecessary Repetitions (0.3) Same movement more than three times	X ea.			
Effective Teamwork (0.5) More than 1/3 of the program not in unison More than 1/2 of the program not in unison Absence of effective teamwork			X	0.5 0.3 OR 0.5

3. Execution – Exercise Presentation & Technical Execution – Value of category = 5.0

A. Some Principles

1. Teamwork – Working together as a unified group.
2. Selection of skill and sequences that match the expectations for the Competition Level and the abilities and experience of the squad members in order to showcase good technique and performance.
3. Safety
4. Clear and clean execution of all required elements, sequences, and difficulties (skills). Show precision in formations and good technique in the elements. Show amplitude and posture in the individual elements.
5. In Group Floor, the more gymnasts who make the fault, the greater the deduction!

General Deductions

1. Deductions for insufficiency in any area and/or mandatory deductions may NOT exceed the total points available in that specific category.
2. Range of deductions for errors deviations from correct technique or execution – TeamGym has a range of deviations for errors that they deem small, medium, or large.

Very small	0.05
Small	0.1
Medium	0.2
Large	0.3 – 0.4
Very large	0.5, 1.0 or 1.5
Also specific deductions in each discipline	

B. Group Floor – Table of Execution Faults

Floor - Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3 / more
Precision in formations The gymnast is where he/she is supposed to be, lines, shapes of formations, distance between gymnasts.	Each time / gymnast		X		
Synchronization The Team must perform the elements at the same time when intended according to the choreography.	Each time / gymnast		about one beat ahead / after	about two beats ahead / after	"lost"
Line violations Touching the floor outside the border markings.	Each time / team		X		
Good technique in difficulty elements Errors in technique.	Each time / gymnast	X	X	X	
Uniformity in execution Movements and elements must be performed exactly the same way.	Each time / gymnast	e.g.) slight difference in arm positions	e.g.) ankles	e.g.) pirouette, free leg straight instead of pointing the knee	
Dynamic execution Body awareness. Gravity with relaxation and extension.	Each time / gymnast Each time / gymnast	Lack of awareness e.g.) power used instead of relaxation			
Amplitude and extension Concise execution of elements. Deficient extension in elements.	Each time / gymnast Each time / gymnast	X X			
Balance and controlled execution Loss of balance and control will cause a deduction.	Each time / gymnast	tiny step to maintain the balance	long step or contra movement to balance	several steps or hand support	Fall
Artistry of presentation Presentation must be expressive.	once after the program			make a deduction if not impressed	

Definitions of Floor Execution Faults

- **Precision in formations** – all of the formations must be exact (e.g. lines straight when that is intended).
- **Synchronization** – the “out of time” gymnast will receive a deduction.
- **Line deduction** – Exceeding the prescribed floor area that is touching the floor with any part of the body outside the border marking.
- **Uniformity in execution** – The squad must perform the same movements and elements exactly the same way, unless the choreography clearly states something else.
- **Dynamic execution** – The squad should perform the program with the dynamic execution the choreographer requires, such as good rhythm and sense of gravity. Movement phases must show continuity with a logical and natural fluency. The momentum should be used from the past movement instead of creating “new” force.
- **Amplitude and extension** – Elements and movements must be performed with the optimal amplitude... even small movements. Extension must be visible in each element through the whole program.
- **Balanced and controlled execution** – The floor program must be performed controlled with balance. There will be a deduction of extra steps and jumps, additional arm and leg movements and extra hand support.
- **Artistry of expression** – Presentation of the Floor program must be expressive.
- **Interrupting the floor program** – The squad is not allowed to change a gymnast during the floor program.
- **Wrong number of gymnasts**

Head Judge (Floor) – Execution Deductions

Head Judge Deductions - Taken from Event Team Score	
Coach giving verbal or visual instructions	0.3
Incorrect dress	0.3
Wearing jewelry	0.3
Intrusive bandages	0.3
Not respecting the requirements	0.3

The deductions described below (except for Respecting the Discipline) are taken once from the final Event Score.

- **Coach giving verbal or visual instructions** – Coaches are not allowed to give any visual or verbal instructions for the gymnasts during the floor program. In the case where the coach wants to interrupt the program, due to technical reasons, there won't be any deductions for the coach giving instructions. Also in the case of injury, the coach is allowed to speak to the gymnasts without deduction.
- **Incorrect dress** – If the gymnast's dress is not according to the standards there will be a deduction. Also for footwear (if not worn by the entire squad), loose items, and body painting.
- **Wearing jewelry** – No jewelry may be worn by gymnasts with the exception of one pair of stud earrings (one in each ear) – this includes piercings (taping to hid them is not allowed). Decorated hair grips (slides) are classified as jewelry.
- **Wearing intrusive bandages** – Bandages are permitted. However, they must be securely fastened and of a non-intrusive color. (This includes joint supports).
- **Not respecting the discipline** – This deduction is taken if the squad is not following the discipline of other competition requirements, such as: using hand apparatus, entering the arena against the rules, using music for entering, changing gymnasts during the program, in mixed competition not having the same number of male and female gymnasts. Deduction may be taken per item.

C. Group JUMP (TU, VT, MT) –

1. Tumbling

Discipline requirements

General

- Each team performs the prescribed passes in the order as indicated.
- All tumbling performers must participate in the Floor program (as per the “one may drop out” rule).
- The squad must wait outside the competition area to jog into the area when and where directed by the competition organizers.
- The performers start from the designated starting point when the squad gets the Start signal from the Head Judge.
- It is not allowed to mark the run-up or tumbling run with clothes or other things.

Execution

- Different gymnasts from the squad may perform in each round.
- After each round, the gymnasts return by jogging back to get into position for the next round. They must run together, at the same time.
- Additional gymnastics/dance movements are not allowed.
- Only coach (and only one) can be present on the landing area on the far side from the judges for safety.

Composition

- All gymnasts must land their last element with control.
- The complete presentation is performed to music. There is no time limit, but the squad should move and work efficiently without unnecessary pauses or stops.

Table of Tumbling Execution Faults

Tumbling Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3 / more
Loss of momentum	Each time / gymnast		slowing down		total loss
Optimal Height and Length	Each time / gymnast		slightly too low or too long	insufficient height to perform the element	much too long or low
Body Position					
stretched			10-20°	20-30°	>30°
piked					
legs crossed			x	x	x
legs separated			x	x	x
legs bent			x	x	x
wrist straight			x	x	x
Twist technique	Each time / gymnast		little to late or early action	to late or too early action	badly timed action, not tension, etc.
Defined twists	Each time / gymnast		almost separated twists	not clearly separated	no sense of where the twists should be
Streaming	Each time / gymnast	slightly bad			total lack
Deviation from center line	Each time / gymnast	small	for half a m.	more than 1 m.	
SQUAD not performing pass in a single straight line					0.5
Landing positions					
Bending hips (and knees)	Each time / gymnast		hips 15-45°	hips >45°	deep squat
Insufficient completion of twists - over/under			10-20°	20-45°	45-70°
Failure of final gymnast marking (or sticking) the landing as indicated.				0.2	
Falls					
Falls - loss of control	Each time / gymnast		small loss of control	significant loss	one hand down
Falls - sitting or rolling	Each time / gymnast				0.5
Falls - not landing feet first	Each time / gymnast				1.0
Coaches Action	Each time / gymnast			small support -0.3	Support -0.5

Definitions of Tumbling Execution Faults

- **Optimal Height and Length** – Elements must be performed at appropriate height and length. Ideally, the center of gravity (c of g) should be lifted approx. 1½ times the height of the gymnast. The final salto should not be too long (approx. the height of the element).
- **Body Position** – Elements must be performed with clear body shape and technique.

- **Twist Technique** – In pike and tucked front salto, the hip action must be clear. In straight salto the twist must be initiated in the air.
- **Defined Twists** – (This applies to advanced twisting double somersaults)
- **Streaming** – Streaming should be even throughout all gymnasts. 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 and constant and consistent flow, without being spaced too far apart or too slow. 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.
- **Deviation from center line** – Elements should be performed along the center line of the designated tumbling area.
- **Landing position** – For landings into a lunge, the position should be clear. For two-foot landings, the position should be upright with slight bending of the knees and slight bending at the waist (up to 15 degrees). Special landing deductions as per USAG should be observed.
- **Falls** – The landing should be controlled and may continue moving forwards or backwards under control except for the special circumstances of the final gymnast as specified.
- **Team Round Error** – This deduction does not apply in USAG TG competitions.
- **Coaches' actions** – Deduct as per USAG rules. The standing-in coaches are there to react in case of a dangerous situation. The coach is not there to stop the gymnasts from falling over, but to avoid injury to the gymnasts. All supportive actions are deductible.
- **Loss of Momentum** – Tumbling passes should maintain or increase momentum.
- **For USAG Levels 5 and higher**, there is a 0.3 deduction ea. time for loss of momentum per gymnast and a 0.5 deduction for total loss of momentum per gymnast.
- **For USAG Levels 1-4**, judges may apply deductions of Small (0.1), Med. (0.2), or Large (0.3).

Head Judge (JUMP: TU, VT, and MT) – Execution Deductions

Head Judge Deductions - Taken from Event Team Score	
Coach giving verbal or visual instructions	0.3
Incorrect dress	0.3
Wearing jewelry	0.3
Intrusive bandages	0.3
Not respecting the requirements	0.3

The deductions described below (except for Respecting the Discipline) are taken once from the final Event Score.

- **Coaches giving verbal or visual instructions** – Coaches are not allowed to give any visual or verbal instructions for the gymnasts during the floor program. In the case where the coach wants to interrupt the program, due to technical reasons, there won't be any deductions for the coach giving instructions. Also in the case of injury, the coach is allowed to speak to the gymnasts without deduction.
- **Incorrect dress** – If the gymnast's dress is not according to the standards there will be a deduction. Also for footwear (if not worn by the entire squad), loose items, and body painting.
- **Wearing jewelry** – No jewelry may be worn by gymnasts with the exception of one pair of stud earrings (one in each ear). This includes piercings (taping to hid them is not allowed). Decorated hair grips (slides) are classed as jewelry.
- **Wearing intrusive bandages** – Bandages, including joint supports, must be securely fastened and of a non-intrusive (skin) color. Bandages can also be hidden under the competition dress – they should be the same color as they area they cover.
- **Not respecting the discipline** – This deduction is taken if the squad is not following the discipline of other competition requirements, such as: starting the performance before the green flag from the Head Judge, marking the run-up area with clothes or other things, or entering the arena against the rules. Also inappropriate number (or placement) of coaches in the landing area.

2. Table of Vault (with board or with MT) and Mini-tramp Execution Deductions

Group Jump - Execution Vault (board or MT) and Mini-tramp		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3 / more
Optimal Height and Length	Each time / gymnast		slightly too low or too long	insufficient height to perform the element	much too long or low
Body Position					
stretched			10-20°	20-30°	>30°
piked					
legs crossed			x	x	x
legs separated			x	x	x
legs bent			x	x	x
wrist straight			x	x	x
Twist technique	Each time / gymnast		little too late or early action	to late or too early action	bandly timed action, not tension, etc.
Defined twists	Each time / gymnast		almost separated twists	not clearly separated	no sense of where the twists should be
Streaming	Each time / gymnast		slightly bad		total lack
Deviation from center line	Each time / gymnast	small	for half a m.	more than 1 m.	
Landing positions					
Bending hips (and knees)	Each time / gymnast		hips 15-45°	hips >45°	deep squat
Insufficient completion of twists - over/under			10-20°	20-45°	45-70°
Falls					
Falls - loss of control	Each time / gymnast		small loss of control	significant loss	one hand down
Falls - sitting or rolling	Each time / gymnast				0.5
Falls - not landing feet first	Each time / gymnast				1.0
Coaches Action	Each time / gymnast			small support -0.3	Support -0.5
Falls					
Running past the apparatus	Each time / gymnast				3.0
Not touching the vault with the hands					1.0
Falls - not landing feet first					1.5