

X. Levels 7 and 8

Updated 1/12/09
Updated 3/4/09
Updated 3/13/2009

A. Program Description for Levels 7-8

1. Competitive events

- There will be two Group Jump Events – **Tumbling** (as a separate event) and **Vault/Mini-trampoline** (as a combined event). Each of these two events will have a value of 10.0 points.
- **Group Floor** will be the third event, also with a value of 10.0 points.
- Therefore, the total combined score shall be 30.0 points.

2. Number of Athletes per Squad

- For Levels 7-8, there will be a minimum of 6 and a maximum of 12 athletes per squad.
Failure to field a squad consisting of the min./max. number of athletes per above -1.0
- **In Group Jump**, a minimum of six (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 and Vault/Mini-trampoline) may change from one apparatus and/or pass to the next as long as the minimum number of required performers is met.
- All of the squad members must perform in at least one (1) pass in the two Jump events.
Failure to have all squad members perform at least one pass in the Jump events -1.0
- **For Group Floor**, all squad members must perform.
Failure to have all squad members perform in the Group Floor routine -1.0
- **Bonus** – There is NO BONUS given in Levels 7-8 for squad size.

3. Squad Gender Groupings

- **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+5M, 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. As long as there are at least two (2) more female athletes than males,
- **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. As long as there are at least two (2) more male athletes than females,

4. Qualification

- **Level 7 Qualification** – For the 2008-2009 season, squads must qualify to compete at Level 7. The following options are available:
 1. Through competition – Compete in a sanctioned TeamGym competition and earn a Total Team score of at least 18.00 points as a Level 6 plus submission of a video to the USAG/GFA Committee for evaluation of the capability of performing Level 7 skills.
 2. Through petition – Submission of a video USAG/GFA Committee for evaluation that shows the squad's of the capability of performing the Level 6 Jump passes and the capability of performing Level 7 skills.
- **Level 8 Qualification** – For the 2008-2009 season, squads must qualify to compete at Level 8. The following options are available:
 1. Through competition – Compete in a sanctioned **Level 7** TeamGym competition and earn a Total Team score of at least 25.50 points plus submission of a video to the USAG/GFA Committee for evaluation of the capability of performing Level 8 skills.

5. Double-dipping Regulation

Updated on March 4, 2009

Since posting the DD Regulation at the end of February, I have received many comments from coaches and club owners. These discussions have been very helpful in understanding the ways in which clubs are currently using DDS, and their wide-ranging opinions regarding the utility of permitting this kind of squad mobility.

Based upon my discussions, and in consideration of the affect of the previous ruling on some squads that would be affected by this ruling in the middle of this season, I have made the adjustments as indicated below.

Please note: Prior to the beginning of the 2010 season, the GFA TeamGym Committee will re-address this situation and make a new ruling. There appears to be some consensus building that for Levels 3-8, DDs would not be generally approved. The clubs would have the ability to submit a written petition to the TeamGym Committee if they believed that they had a compelling reason to utilize DDs. Additionally, there would be a procedure to receive a waiver for a particular and unusual circumstance such as an injury to a current squad member. I welcome WRITTEN opinions in this regard. You can email me a swhitlock@usa-gymnastics.org.

III. Participant Regulations – Updated March 4, 2009

B. “Double-dips” – i.e., athletes participating in more than one squad for the 2009 season.

For Levels 1 and 2

Whereas Levels 1 and 2 are based on the squads achieving set levels of scoring instead of a ranking between squads, it is permissible for any number of “double-dippers” are permitted at these Levels.

For Levels 3-8

The number of “double-dippers” joining a squad from a squad of the same or different Level MUST be limited to the numbers as listed in the table below.

Squad size	# of double dippers permitted
6-7	2
8-16	3

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.

SQUAD competing utilizing an excess number of double-dippers: -0.5 taken from the final team total score

6. USA Gymnastics Membership Requirements

For the athletes:

Level 7 – Junior Olympic National 1 – Requires Athlete, or Jr. Pro. or Professional membership

Level 8 – Junior Olympic National 2 – Requires Athlete, or Jr. Pro. or Professional membership

For the coaches:

Each registered **Level 7-8** 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 (member #) must be submitted with final registration information for all USA Gymnastics sanctioned competitions. Coaches should be prepared to visibly present their current USAG member card at all sanctioned competitions. Coaching within the field of play at a sanctioned competition without a valid membership can result in invalidating the scores/results for the Club with which the coach is associated, and, possibly, the event sanction being revoked.

7. 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 – Choreography and Synchronization
- 5.0 for Exercise Presentation and Technical Execution
- 10.0 Maximum Score for Group Floor (+ bonus)

• Group Jump-Tumbling Score

The squad's performance in the Group Floor Exercise Event is evaluated within the following categories:

- 2.0 for Difficulty
 - Based upon the squads' difficulty content, the Head Judge will assign the Start Value for the three tumbling passes. Three SV's are possible:
 - 2.0 for High difficulty content
 - 1.5 for Medium difficulty content
 - 1.0 for Low difficulty content
 - The evaluation of Difficulty SV will be determined based upon the number of body shape changes, the number of saltos performed, the number of twists performed, and the number of intensifications.
- 3.0 for Synchronization and Streaming
- 5.0 for Exercise Presentation and Technical Execution
- 10.0 Maximum Score for Group Jump-Tumbling (+ bonus)

• Group Jump-Vault/Mini-trampoline Score

The squad's performance in the Group Floor Exercise Event is evaluated within the following categories:

- 2.0 for Difficulty
 - Based upon the squads' difficulty content, the Head Judge will assign the Start Value for the three Vault/Mini-trampoline passes. Three SV's are possible:
 - 2.0 for High difficulty content
 - 1.5 for Medium difficulty content
 - 1.0 for Low difficulty content
 - The evaluation of Difficulty SV will be determined based upon the elements performed and the number of intensifications.
- 3.0 for Synchronization and Streaming
- 5.0 for Exercise Presentation and Technical Execution
- 10.0 Maximum Score for Group Jump-Vault/Mini-trampoline (+ bonus)

- The **Final Team Score** is determined by adding the three (3) Event Scores minus any special deductions that apply to the only to final tally.

NOTE: All placement awards for Levels 7-8 are based solely on the Final Team Score. Awards are not given in the individual events.

8. Bonus for Levels 7-8

Bonus in the Group Jump events (+0.1-0.2 points) is given for virtuosity, which means:

- Identical technique of elements between the gymnasts.
- Flight height during acrobatic elements
- Correctness of execution phases during turns around several axis
- Absolute sureness of performance.
- The execution must give the expression on an uninterrupted whole

Bonus in Group Floor program (+0.1-0.2 points) is given for virtuosity, which means:

- When the elements/connections are performed without large faults.
- An especially expressive exercise can help to make the program virtuous.
- Bonus points are always given to the team, not individuals.
- They are given by each judge to the team, not the individuals.

9. Equipment / Apparatus for Levels 7-8

- For clubs 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.
- 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.

Levels 7-8 are designed in part to prepare USAG TeamGym squads for advancement to international TeamGym competition. The international standards are the EGU TeamGym Regulations. The TeamGym Committee recognizes that it will take some time for USA clubs to prepare their athletes as well as provide the apparatus that is utilized internationally. Therefore, in this section, we present the preferred apparatus that meets current international standards as well as equipment that is acceptable for the 2008-09 season.

A. Preferred Apparatus

- **Group Jump-Tumbling** – 60' spring strip with a pre-run area in front of the strip and a landing area.
Min. landing area = 10' x 16' (2.5 m x 5 m); USAG/FIG Landing mat thickness: 10-12 cm with 1¼" base mat.
- **Group Jump-Vault** – Standard vaulting table with the ability to be adjusted to 160 cm (for Female and Mixed divisions) and 165 cm (for the Male Division).
Euro-style mini-trampoline.
Min. landing area = 10'x16' (2.5 m x 5 m); USAG/FIG Landing mat thickness: 10-12 cm with 1¼" base mat.
In addition to the required mats above, "sting" mats and/or skill cushions may also be provided.
Minimum runway length = 32' (10 m); Recommended = 60' (18 m)
- **Group Jump-Mini-trampoline** – Euro-style mini-trampoline.
Min. landing area = 10' x 16' (2.5 m x 5 m); USAG/FIG Landing mat thickness: 10-12 cm with 1¼" base mat.
In addition to the required mats above, "sting" mats and/or skill cushions may also be provided.
Min. runway length = 32' (10 m); Recommended = 60' (18 m)
- **Group Floor** – 40' x 60' floor area of carpet-bonded foam.

B. Acceptable Apparatus for the 2008-2009 season

- **Group Jump-Tumbling** – shorter spring strip with a pre-run area in front of the strip and a landing area.
Minimum = 6' x 60' (2 m x 18 m); Preferred = 6' x 72' (2 m x 22 m)
In local competitions or invitational competitions, with prior notification by the competition Host, the diagonal of a Spring Floor would be acceptable for Level 7.
- **Group Jump Vault –**
Vault apparatus:
Standard, USA vaulting table that adjusts to at least 135 cm. The height of the table must be adjusted prior to the start of the round and may not be changed once the round begins.
Rebound Device:
Euro-style mini-trampoline or other 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.
March 13, 2009: For the 2008-09 season, it is permissible for the athletes to use an unaltered, manufactured vaulting board meeting all FIG specifications.
Landing and runway areas:
Min. landing area = 8' x 16' (2.5 m x 5 m); USAG/FIG Landing mat thickness: 10-12 cm with 1¼" base mat.
In addition to the required mats above, "sting" mats and/or skill cushions may also be provided.
Minimum runway length = 32' (10 m); Recommended = 60' (18 m)
- **Group Jump-Mini-trampoline** –
Euro-style mini-trampoline or other 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.
Min. landing area = 8' x 16' (2.5 m x 5 m); USAG/FIG Landing mat thickness: 10-12 cm with 1¼" base mat.

In addition to the required mats above, "sting" mats and/or skill cushions may also be provided.

Minimum runway length = 32' (10 m); Recommended = 60' (18 m)

- **Group Floor** – 40' x 40' floor area of carpet-bonded foam OR spring-floor system of same or larger size.

C. Apparatus used at the 2009 National Championships in Ft. Worth.

The Organizing Committee for the 2009 TeamGym National Championships intends to provide equipment and mats that meet the European standards.

B. Group Floor Exercise – Levels 7-8

1. **Music:** The Group Floor Event must be choreographed to instrumental music. Voice used as an instrument (without lyrics) is also acceptable.

Music includes vocal track with lyrics – taken from choreography category = - 1.0

Music for entry and leaving the floor is not allowed.

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

The music must provide for at least one clearly defined change of tempo. Additionally, sequences of elements/movements must vary in tempo (even if the music does not include variations in tempo). This means that the elements must be executed in different tempos (measure), e.g. whole, half, and double measures.

Music does not include a clearly defined change of tempo – taken from choreography category = - 0.5

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.),

2. **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 = 2:00 to 2:45 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 examples of pirouettes (turns), one of which must be at least 1½ rotations
- Two examples of large jumps or leaps (with or without turns) , one of which must be in series
- Two balance elements, one held for a minimum of 2 seconds, and another on the hands (by the entire group at the same time) held for at least one second.
- Two different acrobatic (tumbling) elements – One of these must be a SHORT series (2 or 3 connected elements) showing spring skills and/or a front or back somersault. At least one somersault must be shown in the floor routine, either individually or in a series.
- Three different partner elements, one of which must be some kind of small lift or carry.
- Two different power elements.
- It is permissible (and encouraged) to combine or link these elements.

Squad missing required **Difficulty** elements = - 0.2 each time.

Squad not holding balance elements for the required time period = Up to 0.3

Formations

- A minimum of eight (8) different squad formations are required in the routine
- At some point, the squad must split into 2 (or 3) distinct groupings. During this short time period, within each grouping the squad members are working in synchronization and between these groups they are working in synchronization or canon.

Missing formation(s) - 0.2 ea. from Choreography

C. Group Jump-Tumbling – Levels 7-8

Level 7-8 Group Jump-Tumbling is performed as a SEPARATE EVENT from Group Jump–Vault/Mini-trampoline. The total value of Level 7-8 Group Jump–Tumbling is 10.0 maximum.

For Level 7-8 Group Jump-Tumbling, the squad performs three (3) passes and has a combined Difficulty level of 2.0 in the scoring scheme for Group Jump.

Principles for tumbling:

- The squad performs three passes.
- At least one pass must consist of predominantly backward elements.
- At least one pass must consist of predominantly forward elements.
- A third pass may consist of mixed, predominantly backward, or predominantly forward elements.
Squad not fulfilling the direction of rotation in elements requirement. = - 0.5 each time
- The three rounds may be performed in any order, however,
 - In the first 1st pass, all of the gymnasts must perform the same element(s). That is, they all perform the SAME pass.
 - For the 2nd and 3rd passes, the gymnasts may perform the same elements (same pass) or make intensification*.
 - For Level 7, the squad may only make up to two (2) intensifications.
 - For Level 8, the squad may make up to five (5) intensifications.
- * **Intensification** means that the gymnasts are allowed to increase the difficulty of elements (intensification) with body position (shape) or turns (twists). Additional saltos can also increase the series difficulty.
- The passes with higher difficulty values must come after the series with lower values in the round.
- Each pass must consist of a combination of at least three acrobatic elements, without intermediate steps.
- At least one of the passes must include a salto with a minimum of 1/1 twist.
- The squad should show a great variation in the chosen acrobatic elements. The choice of elements must vary in the different passes.
Repeating the same pass from another round = - 0.1 per gymnast each time
- It is the intention that all gymnasts land their last element in the landing area.
- The final athlete for each of the passes is required to stick the landing.
- It is required for safety, one coach is allowed to stand-in. This must be on the landing area.

Permitted skills

- **For Level 7** the emphasis is on single saltos and saltos with twists. Athletes may perform single saltos with ½, 1/1, 1½, 2/1, 2½, or 3/1 twists. Double saltos are NOT permitted.
- **For Level 8**, double saltos (without twist) are permitted.

Streaming

- At least two gymnasts must be moving at the same time.

C. Group Jump-Vault / Mini-trampoline – Levels 7-8

Level 7-8 Group Jump-Vault / Mini-trampoline is performed as a SEPARATE EVENT from Group Jump–Tumbling. The total value of Level 7-8 Group Jump–Vault / Mini-trampoline is 10.0 maximum.

For Level 7-8 Group Jump-Vault / Mini-trampoline, the squad performs three (3) passes and has a combined Difficulty level of 2.0 in the scoring scheme for Group Jump.

- The squad will do two passes on one apparatus and one on the other.
- The selection of the order of the apparatus is at the discretion of the coach.
- If it is necessary to reset the mini-tramp between passes, the coach must do this efficiently.
- For the 1st pass (be it VT or MT), all of the squad members must perform the same element without intensification.
- In the 2nd and 3rd passes, gymnasts are allowed to increase the difficulty of elements (intensification) with body position (shape) or turns (twists).

For Level 7, the squad may only make up to two (2) intensifications.

For Level 8, the squad may make up to five (5) intensifications.

- The final athlete for each of the passes is required to stick the landing.
- For the safety of the gymnasts, two (2) coaches are required to stand-in for the landing area.

> 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 **Competition Director** prior to the competition the **name** of the vault/jump(s) that the squad **plans to** perform.

> 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).

Scoring: Each pass will have a value of 10.0 points. Therefore, one of the apparatus will have a total possible score of 20.0 and the other, 10.0 – making the total possible BASE score for VT/MT = 30.0. The FINAL score will be determined by dividing the BASE SCORE by 3.

Permitted Level 7-8* Vaults for the 2008-09 season

Front entry (handspring) vaults:

FHS on – ½ off, FHS on – 1/1 off, FHS on – 1½ off

Vaults with ¼-on to ½-on entry:

½ twist on – ½ twist off;

¼ twist on – ¾ twist off

½ twist on – 1½ twist off

Tsukahara (with no additional twists)

* **NOTE:** For Level 8 Vault only in the 2008-09 season, coaches may submit a petition to perform additional vaults to the USAG/TeamGym Committee. The petition must be accompanied by a video showing the squad members performing the petitioned vaulting element.

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

Permitted Level 7-8* Mini-trampoline elements for the 2008-09 season

Front entry elements:

All twisting straight front saltos, i.e., Barani, 1/1, 1/2, 2/1, 2½, 3/1

Double front somersaults (without twists) are NOT permitted at Level 7 and 8.

* *NOTE:* For Level 8 Mini-tramp only in the 2008-09 season, coaches may submit a petition to perform forward double somersaults with ½ twist to the USAG/TeamGym Committee. The petition must be accompanied by a video showing the squad members performing the petitioned vaulting element.

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