

VI. Level 1

A. Equipment / Apparatus

- > For clubs or organizations hosting sanctioned TeamGym competitions, it is critically important for the Event Host to provide early notification to participating clubs as to the equipment that will be available and the set-up plan for the equipment.
- > Complete equipment lists shall be distributed with all TeamGym competition and/or GymFest display information.
- > Additional equipment needs should be arranged between the event organizer and group/squad leaders.

Group Floor: Performance Area and Equipment

- > Due to the basic skills involved with Level 1, the recommended performance area may measure as small as 36' x 40' or as large as a standard floor exercise area 42' x 42' – As indicated above, with prior notification by the Event host to participating clubs, a smaller area may be acceptable.
- However,
 - > This may be a carpeted area (Level 1 only), padded/matted area (i.e., wrestling mat), a carpet covered matted area (i.e. carpet-bonded foam), or a gymnastics spring floor system.
- NOTE: carpet-backed foam is preferred (6 or 7 rolls), spring floor not required.

Level 1 Group Jump: Tumbling Apparatus

1. **Padded tumbling run / Floor exercise area:**
 - > A separate mat strip may be utilized. -- Minimum area = 6' x 42'; Recommended area = 6' x 60'
 - > If a standard floor exercise area (42' x 42') is used, the passes can be done along the side of the mat or down a diagonal.
 - > The floor area may be carpet-backed foam or a spring floor system.
2. **Spring strip:** Minimum = 6' x 60' (2 m x 18 m); preferred = 6' x 72' (2 m x 22 m)

Level 1 Group Jump: Vaulting Apparatus

1. **Vault device:** A standard vaulting horse or the FIG vaulting table. Additionally, a vault trainer, trapezoid or Swedish box is acceptable at Level 1. Additionally, athletes with Disabilities or Special Needs (ADSN) competing at Level 1 are permitted to use a folded panel mat as the vaulting device, or if necessary are permitted to do a jump from the board without apparatus.
2. **Apparatus height:** The height of the standard vaulting horse and FIG table is adjustable... **no standard height.** This is at the discretion of the coach. However, the height may not be adjusted for individual athletes.
3. **Rebound device(s):** An unaltered, manufactured vaulting board meeting all FIG specifications.
4. **Landing area:**
 - Minimum landing area = 8' x 16' (2.5 m x 5 m)
 - USAG/FIG Landing mat thickness: 10-12 cm with 1¼" base mat for Levels A and B
 - In addition to the required mats above, "Sting" mats and/or skill cushions may also be provided.
5. **Runway length:**
 - Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
 - The vaulting apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

Level 1 Group Jump: Mini-trampoline Apparatus

1. **Rebound device(s):** Acceptable devices include...
 - Unaltered, manufactured traditional mini-trampoline with safety pads covering the coil-springs and non-skid pads on the feet. – Mini-tramp with bungee cords is not permitted.
 - Euro TeamGym-style mini-trampoline.
 - Level 1 has the option of using a standard vaulting board for this apparatus.

NOTE: It is recommended that new and/or relatively inexperienced squads as well as Athletes with Disabilities or Special Needs (ADSN) use a vaulting board, not only for the safety of the gymnasts, but also to facilitate learning correct jumping technique and to develop streaming and promote success.
2. **Landing area:** Minimum landing area = 8' x 16' (2.5 m x 5 m)
USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
In addition to the required mats above, "Sting" mats and/or skill cushions may also be provided
3. **Runway length:** Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
The mini-tramp apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

B. Level 1 Group Floor

1. Squad Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes

> In Group Floor, if there are only 6 squad members, all must perform. If there are 7-16 squad members, 1 may drop out of performing.

More than one (1) gymnast dropping out of performing the Group Floor – taken from Group Floor Score -1.0

> Level 1 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

2. Music: The Group Floor Event must be choreographed to instrumental music (preferred) or music with lyrics that are in “good taste and do not contain explicit, vulgar, lewd, or suggestive language.

Music includes explicit lyrics in the vocal track = - 2.0

Music for entry and leaving the floor is not allowed.

Using music to enter or leave the Group Floor performance area = - 0.2

Technical difficulties with the music: Should there be obvious technical difficulties with the music during the performance of the Group Floor the athletes should continue to perform. The coach has the option of stopping the performance at any point and requesting the routine to be completed in its entirety. Had the squad completed the entire despite the technical difficulty, the coach may immediately request the routine to be repeated before the judge(s) have calculated their score. Should the squad be permitted to repeat their exercise they will be provided a minimum of five minutes rest before repeating the routine.

Music format: The Meet host should provide sufficient notification to the Clubs regarding the meet format (CDs, DVDs, iPods, etc.). In any case, it is important that the on-site coach has back-up copies of the music readily available for all of their squads. Be sure to check our music during the warm-up period. Many competition host are now asking that you send your music early so that it can be included in a master play list.

3. Routine time limit: The Group Floor Event is timed from the first movement of the routine after the squad has assumed their starting position and ends with the final pose.

Time range = 1:00 to 1:30 minutes

Failure to perform the Group Floor Event to music = - 1.0

Squad performance with music over or under time = - 0.4

4. Squad presentation:

> The squad should wait outside (but near) the floor exercise area, ready to run to their starting positions on the floor when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> At the conclusion of the Group Floor performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

5. Required Choreography elements

- Two different pirouettes (turns)
- Two different jumps or leaps (with or without turns)
- Two balance elements (held for a 2 second duration)
- Two different acrobatic elements

NOTE: Athletes with Disabilities or Special Needs (ADSN) are permitted to use selected appropriate elements as acrobatic elements as listed for the ADSN Level 1 tumbling passes below.

- Two different partner elements

Squad missing required Choreography elements = - 0.2 each time.

Formations

- A minimum of six (6) different squad formations are required in the routine

Missing formation(s) - 0.2 ea. from Choreography

C. Level 1 Group Jump

1. Group Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes.

The specific gymnasts (and number of gymnasts) performing each segment of the Group Jump apparatus (TU, VT and MT) may change from one apparatus and/or pass to the next as long as the minimum number of required performers is met.

Less than 6 gymnasts performing in any of the apparatus for Group Jump – taken from Group Jump Score -1.0

> Level 1 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

NOTE: Group Jump bonus points are based on the SMALLEST NUMBER of active performers presented at each of the different apparatus and is added to the Final Group Jump Event Score.

2. Music: The squads may utilize background music during the performance of the Group Jump event. There is no deduction for the failure to use music. The athletes are not required to work rhythmically in temp with them music.

Use of inappropriate vocal background music during the Group Jump event -1.0

3. Routine time limit: There is no time limit for the Group Jump routine, however, the squads should be ready to begin their routine upon the signal from the Head Judge and the movement between passes or runs and the apparatus must be done in an efficient manner.

4. Squad presentation:

> The squad should wait near the starting point of their first Jump apparatus, ready to march quickly and efficiently to their starting position when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> The squad should quickly and efficiently move from one Jump apparatus to the next in a unified manner. The squad must wait for the Head judge's signal before starting each of the Group Jump apparatus. If more than one pass is performed at an apparatus, the squad need not wait for a second signal from the judge, but may proceed when ready.

Failure of the squad to move efficiently from pass to pass, between the Group Jump apparatus, and/or not ready for the judge's start signal(s)= - 0.2 ea.

> At the conclusion of the Group Jump performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

> At the conclusion of the Group Jump performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

Level 1 Tumbling

> For Level 1 Tumbling, the squad performs two (2) passes from the list below. Whatever two passes they select have a combined Difficulty level of 2.0 in the scoring scheme for Group Jump.

> **Emphasis should be on the rhythmic connection of the skills in series; excellent form, technique, execution; and streaming.**

> The squad shall provide to the Head Judge prior to the competition the number(s) of the pass(es) that the squad will perform prior to the start of the competition.

> When the text for the pass begins by saying, "From a stand or short walk..."

- The Level 1 passes are designed to be performed on the diagonal of a standard floor exercise mat (≈ 57'), a standard spring-type floor exercise system, or on a power tumbling strip. For Level 1, the passes may also be performed along the side of a floor exercise area (40').
- Obviously, only the 1st person in the line will be able to start from complete stand... the others in the squad will need to walk to the starting point, pause with feet together and then begin the first skill in the series.
- In order to provide more room to execute the pass on the diagonal, the 1st gymnast may start in the corner with the other gymnasts lined-up on the side of the floor, and then walking to the starting point in the corner.
- Level 1 squad members shall perform the tumbling passes one after another in a single line.
- For PASS #2, the squad begins from the same starting point as they did for PASS #1.

NOTE: any of the pass sequences below indicated with an asterisk () may be repeated once or twice.*

PASS #1: The Squad must perform any 1 of the following passes:

Pass # Description

L1T-a From a stand or short walk... Ft.Roll-T; Ft.Roll-T; Ft.Roll-T, Stretch jump, Stand, ...*

L1T-b From a stand or short walk... Ft.Roll-S; Ft.Roll-T; Ft.Roll-T; Stretch jump, ... *

L1T-c From a stand or short walk... Ft.Roll-T; Ft.Roll-T, Jump ½ turn; Bk.Roll-T, Stretch jump. ... *

L1T-d From a stand or short walk... Kick Hnd; Ft.Roll-T; Stretch jump; step kick Hnd; Ft.Roll-T, Stretch jump. ... *

For Athletes with Disabilities or Special Needs (ADSN)

ADSNL1-a From a stand or short walk...step, step, join feet together and stretch jump* to stand. ... *

ADSNL1-b From a stand or short walk...chassé R or L, feet together and squat touch to floor return to stand. ... *

ADSNL1-c From a stand or short walk...chassé R or L, feet together and squat touch to floor return to stand; chassé R or L, feet together and stretch jump* to stand; chassé R or L, feet together and squat touch to floor return to stand.

* *NOTE:* The ADSN squad members may perform the jump in straight, tuck or straddle position, but all of the squad members must use the same position.

PASS #2: The Squad must perform another pass from the list above. They may repeat the same pass that they performed for Pass #1.

Specific Tumbling related deductions for Level 1

SQUAD performing a pass NOT on the list for this Level =	- 1.0 from Diff.
SQUAD performing a recognized pass on the list, but with a minor change of element or connection =	- 0.5 from Diff.
Individual squad members showing variation in skills during a run pass =	up to - 1.0 from Diff.
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3
SQUAD NOT performing a pass in a single line =	- 0.5
SQUAD not starting PASS #2 from the same position as PASS #1 =	- 0.3

Level 1 Vault

- > For Level 1 Vault, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > Emphasis should be on excellent execution of the vault or jump; streaming, quickness of repulsion from the vault (be it from the hands or feet); height/distance in the after-flight; and a controlled 2-footed landing.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the vault/jump that the squad will perform prior to the start of the competition.
- > All of the squad members must perform the same jump/vault.
- > It is REQUIRED to have two (2) spotters stationed in the vault landing area. It is permissible to have an additional spotter stationed in front of the vault apparatus (between the board and the vault).

Permitted Level 1 Vaults

The squad must perform one (1) vaulting pass from the following list:

Numb. Description

- L1V-a Forward roll on / Jump-off:** Run, hurdle, to vault (with hand placement onto the vault device) into an immediate forward roll to a squat-stand position and immediately jump off to show Basic Body Position before landing.
> Basic Body Positions include: straight, tuck, pike, or straddle
- L1V-b Jump-on / Jump-off:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands; and immediately jump off to show Basic Body Position before landing.
> Basic Body Positions include: straight, tuck, pike, or straddle
- L1V-c Vault-on / Jump-off:** Run, hurdle, and squat onto the vault apparatus with an intermediate hand touch; immediately jump off to show Basic Body Position before landing.
> Basic Jump positions include: straight, tuck, pike, or straddle

For Athletes with Disabilities or Special Needs (ADSN)

As per the list of approved equipment for Level 1, based upon their capabilities, ADSN athletes may elect to use a lower vaulting apparatus (such as 1-level of a trapezoid or a folded panel mat), or if necessary, they may just perform a jump from the rebound device without attempting to utilize a vaulting apparatus. There is no deduction for this choice, but the athlete(s) will be evaluated on the quality of their effort. The coach should find a "good way" to integrate the needs of the ADSN squad members so as to show a "team effort."

Specific Vaulting related deductions

SQUAD performing a vault NOT on the list for this Level =	- 1.0
A squad member performs a different vault/jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
Lack of immediate connection between the arrival onto the vault and the jump off =	Up to - 1.0
Failure to show rise in the after-flight phase =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the vault w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

Level 1 Mini-trampoline

- > For Level 1 Mini-Tramp, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > All mini-tramp jumps must originate from a forward hurdle on the runway to a two-foot landing onto the mini-tramp bed with no twists.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the jump that the squad will perform prior to the start of the competition.
- > All of the squad members must perform the same jump off the mini-tramp
- > It is REQUIRED to have two (2) spotters stationed in the landing area. It is permissible to have an additional spotter stationed in front of the mini-tramp,

Permitted Level 1 Mini-trampoline jumps

The squad must perform one (1) jump from the following list:

No. Description

- L1M-a **Basic Jump:** Run, hurdle, to jump onto the mini-tramp bed with 2-feet; immediate rebound to a Basic Jump off to 2-foot landing.
- > Basic Jump positions include: straight, tuck, pike, or straddle position.

Specific Mini-trampoline related deductions

SQUAD performing a mini-tramp jump NOT on the list for this Level =	- 1.0
A squad member performs a different jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
SQUAD failure to show rise in the jump off of the mini-trampoline =	Up to - 2.0
SQUAD lack of uniform body position in the jump from the mini-tramp =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the mini-tramp w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

For Athletes with Disabilities or Special Needs (ADSN)

As per the list of approved equipment for Level 1, based upon their capabilities, ADSN athletes may elect to use a vaulting board as the rebound device at this apparatus instead of a mini-tramp. There is no deduction for this choice, but the athlete(s) will be evaluated on the quality of their effort. The coach should find a "good way" to integrate the needs of the ADSN squad members so as to show a "team effort."

VII. Level 2

A. Equipment / Apparatus

- > For clubs or organizations hosting sanctioned TeamGym competitions, it is critically important to provide early notification to participating clubs as to the equipment that will be available and the set-up plan for the equipment.
- > Complete equipment lists shall be distributed with all TeamGym competition and/or GymFest display information.
- > Additional equipment needs should be arranged between the event organizer and group/squad leaders.

Group Floor: Performance Area and Equipment

- > Due to the basic skills involved with Level 2, the recommended performance area may measure as small as 36' x 40' or as large as a standard floor exercise area 42' x 42' – As indicated above, with prior notification by the Event host to participating clubs, a smaller area may be acceptable.
 - > This may be a carpeted area (Level 2 only), padded/matted area (i.e., wrestling mat), a carpet covered matted area (i.e. carpet-bonded foam), or a gymnastics spring floor system.
- NOTE:* carpet-backed foam is preferred (6 or 7 rolls), spring floor not required.

Level 2 Group Jump: Tumbling Apparatus

1. **Padded tumbling run / Floor exercise area:**

- > A separate mat strip may be utilized.
Minimum area = 6' x 42'; Recommended area = 6' x 60'
- > If a standard floor exercise area (42' x 42') is used, the passes can be done along the side of the mat or down a diagonal.
- > The floor area may be carpet-backed foam or a spring floor system.

2. **Spring strip:** Minimum = 6' x 60' (2 m x 18 m); preferred = 6' x 72' (2 m x 22 m)

Level 2 Group Jump: Vaulting Apparatus

1. **Vault device:** A standard vaulting horse or the FIG vaulting table.
Additionally, a vault trainer, trapezoid or Swedish box is acceptable at Level 2.
Athletes with Disabilities or Special Needs (ADSN) competing at Level 2 are permitted to use a folded panel mat as the vaulting device, or if necessary are permitted to do a jump from the board without apparatus.
2. **Apparatus height:** The height of the standard vaulting horse and FIG table is adjustable... no standard height. This is at the discretion of the coach. However, the height may not be adjusted for individual athletes.
3. **Rebound device(s):** An unaltered, manufactured vaulting board meeting all FIG specifications.
4. **Landing area:**
Minimum landing area = 8' x 16' (2.5 m x 5 m)
USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
In addition to the required mats above, "Sting" mats and/or skill cushions may also be provided.
5. **Runway length:**
Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
The vaulting apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

Level 2 Group Jump: Mini-trampoline Apparatus

1. **Rebound device(s):** Acceptable devices include...

- Unaltered, manufactured traditional mini-trampoline with safety pads covering the coil-springs and non-skid pads on the feet. – Mini-tramp with bungee cords is not permitted.
- Euro TeamGym-style mini-trampoline.
- Level 2 has the option of using a standard vaulting board for this apparatus.
NOTE: Athletes with Disabilities or Special Needs (ADSN) may also use a vaulting board instead of a mini-tramp, not only for the safety of the gymnasts, but also to facilitate learning correct jumping technique and to develop streaming and promote success.

2. **Landing area:** Minimum landing area = 8' x 16' (2.5 m x 5 m)

- USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
In addition to the required mats above, "Sting" mats and/or skill cushions may also be provided

3. **Runway length:** Minimum length provided = 32' (10 m); Recommended = 60' (18 m)

- The mini-tramp apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

B. Level 2 Group Floor

1. Squad Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes

> In Group Floor, if there are only 6 squad members, all must perform. If there are 7-16 squad members, 1 may drop out of performing.

More than one (1) gymnast dropping out of performing the Group Floor – taken from Group Floor Score -1.0

> Level 2 Floor Bonus – **6-8** active athletes = + 0.0; **9-12** active athletes = +0.1; **13-16** active athletes = +0.2

2. Music:

The Group Floor Event must be choreographed to instrumental music (preferred) or music with lyrics that are in “good taste and do not contain explicit, vulgar, lewd, or suggestive language.

Music includes explicit lyrics in the vocal track = - 2.0

Music for entry and leaving the floor is not allowed.

Using music to enter or leave the Group Floor performance area = - 0.2

Technical difficulties with the music: Should there be obvious technical difficulties with the music during the performance of the Group Floor the athletes should continue to perform. The coach has the option of stopping the performance at any point and requesting the routine to be completed in its entirety. Had the squad completed the entire despite the technical difficulty, the coach may immediately request the routine to be repeated before the judge(s) have calculated their score. Should the squad be permitted to repeat their exercise they will be provided a minimum of five minutes rest before repeating the routine.

Music format: The Meet host should provide sufficient notification to the Clubs regarding the meet format (CDs, DVDs, iPods, etc.). In any case, it is important that the on-site coach has back-up copies of the music readily available for all of their squads. Be sure to check our music during the warm-up period. Many competition host are now asking that you send your music early so that it can be included in a master play list.

3. Routine time limit:

The Group Floor Event is timed from the first movement of the routine after the squad has assumed their starting position and ends with the final pose.

Time range = 1:00 to 1:30 minutes

Failure to perform the Group Floor Event to music = - 1.0

Squad performance with music over or under time = - 0.4

4. Squad presentation:

> The squad should wait outside (but near) the floor exercise area, ready to run to their starting positions on the floor when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> At the conclusion of the Group Floor performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

5. Required Choreography elements

- Two different pirouettes (turns)
- Two different jumps or leaps (with or without turns)
- Two balance elements (held for a 2 second duration)
- Two different acrobatic elements
- Two different partner elements

Squad missing required Choreography elements = - 0.2 each time.

Formations

- A minimum of six (6) different squad formations are required in the routine

Missing formation(s) - 0.2 ea. from Choreography

C. Level 2 Group Jump

1. Group Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes.

The specific gymnasts (and number of gymnasts) performing each segment of the Group Jump apparatus (TU, VT and MT) may change from one apparatus and/or pass to the next as long as the minimum number of required performers is met.

Less than 6 gymnasts performing in any of the apparatus for Group Jump – taken from Group Jump Score -1.0

> Level 2 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

NOTE: Group Jump bonus points are based on the SMALLEST NUMBER of active performers presented at each of the different apparatus and is added to the Final Group Jump Event Score.

2. Music: The squads may utilize background music during the performance of the Group Jump event. There is no deduction for the failure to use music. The athletes are not required to work rhythmically in temp with them music.

Use of inappropriate vocal background music during the Group Jump event -1.0

3. Routine time limit: There is no time limit for the Group Jump routine, however, the squads should be ready to begin their routine upon the signal from the Head Judge and the movement between passes or runs and the apparatus must be done in an efficient manner.

4. Squad presentation:

> The squad should wait near the starting point of their first Jump apparatus, ready to march quickly and efficiently to their starting position when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> The squad should quickly and efficiently move from one Jump apparatus to the next in a unified manner. The squad must wait for the Head judge's signal before starting each of the Group Jump apparatus. If more than one pass is performed at an apparatus, the squad need not wait for a second signal from the judge, but may proceed when ready.

Failure of the squad to move efficiently from pass to pass, between the Group Jump apparatus, and/or not ready for the judge's start signal(s) = - 0.2 ea.

> At the conclusion of the Group Jump performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

Level 2 Tumbling

> For Level 2 Tumbling, the squad performs 2 passes from the list below. What ever two passes they select have a combined Difficulty level of 2.0 in the scoring scheme for Group Jump.

> **Emphasis should be on the rhythmic connection of the skills in series; excellent form, technique, execution; and streaming.**

> The squad shall provide to the Head Judge prior to the competition the number(s) of the pass(es) that the squad will perform prior to the start of the competition.

> When the text for the pass begins by saying, “From a stand or short walk...”

- The Level 2 passes are designed to be performed on the diagonal of a standard floor exercise mat (≈ 57'), a standard spring-type floor exercise system, or on a power tumbling strip. For Level 2, the passes may also be performed along the side of a floor exercise area (40').
- Obviously, only the 1st person in the line will be able to start from complete stand... the others in the squad will need to walk to the starting point, pause with feet together and then begin the first skill in the series.
- In order to provide more room to execute the pass on the diagonal, the 1st gymnast may start in the corner with the other gymnasts lined-up on the side of the floor, and then walking to the starting point in the corner.
- Level 2 squad members shall perform the tumbling passes one after another in a single line.
- For PASS #2, the squad begins from the same starting point as they did for PASS #1.

NOTE: any of the pass sequences below indicated with an asterisk () may be repeated once or twice.*

PASS #1: The Squad must perform any 1 of the following passes:

Pass # Description

- L2T-1a From a stand or short walk... Ft.Roll-S; Ft.Roll-T, Ft.Roll-T; Ft.Roll-T; Stretch jump. ... *
- L2T-1b From a stand or short walk... Ft.roll-T; Ft.Roll-T, Jump ½ twist; Bk.Roll-T, Stretch jump. ... *
- L2T-1c From a stand or short walk... Ft.Roll-T; Dive-roll, Stretch jump, 2-ft punch to Dive-roll, Stretch jump. ... *

Athletes with Disabilities or Special Needs (ADSN) may select from the above passes or the pass below:

ADSNL2T-a From a stand or short walk... Ft. roll, tuck out; stretch jump to stand; chassé R or L, feet together, Ft. roll tuck; Jump ½ twist to stand . . . *

PASS #2: The Squad must perform any 1 of the following passes:

Pass #Description

- L2T-2a From a stand or short walk... Ft. Roll, Stretch jump step-out, Cartwheel, Cartwheel . . . *
- L2T-2b From a stand or short walk... Dive Ft roll, Stretch jump step-out, Cartwheel, Cartwheel . . . *
- L2T-2c From a stand or short run to hurdle... Cartwheel, *Chasse*, Cartwheel, *Chasse*, Cartwheel . . . *
- L2T-2d From a stand or short run to hurdle... Cartwheel, Cartwheel, Cartwheel, Cartwheel. ... (no repeat)
- L2T-2e From a stand or short walk, Hndstd to Ft. roll; Ft. roll, stretch jump w/ step-out; Cartwheel, Cartwheel, RO, rebound. ... (no repeat)
- L2T-2f From a stand or short walk... RO, rebound; turn and step-out to, Cartwheel, Cartwheel, RO, rebound. ... (no repeat)
- L2T-2g From a stand or short run to hurdle... Cartwheel, Front walkover, Cartwheel, Back walkover . . . *

NOTE: The squad may select from a variety of cartwheels to perform in the AT-2 passes, such as 1-arm c/w, dive c/w, “spring out” c/w, etc. as long as all of the squad members perform the pass and the selection does not interfere with the rhythm of the pass or interrupt the connection. An aerial cartwheel is NOT permitted.

Specific Tumbling related deductions

- SQUAD performing a pass NOT on the list for this Level = - 1.0 from Diff.
- SQUAD performing a recognized pass on the list, but with a minor change of element or connection = - 0.5 from Diff.
- Individual squad members showing variation in skills during a run pass = up to - 1.0 from Diff.
- Failure of the final gymnast in the squad to “stick” the landing = - 0.3
- SQUAD NOT performing a pass in a single line = - 0.5
- SQUAD not starting PASS #2 from the same position as PASS #1 = - 0.3

Level 2 Vault

- > For Level 2 Vault, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > Emphasis should be on excellent execution of the vault or jump; streaming, quickness of repulsion from the vault (be it from the hands or feet); height/distance in the after-flight; and a controlled 2-footed landing.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the vault/jump that the squad will perform prior to the start of the competition.
- > All of the squad members must perform the same jump/vault.
- > For Level 2, the squad performs (1) pass over the vaulting device.
- > It is REQUIRED to have two (2) spotters stationed in the vault landing area. It is permissible to have an additional spotter stationed in front of the vault apparatus (between the board and the vault).

Permitted Level 2 Vaults

The squad must perform one (1) vaulting pass from the following list:

Numb. Description

- L2V-a Vault-on / Jump-off:** Run, hurdle, and squat onto the vault apparatus with an intermediate hand touch; immediately jump off to show Basic Body Position before landing.
- > Basic Jump positions include: straight, tuck, pike, traditional straddle in pike, or spread eagle
 - * borrowed from ski-jumping, a "daffy" is a split jump (with one leg forward and the other backward. The legs MUST join together in the air before the landing!
- L2V-b Jump-on / Jump-off:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands; and immediately jump off to show Basic Body Position before landing.
- > Basic Body Positions include: straight, tuck, pike, traditional straddle in pike, or spread eagle

For Athletes with Disabilities or Special Needs (ADSN)

As per the list of approved equipment for Level 2, based upon their capabilities, ADSN athletes may elect to use a lower vaulting apparatus (such as 1-level of a trapezoid or a folded panel mat), or if necessary, they may just perform a jump from the rebound device without attempting to utilize a vaulting apparatus. There is no deduction for this choice, but the athlete(s) will be evaluated on the quality of their effort. The coach should find a "good way" to integrate the needs of the ADSN squad members so as to show a "team effort."

Specific Vaulting related deductions

SQUAD performing a vault NOT on the list for this Level =	- 1.0
A squad member performs a different vault/jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
Lack of immediate connection between the arrival onto the vault and the jump off =	Up to - 1.0
Failure to show rise in the after-flight phase =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the vault w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

Level 2 Mini-trampoline

- > For Level 2 Mini-Tramp, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > All mini-tramp jumps must originate from a forward hurdle on the runway to a two-foot landing onto the mini-tramp bed with no twists.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the jump that the squad will perform prior to the start of the competition.
- > For Level 2, the squad performs (1) pass over the mini-tramp.
- > All of the squad members must perform the same jump off the mini-tramp
- > It is REQUIRED to have two (2) spotters stationed in the landing area. It is permissible to have an additional spotter stationed in front of the mini-tramp,

Permitted Level 2 Mini-trampoline jumps

The squad must perform one (1) jump from the following list:

Numb.Description

L2M-1a Basic Jump: Run, hurdle, to jump onto the mini-tramp bed with 2-feet; immediate rebound to a Basic Jump off to 2-foot landing.

> Basic Jump positions include: straight, tuck, pike, traditional straddle in pike, spread eagle, stag, or daffy*

* borrowed from ski-jumping, a "daffy" is a split jump (with one leg forward and the other backward. The legs MUST join together in the air before the landing!

For Athletes with Disabilities or Special Needs (ADSN)

As per the list of approved equipment for Level 2, based upon their capabilities, ADSN athletes may elect to use a vaulting board as the rebound device at this apparatus instead of a mini-tramp. There is no deduction for this choice, but the athlete(s) will be evaluated on the quality of their effort. The coach should find a "good way" to integrate the needs of the ADSN squad members so as to show a "team effort."

Specific Mini-trampoline related deductions

SQUAD performing a mini-tramp jump NOT on the list for this Level =	- 1.0
A squad member performs a different jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
SQUAD failure to show rise in the jump off of the mini-trampoline =	Up to - 2.0
SQUAD lack of uniform body position in the jump from the mini-tramp =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the mini-tramp w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

VIII. Level 3

A. Equipment / Apparatus

- > For clubs or organizations hosting sanctioned TeamGym competitions, it is critically important to provide early notification to potential participating clubs as to the specific equipment that will be available and the set-up plan for the equipment.
- > Complete equipment lists shall be distributed with all TeamGym competition and/or GymFest display information.
- > Additional equipment needs should be arranged between the event organizer and group/squad leaders.

Group Floor: Performance Area and Equipment

- > Due to the basic skills involved with Level 3, the standard floor exercise area (42' x 42') is preferred. As indicated above, with prior notification by the Event host to participating clubs, a smaller area may be acceptable.
 - > This may be a padded/matted area (i.e., wrestling mat), a carpet covered matted area (i.e., carpet-bonded foam), or a gymnastics spring floor system.
- NOTE:* carpet-backed foam is preferred (7 rolls). A spring floor not required.

Level 3 Group Jump: Tumbling Apparatus

1. **Padded tumbling run / Floor exercise area:**
 - > A separate mat strip may be utilized.
Minimum area = 6' x 60'
 - > If a standard floor exercise area (42' x 42') is used, the passes can be done along the side of the mat or down a diagonal.
 - > The floor area may be carpet-backed foam or a spring floor system.
2. **Spring strip:**
 - Minimum = 6' x 60' (2 m x 18 m)
 - Preferred = 6' x 72' (2 m x 22 m)

Group Jump: Vaulting Apparatus

1. **Vault device:** A standard vaulting horse, and/or the FIG vaulting table.
Additionally, at local & invitational competitions, vault trainer, trapezoid or Swedish box is acceptable at Level 3.
2. **Apparatus height:** The height of the vaulting device is adjustable... no standard height. This is at the discretion of the coach. However, the height may not be adjusted for individual athletes.
3. **Rebound device(s):** An unaltered, manufactured vaulting board meeting all FIG specifications.
4. **Landing area:**
 - Minimum landing area = 8' x 16' (2.5 m x 5 m)
 - USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
 - In addition to the required mats above, "sting" mats and/or skill cushions may also be provided.
5. **Runway length:**
 - Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
 - The vaulting apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

Group Jump: Mini-trampoline Apparatus

1. **Rebound device(s):** Acceptable devices include...
 - Unaltered, manufactured traditional mini-trampoline with safety pads covering the coil-springs and non-skid pads on the feet. – Mini-tramp with bungee cords is not permitted.
 - Euro TeamGym-style mini-trampoline.
2. **Landing area:**
 - Minimum landing area = 8' x 16' (2.5 m x 5 m)
 - USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
 - In addition to the required mats above, "Sting" mats and/or skill cushions may also be provided
3. **Runway length:**
 - Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
 - The mini-tramp apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

B. Level 3 Group Floor

1. Squad Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes

> In Group Floor, if there are only 6 squad members, all must perform. If there are 7-16 squad members, 1 may drop out of performing.

More than one (1) gymnast dropping out of performing the Group Floor – taken from Group Floor Score -1.0

> Level 3 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

2. Music: The Group Floor Event must be choreographed to instrumental music (preferred) or music with lyrics that are in “good taste and do not contain explicit, vulgar, lewd, or suggestive language.

Music includes explicit lyrics in the vocal track = -2.0

Music for entry and leaving the floor is not allowed.

Using music to enter or leave the Group Floor performance area = -0.2

Technical difficulties with the music: Should there be obvious technical difficulties with the music during the performance of the Group Floor the athletes should continue to perform. The coach has the option of stopping the performance at any point and requesting the routine to be completed in its entirety. Had the squad completed the entire despite the technical difficulty, the coach may immediately request the routine to be repeated before the judge(s) have calculated their score. Should the squad be permitted to repeat their exercise they will be provided a minimum of five minutes rest before repeating the routine.

Music format: The Meet host should provide sufficient notification to the Clubs regarding the meet format (CDs, DVDs, iPods, etc.). In any case, it is important that the on-site coach has back-up copies of the music readily available for all of their squads. Be sure to check our music during the warm-up period. Many competition host are now asking that you send your music early so that it can be included in a master play list.

3. Routine time limit: The Group Floor Event is timed from the first movement of the routine after the squad has assumed their starting position and ends with the final pose.

Time range = 1:15 to 2:00 minutes

Failure to perform the Group Floor Event to music = -1.0

Squad performance with music over or under time = -0.4

4. Squad presentation:

> The squad should wait outside (but near) the floor exercise area, ready to run to their starting positions on the floor when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = -0.2

> At the conclusion of the Group Floor performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

5. Required Choreography elements

- Two different pirouettes (turns)
- Two different jumps or leaps (with or without turns)
- Two balance elements (held for a 2 second duration)
- Two different acrobatic elements
- Two different partner elements
- At least one power element

Squad missing required Choreography elements = -0.2 each time.

Formations

- A minimum of seven (7) different squad formations are required in the routine

Missing formation(s) -0.2 ea. from Choreography

C. Level 3 Group Jump

1. Group Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes.

The specific gymnasts (and number of gymnasts) performing each segment of the Group Jump apparatus (TU, VT and MT) may change from one apparatus and/or pass to the next as long as the minimum number of required performers is met.

Less than 6 gymnasts performing in any of the apparatus for Group Jump – taken from Group Jump Score -1.0

> Level 3 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

NOTE: Group Jump bonus points are based on the SMALLEST NUMBER of active performers presented at each of the different apparatus and is added to the Final Group Jump Event Score.

2. Music:

> The squads may utilize background music during the performance of the Group Jump event. There is no deduction for the failure to use music. The athletes are not required to work rhythmically in temp with them music.

Use of inappropriate vocal background music during the Group Jump event -1.0

3. Routine time limit: There is no time limit for the Group Jump routine, however, the squads should be ready to begin their routine upon the signal from the Head Judge and the movement between passes or runs and the apparatus must be done in an efficient manner.

4. Squad presentation:

> The squad should wait near the starting point of their first Jump apparatus, ready to march quickly and efficiently to their starting position when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> The squad should quickly and efficiently move from one Jump apparatus to the next in a unified manner. The squad must wait for the Head judge's signal before starting each of the Group Jump apparatus. If more than one pass is performed at an apparatus, the squad need not wait for a second signal from the judge, but may proceed when ready.

Failure of the squad to move efficiently from pass to pass, between the Group Jump apparatus, and/or not ready for the judge's start signal(s)= - 0.2 ea.

> At the conclusion of the Group Jump performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

5. Required Passes

Level 3 Tumbling

> For Level 3 Tumbling, the squad performs 2 passes from the list below. Whatever two passes they select have a combined Difficulty level of 2.0 in the scoring scheme for Group Jump.

> **Emphasis should be on the rhythmic connection of the skills in series; excellent form, technique, execution; and streaming.**

> The squad shall provide to the Head Judge prior to the competition the number(s) of the pass(es) that the squad will perform prior to the start of the competition.

> When the text for the pass begins by saying, "*From a stand or short walk...*"

- The Level 3 passes are designed to be performed on the diagonal of a standard floor exercise mat ($\approx 57'$), a standard spring-type floor exercise system, or on a power tumbling strip.
- Obviously, only the 1st person in the line will be able to start from complete stand... the others in the squad will need to walk to the starting point, pause with feet together and then begin the first skill in the series.
- In order to provide more room to execute the pass on the diagonal, the 1st gymnast may start in the corner with the other gymnasts lined-up on the side of the floor, and then walking to the starting point in the corner.
- Level 3 squad members shall perform the tumbling passes one after another in a single line.
- For PASS #2, the squad begins from the same starting point as they did for PASS #1.

PASS #1: The Squad must perform any 1 of the following passes:

Number Description

L3T-1a From stand or short walk... **Power hurdle**, RO, Flic-flac (FF), rebound, land; turn, 2 or 3 steps, RO, FF, rebound.

L3T-1b From stand or short walk... **Power hurdle**, RO, FF rebound with $\frac{1}{2}$ turn step-out into immediate RO, FF, rebound.

L3T-1c From stand or short walk... **Power hurdle**, RO, FF, FF, and rebound

PASS #2: The Squad must perform another pass from the list above. They may repeat the same pass that they performed for Pass #1.

Specific Tumbling related deductions

SQUAD performing a pass NOT on the list for this Level =	- 1.0 from Diff.
SQUAD performing a recognized pass on the list, but with a minor change of element or connection =	- 0.5 from Diff.
SQUAD performs the pass from running steps instead from a Power hurdle =	- 0.5 from Diff.
Individual squad members showing variation in skills during a run pass =	up to - 1.0
Failure to start from a 2-foot starting position (where specified) by any squad member =	- 0.2 ea time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3
SQUAD NOT performing a pass in a single line =	- 0.5
SQUAD not starting PASS #2 from the same position as PASS #1 =	- 0.3

Level 3 Vault

- > For Level 3 Vault, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > Emphasis should be on excellent execution of the vault or jump; streaming, quickness of repulsion from the vault (be it from the hands or feet); height/distance in the after-flight; and a controlled 2-footed landing.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the vault/jump that the squad will perform prior to the start of the competition.
- > All of the squad members must perform the same jump/vault.
- > For Level 3, the squad performs (1) pass over the vaulting device.
- > It is REQUIRED to have two (2) spotters stationed in the vault landing area. It is permissible to have an additional spotter stationed in front of the vault apparatus (between the board and the vault).

Permitted Level 3 Vaults

The squad must perform one (1) vaulting pass from the following list:

Number Description

- L3V-1a Vault-on / Jump-off with body extension:** Run, hurdle, and squat vault onto the vault apparatus with an intermediate hand touch; immediate jump off the vault to show selected Basic Body Position at the height of the after-flight, and then a quick extension of the body to straight position before preparing for a 2-foot landing.
- > Basic Jump body positions include: tuck, pike, traditional straddle in pike, or spread eagle.
- L3V-1b Jump-on / Jump-off with body extension:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands; immediate jump off the vault to show selected Basic Body Position at the height of the after-flight, and then a quick extension of the body to straight position before preparing for a 2-foot landing.
- Basic Jump positions include: straight, tuck, pike, traditional straddle in pike, or spread eagle.
- A "daffy" (borrowed from ski-jumping) is a split jump (with one leg forward and the other backward. The legs MUST join together in the air before the landing!
- L3V-1c *Jump-on / Round-off off:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands and immediately execute a RO off the vault from both hands to a 2-foot landing.
- L3V-1d *Jump-on / FHS off:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands and immediately execute a Front Handspring (FHS) off the vault from both hands to a 2-foot landing.
- * It is recommended that in order to have good continuity from the preflight jump-on into the RO or FHS-off, the athlete should arrive on the vault using a "step-out" style. Both feet should land on the vault (back foot, then front foot). An alternate technique is to land on the vault apparatus on the forward foot while the back leg continues to rise as the hands are placed on the vault table for the repulsion phase.

Specific Vaulting related deductions

SQUAD performing a vault NOT on the list for this Level =	- 1.0
A squad member performs a different vault/jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
Lack of immediate connection between the arrival onto the vault and the jump, push, or spring off =	Up to - 1.0
Failure to show rise in the after-flight phase =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the vault w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

Level 3 Mini-trampoline

- > For Level 3 Mini-Tramp, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > All mini-tramp jumps must originate from a forward hurdle on the runway to a two-foot landing onto the mini-tramp bed with no twists.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the jump that the squad will perform prior to the start of the competition.
- > For Level 3, the squad performs (1) pass over the mini-tramp.
- > All of the squad members must perform the same jump off the mini-tramp
- > It is REQUIRED to have two (2) spotters stationed in the landing area. It is permissible to have an additional spotter stationed in front of the mini-tramp,

Permitted Level 3 Mini-trampoline jumps

The squad must perform one (1) jump from the following list:

Number Description

L3M-1a Basic Jump with body extension: Run, hurdle, to jump onto the mini-tramp bed with 2-feet; immediate rebound to a Jump off to show a Basic Body Position at the height of the jump, and then quickly extend to a straight position before preparing for a 2-foot landing.

> Basic Jump positions include: straight, tuck, pike, traditional straddle in pike, spread eagle, stag, daffy (split jump) or double-daffy*

* borrowed from ski-jumping, a "double-daffy" is essentially a switch-split jump. The legs MUST join together in the air before the landing!

Specific Mini-trampoline related deductions

SQUAD performing a mini-tramp jump NOT on the list for this Level =	- 1.0
A squad member performs a different jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
SQUAD failure to show rise in the jump off of the mini-trampoline =	Up to - 2.0
SQUAD lack of uniform body position in the jump from the mini-tramp =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the mini-tramp w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

IX. Level 4

A. Equipment / Apparatus

- > For clubs or organizations hosting sanctioned TeamGym competitions, it is critically important to provide early notification to potential participating clubs as to the specific equipment that will be available and the set-up plan for the equipment.
- > Complete equipment lists shall be distributed with all TeamGym competition and/or GymFest display information.
- > Additional equipment needs should be arranged between the event organizer and group/squad leaders.

Group Floor: Performance Area and Equipment

- > Due to the basic skills involved with Level 4, the standard floor exercise area (42' x 42') is preferred. However, with prior notification to participating clubs, a smaller area may be acceptable.
 - > This may be a padded/matted area (i.e., wrestling mat), a carpet covered matted area (i.e., carpet-bonded foam), or a gymnastics spring floor system.
- NOTE:* carpet-backed foam is preferred (7 rolls). A spring floor not required.

Level 4 Group Jump: Tumbling Apparatus

1. **Padded tumbling run / Floor exercise area:**
 - > A separate mat strip may be utilized. Minimum area = 6' x 60'
 - > If a standard floor exercise area (42' x 42') is used, the passes can be done along the side of the mat or down a diagonal.
 - > The floor area may be carpet-backed foam or a spring floor system.
2. **Spring strip:**
 - Minimum = 6' x 60' (2 m x 18 m)
 - Preferred = 6' x 72' (2 m x 22 m)

Group Jump: Vaulting Apparatus

1. **Vault device:** A standard vaulting horse and/or the FIG vaulting table. Additionally, at local or invitational competitions, a vault trainer, trapezoid or Swedish box is acceptable at Level 4.
2. **Apparatus height:** The height of the vaulting device is adjustable... no standard height. This is at the discretion of the coach. However, the height may not be adjusted for individual athletes.
3. **Rebound device(s):** An unaltered, manufactured vaulting board meeting all FIG specifications.
4. **Landing area:** Minimum landing area = 8' x 16' (2.5 m x 5 m)
USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
In addition to the required mats above, "sting" mats and/or skill cushions may also be provided.
5. **Runway length:** Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
The vaulting apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

Group Jump: Mini-trampoline Apparatus

1. **Rebound device(s):** Acceptable devices include...
 - Unaltered, manufactured traditional mini-trampoline with safety pads covering the coil-springs and non-skid pads on the feet. – Mini-tramp with bungee cords is not permitted.
 - Euro TeamGym-style mini-trampoline.
2. **Landing area:**
 - Minimum landing area = 8' x 16' (2.5 m x 5 m)
 - USAG/FIG Landing mat thickness:
10-12 cm with 1¼" base mat for Levels A and B
 - In addition to the required mats above, "Sting" mats and/or skill cushions may also be provided
3. **Runway length:**
 - Minimum length provided = 32' (10 m); Recommended = 60' (18 m)
 - The mini-tramp apparatus may be placed so as to permit the Floor exercise mat to be used as a runway, or a separate runway may be used.

B. Level 4 Group Floor

1. Squad Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes

> In Group Floor, if there are only 6 squad members, all must perform. If there are 7-16 squad members, 1 may drop out of performing.

More than one (1) gymnast dropping out of performing the Group Floor – taken from Group Floor Score -1.0

> Level 4 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

2. Music: The Group Floor Event must be choreographed to instrumental music (preferred) or music with lyrics that are in “good taste and do not contain explicit, vulgar, lewd, or suggestive language.

Music includes explicit lyrics in the vocal track = - 2.0

Music for entry and leaving the floor is not allowed.

Using music to enter or leave the Group Floor performance area = - 0.2

Technical difficulties with the music: Should there be obvious technical difficulties with the music during the performance of the Group Floor the athletes should continue to perform. The coach has the option of stopping the performance at any point and requesting the routine to be completed in its entirety. Had the squad completed the entire despite the technical difficulty, the coach may immediately request the routine to be repeated before the judge(s) have calculated their score. Should the squad be permitted to repeat their exercise they will be provided a minimum of five minutes rest before repeating the routine.

Music format: The Meet host should provide sufficient notification to the Clubs regarding the meet format (CDs, DVDs, iPods, etc.). In any case, it is important that the on-site coach has back-up copies of the music readily available for all of their squads. Be sure to check our music during the warm-up period. Many competition host are now asking that you send your music early so that it can be included in a master play list.

3. Routine time limit: The Group Floor Event is timed from the first movement of the routine after the squad has assumed their starting position and ends with the final pose.

Time range = 1:15 to 2:00 minutes

Failure to perform the Group Floor Event to music = - 1.0

Squad performance with music over or under time = - 0.4

4. Squad presentation:

> The squad should wait outside (but near) the floor exercise area, ready to run to their starting positions on the floor when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> At the conclusion of the Group Floor performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

5. Required Choreography elements

- Two different pirouettes (turns)
- Two different jumps or leaps (with or without turns)
- Two balance elements (held for a 2 second duration)
- Two different acrobatic elements
- Two different partner elements
- At least one power element

Squad missing required Choreography elements = - 0.2 each time.

Formations

- A minimum of **seven (7)** different squad formations are required in the routine

Missing formation(s) - 0.2 ea. from Choreography

C. Level 4 Group Jump

1. Group Composition:

> Squad size – Minimum 6 athletes; Maximum 16 athletes.

The specific gymnasts (and number of gymnasts) performing each segment of the Group Jump apparatus (TU, VT and MT) may change from one apparatus and/or pass to the next as long as the minimum number of required performers is met.

Less than 6 gymnasts performing in any of the apparatus for Group Jump – taken from Group Jump Score -1.0

> Level 4 Floor Bonus – 6-8 active athletes = + 0.0; 9-12 active athletes = +0.1; 13-16 active athletes = +0.2

NOTE: Group Jump bonus points are based on the SMALLEST NUMBER of active performers presented at each of the different apparatus and is added to the Final Group Jump Event Score.

2. Music:

The squads may utilize background music during the performance of the Group Jump event. There is no deduction for the failure to use music. The athletes are not required to work rhythmically in temp with them music.

Use of inappropriate vocal background music during the Group Jump event -1.0

3. Routine time limit: There is no time limit for the Group Jump routine, however, the squads should be ready to begin their routine upon the signal from the Head Judge and the movement between passes or runs and the apparatus must be done in an efficient manner.

4. Squad presentation:

> The squad should wait near the starting point of their first Jump apparatus, ready to march quickly and efficiently to their starting position when they receive the green flag from the Head Judge.

Entering the performance area prematurely or not ready when the Head Judge gives the green flag = - 0.2

> The squad should quickly and efficiently move from one Jump apparatus to the next in a unified manner. The squad must wait for the Head judge's signal before starting each of the Group Jump apparatus. If more than one pass is performed at an apparatus, the squad need not wait for a second signal from the judge, but may proceed when ready.

Failure of the squad to move efficiently from pass to pass, between the Group Jump apparatus, and/or not ready for the judge's start signal(s) = - 0.2 ea.

> At the conclusion of the Group Jump performance, the squad should quickly acknowledge the audience and the judges and then march off the floor in an orderly manner.

Level 4 Tumbling

> For Level 4 Tumbling, the squad performs 2 passes from the list below. What ever two passes they select have a combined Difficulty level of 2.0 in the scoring scheme for Group Jump.

> **Emphasis should be on the rhythmic connection of the skills in series; excellent form, technique, execution; and streaming.**

> The squad shall provide to the Head Judge prior to the competition the number(s) of the pass(es) that the squad will perform prior to the start of the competition.

> When the text for the pass begins by saying, "From a stand or short walk..."

- The Level 4 passes are designed to be performed on the diagonal of a standard floor exercise mat (≈ 57'), a standard spring-type floor exercise system, or on a power tumbling strip. For Level 4, the passes may also be performed along the side of a floor exercise area (40').
- Obviously, only the 1st person in the line will be able to start from complete stand... the others in the squad will need to walk to the starting point, pause with feet together and then begin the first skill in the series.
- In order to provide more room to execute the pass on the diagonal, the 1st gymnast may start in the corner with the other gymnasts lined-up on the side of the floor, and then walking to the starting point in the corner.
- Level 4 squad members shall perform the tumbling passes one after another in a single line.
- For PASS #2, the squad begins from the same starting point as they did for PASS #1.

PASS #1: The Squad must perform any 1 of the following passes:

Number Description

L4T-1a From stand or short walk... **Power hurdle**, RO, FF rebound with ½ turn step-out into an immediate RO, FF, rebound.

L4T-1b From stand or short walk... **Power hurdle**, RO, FF, FF, and rebound.

PASS #2: The Squad must perform any 1 of the following passes:

Number Description

L4T-2a From stand or short walk... **Power hurdle**, Ft. Handspring (FHS) 2-foot landing; Walk 1, 2, or 3 steps to Power hurdle
FHS 2-foot landing

L4T-2b From stand or short walk... **Power hurdle**, Ft. Handspring (FHS) step-out, FHS 2-foot landing

L4T-2c From stand or short walk... **Power hurdle**, Ft. Handspring (FHS) step-out, FHS step-out, FHS 2-foot landing

L4T-2d From stand or short walk... **Power hurdle**, FHS step-out, RO, FF, rebound

L4T-2e From stand or short walk... **Power hurdle**, FHS step-out, FHS step-out, FHS step-out, FHS 2-foot landing

L4T-2f From stand or short walk... **Power hurdle**, RO, FF step-out with turn to, FHS step-out, FHS 2-foot landing

Specific Tumbling related deductions

SQUAD performing a pass NOT on the list for this Level =	- 1.0 from Diff.
SQUAD performing a recognized pass on the list, but with a minor change of element or connection =	- 0.5 from Diff.
SQUAD performs the pass from running steps instead from a Power hurdle =	- 0.5 from Diff.
Individual squad members showing variation in skills during a run pass =	up to - 1.0
Failure to start from a 2-foot starting position (where specified) by any squad member =	- 0.2 ea time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3
SQUAD NOT performing a pass in a single line =	- 0.5
SQUAD not starting PASS #2 from the same position as PASS #1 =	- 0.3

Level 4 Vault

- > For Level 4 Vault, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > Emphasis should be on excellent execution of the vault or jump; streaming, quickness of repulsion from the vault (be it from the hands or feet); height/distance in the after-flight; and a controlled 2-footed landing.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the vault/jump that the squad will perform prior to the start of the competition.
- > All of the squad members must perform the same jump/vault.
- > It is REQUIRED to have two (2) spotters stationed in the vault landing area. It is permissible to have an additional spotter stationed in front of the vault apparatus (between the board and the vault).

Permitted Level 4 Vaults

The squad must perform one (1) vaulting pass from the following list:

Number Description

- L4V-1a Jump-on / Jump-off with body extension:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands; immediate jump off the vault to show selected Basic Body Position at the height of the after-flight, and then a quick extension of the body to straight position before preparing for a 2-foot landing.
Basic Jump positions include: straight, tuck, pike, traditional straddle in pike, spread eagle, stag, daffy (split jump), or double-daffy*
* borrowed from ski-jumping, a "double-daffy" is essentially a switch-split jump. The legs MUST join together in the air before the landing!
- L4V-1b Vault Over:** Run, hurdle, and vault OVER the apparatus with an intermediate hand touch. Show clearly defined body position in the after-flight with good height and distance before preparing for 2-foot landing.
> Basic vault-over body positions include: tuck, pike, or straddle.
- L4V-1c Jump-on / FHS off:** Run, hurdle, and jump onto the vault apparatus from the board without using the hands and immediately execute a Front Handspring off the vault from both hands to a 2-foot landing.
* It is recommended that in order to have good continuity from the preflight jump-on into the RO or FHS-off, the athlete should arrive on the vault using a "step-out" style. Both feet should land on the vault (back foot, then front foot).
An alternate technique is to land on the vault apparatus on the forward foot while the back leg continues to rise as the hands are placed on the vault table for the repulsion phase.
- L4V-1d Front Handspring:** From a run, Front Handspring to 2-foot landing

Specific Vaulting related deductions

SQUAD performing a vault NOT on the list for this Level =	- 1.0
A squad member performs a different vault/jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
Lack of immediate connection between the arrival onto the vault and the jump, push, or spring off =	Up to - 1.0
Failure to show rise in the after-flight phase =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the vault w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3

Level 4 Mini-trampoline

- > For Level 4 Mini-Tramp, the squad performs 1 pass from the list below. This pass has a Difficulty level of 2.0 in the scoring scheme for Group Jump.
- > All mini-tramp jumps must originate from a forward hurdle on the runway to a two-foot landing onto the mini-tramp bed with no twists.
- > All landings must be 2-footed, but it is permissible to do a controlled roll-out after the landing.
- > The squad shall provide to the Head Judge prior to the competition the number of the jump that the squad will perform prior to the start of the competition.
- > For Level 4, the squad performs (1) pass over the mini-tramp.
- > All of the squad members must perform the same jump off the mini-tramp
- > It is REQUIRED to have two (2) spotters stationed in the landing area. It is permissible to have an additional spotter stationed in front of the mini-tramp,

Permitted Level 4 Mini-trampoline jumps

The squad must perform one (1) jump from the following list:

Number Description

- BM-1a** Run, hurdle, to jump onto the mini-tramp bed with 2-feet; immediate rebound to a Jump off to show a Basic Body Position at the height of the jump, and then quickly extend to a straight position before preparing for a 2-foot landing.
- > Basic Jump positions include: straight, tuck, pike, traditional straddle in pike, spread eagle, stag, daffy, or double-daffy*
 - * borrowed from ski-jumping, a "double-daffy" is essentially a switch-split jump. The legs MUST join together in the air before the landing!
- BM-1b** Run, hurdle, to jump onto the mini-tramp bed with 2-feet; immediately rebound to forward somersault in tuck position to a 2-foot landing.
- > NOTE: Opening the tuck front sommie landing is not a requirement for Level 4, but it is considered superior technique and will not be evaluated as an incorrect skill if all of the squad performs it with this technique.

Specific Mini-trampoline related deductions

SQUAD performing a mini-tramp jump NOT on the list for this Level =	- 1.0
A squad member performs a different jump than the others =	- 0.5 ea. time
Failure to have two (2) spotters in the landing area =	-The pass is VOID
SQUAD failure to show rise in the jump off of the mini-trampoline =	Up to - 2.0
SQUAD lack of uniform body position in the jump from the mini-tramp =	Up to - 1.0
Major interruption by the squad resulting significant faults from multiple squad members =	Up to - 4.0
When a squad member "runs-by" the mini-tramp w/ or w/o touching, it is treated as a FALL =	- 0.5 ea. time
Failure of the final gymnast in the squad to "stick" the landing =	- 0.3