

I. Program Description for Levels 7-8

A. Competitive events

- There will be two Group Jump Events – **Tumbling** (as a separate event) and **Vault/Mini-tramp** (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.

B. Number of Athletes per Squad and Number of active participants

- For Levels 7-8, there will be a minimum of **6** and a maximum of **12** athletes per squad.
- In Group Jump, a minimum of 6 squad members must perform during all passes for all apparatus.
- The specific gymnasts (and number of gymnasts) performing each segment of the Group Jump apparatus (Tumbling, Vaulting and Mini-trampoline) may change from one apparatus and/or pass to the next as long as the minimum number of required performers is met.

For Levels 7-8 in the 2013 season

If only 5 gymnasts perform in any of the apparatus for Group Jump or Group Floor, the deduction is...

1.0 (taken by the Head Judge from the **Final Team Total Score**)

If 4 gymnasts perform in any of the apparatus for Group Jump or Group Floor, the deduction is...

2.0 (taken by the Head Judge from the **Final Team Total Score**)

- **For Levels 7-8 Group Floor**, all squad members must perform.

Failure to have all squad members perform in the Group Floor routine

-1.0 per missing gymnast(s)

- **Bonus** – There is NO BONUS given in Levels 7-8 for squad size.

C. Qualification

- **Level 7 Qualification** – For the 2013 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 17.00 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 2013 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 25.5 points plus submission of a video to the USAG/GFA Committee for evaluation of the capability of performing Level 8 skills.

D. Dress

Judges

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

Coaches

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

Gymnasts

- A neat and proper athletic appearance should be the overall impression.
- The dress must be identical for members of the same team, with some exceptions for mixed teams.
- The wearing of gymnastics footwear is optional on each discipline, but if chosen must be worn by the entire team for the Floor program.
- Bandages are permitted. However, they must be securely fastened and of a non-intrusive color. (This includes joint supports).
- No jewelry may be worn by gymnasts with the exception of one pair of stud earrings (one in each ear).
- Body paint is not allowed. (Tattoos are not deductible).
- Loose items such as belts, suspenders/braces and laces are not allowed.
- Hair grips must be secure and safe.
- Decorated hair grips (slides) are classified as jewelry.
- **Men** – Gymnasts may wear a leotard, gymnastics unitard or a gymnastics sports shirt, with either a pair of athletic shorts* or long 'trousers' that are not baggy or loose. The top of the men's attire must not have an open cut below the shoulder blade. For USA Levels 1-6, T-shirts and athletic shorts* are permissible, but the T-shirt must be "tucked-in."
* *NOTE:* In order for the judges to observe proper leg and hip position, if athletic shorts are worn, they must be cut above the knees and not baggy. "Basketball" or similarly styled shorts are not acceptable and will result in an apparel deduction.
- **Women** – Gymnasts must wear sportive, non-transparent leotards with no loose parts. The neckline of the front and back of the leotard must be proper, that is no lower than half of the sternum at the front and no lower than the lower line of the shoulder blades at the back. Leotards may be with or without sleeves and the shoulder strap width must be a minimum of two (2) cm and narrow straps are not allowed. The length of the arms is optional, as well as the length of the legs of unitards and leggings (skin tight over whole leg – not baggy at all). The leggings may be worn over or under the leotard.
- **Open Girls or Open Boys Divisions** – The women and men in these divisions should follow the gender specific rules as above respectively. The women's and men's apparel does not have to be identical; however, the color scheme should match or compliment.
- **Mixed** – The women and men should follow the gender specific rules as above respectively. The women's and men's apparel does not have to be identical, or even similar. However, all women have to be identical and all men have to be identical – for example, women can wear one color and men can be another.
- Props, hand apparatus and costumes are not appropriate for TeamGym competition.

III. Participant Regulations

A. Gender Groupings

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. Squads with at least two (2) more female athletes than males will be categorized as in the Open Female Division.

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

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

For the squads that have UNIFIED PARTNERS (athletes without disabilities or special needs), it is expected that everyone perform the same skills on the same apparatus even though the partners may be a higher skill level. These Unified Partners may be from any TG competition Level and are NOT officially considered "Double-Dippers).

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

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

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

Number of DD's permitted	
<u>Squad size</u>	<u>Levels 7-8</u>
6-10	1
11-12	2

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

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

Example: There would be a deduction for a L5 gymnast to DD down to L3 or to DD up to L8.

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

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

C. USA Gymnastics Athlete 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.

IV. Coaching Regulations

A. USA Gymnastics Membership

1. All coaches within the field of play must have a valid USA Gymnastics Membership.
2. Each registered **Level 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.

B. Coaches obligations

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

C. Professional Member Behavior Policy at USA Gymnastics Sanctioned Events

1. Unacceptable coach behavior can be defined as:
 - a) Verbal, emotional, sexual, or physical abuse of the gymnast.
 - b) Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the R&P.
 - c) Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed club coaches, or USA Gymnastics credentialed personnel).
 - d) Derogatory remarks to the press in regards to USAG, its designated representatives, meet officials or personnel.

2. Such above described behavior will be penalized as follows:
 - a) First Offense: Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics.
 - b) Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).

VI. Event Description and General Scoring Principles

A. General Scoring

- **Group Floor Score**

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

- 2.0 for Difficulty
 - Based upon the squads' difficulty content, the Head Judge will assign the Start Value Tariff for the three Tumbling passes. Three SVTs are possible:
 - 2.0 for High difficulty content –
NOTE: this SVT value may only be utilized if the Preferred Apparatus is available at the competition venue.
 - 1.5 for Medium difficulty content
 - 1.0 for Low difficulty content
 - The evaluation of Difficulty SVT 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–Tumbling (+ bonus)

- **Group Jump-Vault/Mini-trampoline Score**

The squad's performance in Group Jump–Vault/Mini-tramp Event is evaluated within the following:

- 2.0 for Difficulty
 - Based upon the squads' difficulty content, the Head Judge will assign the Start Value Tariff for the three Vault/Mini-trampoline passes. Three SVTs are possible:
 - 2.0 for High difficulty content
 - 1.5 for Medium difficulty content
 - 1.0 for Low difficulty content
 - The evaluation of Difficulty SVT 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-tramp (+ bonus)

- The **Final Team Score** is determined by adding the three (3) Event Scores minus any special deductions that specifically apply to the final tally, such as the deduction for an individual athlete competing on more than 2 squads.

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

B. 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.

C. 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 2013 season.

Preferred Apparatus

Group Jump-Tumbling –

PREFERRED:

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.

ACCEPTABLE (with reduction in SVT value):

The GFA/TG Committee recognizes that at some local or invitational competitions, the host club may not be able to provide a full spring strip making it difficult or impossible for the Level 7-8 squads to perform their regular tumbling passes as a result of the available apparatus or the safety of the squad members. The coaches for these groups must be fully informed prior to these competitions as to the restrictions of the available apparatus in order to make the decision as to participate in the competition or not. If they so decide to participate, they must understand and accept that the highest available SVT (Start Value Tariff) of 2.0 will not be available in this situation. The judges will define the SVT as 1.0 or 1.5.

Group Jump-Vault –

NOTE: For the 2013 Level 7 Competitive season – The Vaulting apparatus will be a standard Vaulting Table. The rebound Device will be a standard vaulting board.

Standard USA vaulting table adjusted to 135 cm. The rebound device may be an unaltered, manufactured vaulting board meeting all FIG specifications, a 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 = 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 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 = 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 –

PREFERRED:

PLEASE NOTE: The International standard for the Group Floor performance area is a 40' x 60' floor area of carpet-bonded foam. They do NOT utilize a spring-floor system. In order to construct routines that are appropriate for this apparatus and prepare USA groups to be able to compete internationally, the preferred performance area is as above.

ACCEPTABLE:

The GFA committee recognizes that in some circumstances for local or invitational competitions, the host organization may only be able to supply a standard (42' x 42') floor area and that this area may be a spring-floor system, or perhaps the system that is used for Cheer competitions. If this is the case, the coaches for these groups must be fully informed prior to these competitions as to the available apparatus and performance area space in order to make the decision as to participate in the competition or not, an/or to modify their routines accordingly.

D. 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 = 2:15 to 2:30 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 – Please see chart below.**
 - Two examples of pirouettes (turns).
 - Two examples of large jumps or leaps (with or without turns), one of which must be in series
 - At least 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 two second.
 - At least three (3) different acrobatic (tumbling) elements – At least one of these must be a SHORT series of 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 7 formations for L-7 and 8 formations for L-8 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

Required Floor Elements:
Summary Table of Requirements by Competition Level – Revised December 2012

	L7	L8
Pirouettes (P) – NOTE: If a jump turn is used in this category, it may not count in the J-L-H category below.		
	2 – 1, 1/1 w/ $\geq 60^\circ$; 1, 1½ (or 2/1)	2 – 1, 1/1 w/ $\geq 90^\circ$; 1, 1½ (or 2/1)
Jumps (J), Leaps (L), and Hops (H)		
	2 Leaps and/or Jumps – 1, showing $\geq 120^\circ$ w/ or w/o turn; Jump 1½ or 2/1	2 Leaps and/or Jumps – 1, showing $\geq 120^\circ$ w/ or w/o turn; Jump 1½ or 2/1
Balance (B) / Power Elements (PO)		
Balance elements (B)		
	2 balances – 1, 2 sec. Hndstd (1-leg stand $\geq 90^\circ$)	min. 2 balances – 1, 2 sec. Hndstd (1-leg stand $\geq 90^\circ$)
Power elements (PO) – NOTE: Pwr elements represent a combination of strength, movement and speed.		
	2 Pwr required – Such as Press to Hndstd	2 Pwr required – Such as Press to Hndstd
Section Elements (S)		
<p>The Category of Swings & Body Waves is now "Choice of Elements and Movements" The routine should present a variety of different movements engaging the entire body. Deductions are taken from Compositon for: • Missing Dynamic Execution & Body movements (waves & swings) = 0.1-0.2 each time. • Maximum deduction for choice of elements & movements = 0.4</p> <p>Partner elements (Par) – Includes work in pairs, trios, or larger groupings. May utilize Acrobatic Gymnastics elements, stunting*, and/or pyramids.</p>		
	3	3
Mixed Squads (Squads wil 50-50% men & women) Movements in pairs with a lift or throw or support element between male and female.		
	3	3
Acro Elements (A) – Min. of 2 required for L1-4 and min. 3 for L5-8.		
<i>NOTE: Short Series = 2 directly connected Acro elements. Medium series = 3 directly connected Acro elements.</i>		
	3 – 1 unison Short or Med. Series required. MUST include Bk salto, MAY include Ft salto, Whipback	3 – 1 unison Short or Med. Series required. MUST include twisting salto.
Combination of Elements (C) - The number of various combination of elements required at each Competition Level are		
	4	4-5
Formations (F) – Number of required different Formations		
	7 – 1 Curved and 1 split to 2 or 3 groupings	8 – 1 Curved and 1 split to 3 groupings
Timing – Duration of Group Floor routine		
	2:15-2:30	2:15-2:30

E. 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 elements requirement (Forward, Backward, Mixed). = - 0.5 each time

The three rounds may be performed in any order, however,

- In the first 1st pass, all gymnasts must perform the same element(s). They all perform the SAME pass.
Squad not performing all the same elements for the 1st PASS = - 0.3/athlete performing the incorrect 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.
Squad not performing passes in order of graduated difficulty = - 0.5
- Each pass must consist of a combination of at least 3 acrobatic elements, w/o intermediate steps.
Pass not consisting of at least 3 acrobatic elements = - 0.3/ athlete each time
- At least one of the passes must include a salto with a minimum of 1/1 twist.
Failure to include a salto w/ a minimum of 1/1 twist in one of the passes = - 1.0
- The squad should show a great variation in the chosen acrobatic elements. The choice of elements must vary in the different passes.
- It is the intention (but not a requirement) that all gymnasts land their last element in the landing area.
- All athletes should land the final skill for each pass upright, on the feet, and in good control.
- The final athlete for each of the passes is required to stick the landing.
- If 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 whips, and Front or Back saltos with or without twists. Athletes may perform single saltos with ½, 1/1, 1½, 2/1, 2½, or 3/1 twists. Double saltos (without twists) are permitted with approval of video to GfA TG Committee.
- **For Level 8**, Fliffus saltos (double saltos with twist) are permitted with approval of video to GfA TG Committee.

Streaming

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

F. 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.
Squad not performing all the same elements w/o intensification for the 1st PASS = - 0.5
- 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 land upright and in control.
Final athlete not landing final skill upright and in control = - 0.2
- 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.
- 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 2013 season

Front entry (handspring) vaults:

- FHS on – ½ off (SV = 1.4)
- FHS on – 1/1 off (SV = 1.6)
- FHS on – 1½ off (SV = 1.4)

Vaults with ¼ OR ½ on entry to twist off the table:

- ½ twist on – ½ twist off (SV = 1.6)
- ¼ twist on – ¾ twist off (SV = 1.6)
- ½ twist on – 1½ twist off (SV = 2.0)
- etc. (SV = 2.0)

Tuskahara vault:

- Tsukahara (tuck, piked, or stretched) with no additional twists (SV = 2.0)

Permitted Level 7-8 Mini-trampoline elements for the 2013 season

All twisting straight front saltos, i.e.,

- Barani, (SV = 1.6)
- Front 1/1, (SV = 1.6)
- Rudy (Front 1½) (SV = 1.8)
- Front 2/1 (SV = 1.8)
- Randolph (Front 2½) (SV = 2.0)
- Front with 3/1 (SV = 2.0)

Forward entry Double somersault with twist(s) (SV = 2.0)

NOTE 1: Double front somersaults (without twists) are discouraged at Levels 7 and 8. See Note 2 below.

NOTE 2: The USAG GFA/TeamGym Committee will consider adding additional jumps to this list as clubs can demonstrate competence in performance through video review.