



12.12.2018 Réunion du groupe de travail TeamGym

Présences :

1. Nordstad-Turnveräin : Astrid Baulisch et Lisa Bastos Fernandes
2. Espérance Differdange : Salvatore Macri et Dominique Heimanns
3. L'Espérance Esch : Veruschka Uliczay
4. Athletico Steinfort : Nadia Lacour et Claudine Reding
5. Le Réveil Bettembourg : Sarah Machado
6. Flic-Flac Déiferdéng : Nadine Decker

FLGym: Silvio Sagramola et José Machado

Excusé : La Liberté Niederkorn

1. Présentation du projet TeamGym par Silvio Sagramola et José Machado et distribution d'une « ligne du temps » préliminaire à titre indicatif

1.1. Pourquoi la FLGym a-t-elle décidé de s'intéresser au TeamGym ?

Silvio Sagramola explique que le TeamGym peut devenir une alternative pour les gymnastes dont les aspirations se situent entre la gymnastique générale tel que pratiquée au Luxembourg et la gymnastique artistique. Il peut également permettre à des « gymnastes artistiques » de prolonger leur carrière de compétition au niveau international.

A l'heure actuelle, la FLGym n'a aucunement l'intention de « remplacer » ou de « substituer » une discipline par une autre, mais simplement d'« élargir » l'offre existante.

1.2. Quels sont les échos reçus à la suite de la séance d'information UEG en novembre 2018 ?

Les experts de l'UEG étaient agréablement surpris du niveau rencontré lors de la séance d'information, à tel point de suggérer à la FLGym d'envisager une participation au Championnat d'Europe à Ballerup (Danemark) en 2020. L'idée d'une telle participation ne pourrait être celle d'aspirer à un podium, mais plutôt celle de l'acquisition d'expérience pratique pour les gymnastes, les entraîneurs, les dirigeants et les juges.

1.3. Quels sont les attentes de la FLGym en matière de TeamGym ?

Le CA souhaite instaurer le TeamGym comme nouvelle discipline au Luxembourg tout en y allant doucement. Il s'agit, dans un premier temps, de familiariser les clubs intéressés aux règles du TeamGym et de montrer comment ils pourront, selon leur propre rythme, s'organiser en interne.

Silvio Sagramola explique brièvement les agrès nécessaires pour les compétitions :

- a) Praticable composé de tapis d'une épaisseur d'environ 3 cm, similaires aux « rouleaux » d'ores et déjà présents dans plusieurs salles. Pour l'exercice au sol il ne faut donc pas disposer d'un praticable

tel qu'il est connu pour la gymnastique artistique. D'un autre côté, le praticable de gymnastique artistique peut, sans aucun problème, être utilisé pour travailler l'exercice au sol.

- b) Tumbling : plusieurs clubs au Luxembourg disposent d'une piste tumbling gonflable, soit de 10 cm d'épaisseur ou plus épaisse encore. La FLGym dispose d'un set Tumbling TeamGym d'une épaisseur de 35cm composé d'une piste d'élan gonflable de 16 m ainsi que du tumbling proprement dit de 15 m, composé d'une partie de 9m et une deuxième de 6m, permettant de s'adapter à différentes longueurs de salles. Ce matériel sera utilisé pendant les mois à venir dans le cadre de « rassemblements » permettant aux clubs intéressés d'en savoir plus sur le TeamGym.
- c) Trampet/Minitramp : le Trampet TeamGym requiert une autre technique de saut que le Minitramp traditionnel. La FLGym dispose d'un Trampet à 36 ressorts (il en existe également à 42 ressorts), ainsi que d'une piste d'élan. Lors des compétitions, les gymnastes doivent exécuter trois sauts, dont au moins 1 avec une table de saut. La FLGym dispose également d'une table de saut qui peut être montée jusqu'à la hauteur de 1,65m.

Tout ce matériel a été mis à disposition d'un sponsor Danois, à savoir Euro Equipment, pour la durée de 2 ans.

2. Tour de table : attentes et propositions des personnes présentes

Comment organiser les rassemblements et comment s'organiser au niveau du club ?

La FLGym proposera plusieurs rassemblements, respectivement entraînements communs, assurés avec l'aide de coaches étrangers expérimentés en TeamGym. Lors de ces entraînements, il s'agira d'expliquer aux clubs comment fonctionne le TeamGym, quelles sont les règles à respecter sur les différents agrès et comment se préparer au sein de son propre club, quand on ne dispose pas des agrès spécialisés. Silvio Sagromola précise que le Minitramp dont disposent les clubs et les pistes gonflables de 10cm peuvent très bien convenir pour faire ses premiers pas en TeamGym. A certaines compétitions, les clubs apportent même leur propre Minitramp pour sauter.

Le mix entre rassemblements FLGym avec accès aux agrès spécifiques et le travail préparatoire que les clubs peuvent faire avec leur propre matériel pourra permettre de progresser et d'acquérir l'expérience nécessaire.

Comment organiser les équipes, les niveaux de difficultés ?

Lors des rassemblements, il faudra s'organiser de sorte à obtenir un rendement optimal. Il y aura donc des séances réservées aux gymnastes féminines et d'autres aux gymnastes masculins, tout en tenant compte également de l'âge des gymnastes. Ceci permettra aux coaches spécialisés de bien encadrer les participants aux rassemblements.

Séance d'info pour les juges

En marge des rassemblements il faudra également prévoir des séances d'informations pour les juges qui souhaiteraient se familiariser davantage avec cette discipline. Selon les échos reçus de la part des experts UEG il est absolument faisable pour des juges nationaux de se familiariser avec le jugement TeamGym, car les règles sont assez faciles.

Silvio Sagramola mettra en ligne sur le site de la FLGym, le code de pointage TeamGym. Selon les experts UEG, de nombreux pays ont adapté les règlements européens selon leurs propres besoins nationaux afin de faciliter l'organisation de compétitions nationales. Le code adapté du Portugal et celui d'Autriche pourront servir de guideline à reprendre ou à transposer pour nos propres besoins.

Comment organiser les sélections ?

A l'heure actuelle, il n'est pas encore question de « sélections », mais le moment venu il faudra y réfléchir quand il s'agira de composer des équipes qui représenteront le Luxembourg à des rencontres internationales.

Match Lisbonne (<http://www.lisbontg.pt/>)

Silvio Sagramola distribue, à titre d'information (!), l'invitation à un match TeamGym à Lisbonne en mai 2019. Il s'agit d'un match qui s'adresse aux clubs et qui prévoit la participation de minis à partir de 8 ans, jusqu'aux seniors.

Le programme et la composition des équipes permet de tenir compte de nombreuses situations spécifiques dans le but de permettre à un maximum de clubs intéressés de s'inscrire.

Après quelques réserves émises par les personnes présentes quant à la proximité de la date et au risque de précipiter les choses, les craintes diminuent pourtant pendant la discussion qui suit. De toute façon, il n'y a aucune contrainte ou pression de la part de la FLGym, et l'invitation est juste à considérer comme une opportunité pour acquérir de l'expérience.

Il est même envisageable d'organiser un déplacement en tant que spectateurs et la FLGym pourrait s'occuper de l'organisation pratique en cas d'intérêt.

3. Discussion : Comment s'organiser sur le plan national ? Cadre national « traditionnel » ou rassemblements/stages occasionnels avec « sélection interclubs » des représentants FLGym aux événements internationaux ?

Il est certes encore trop tôt pour mener une discussion détaillée, mais Silvio Sagramola informe qu'il est peu probable qu'il y aura un cadre national « traditionnel » avec des gymnastes qui s'y entraînent en permanence. Il est plus réaliste d'envisager une structure où les gymnastes continuent à travailler dans leurs clubs respectifs, respectivement dans le cadre de stages/rassemblements communs. Ce n'est qu'en vue de compétitions de haut niveau qu'il faudra réfléchir à un mécanisme de sélection.

4. Divers et plans pour le futur ?

A la fin de la réunion, tous les participants manifestent leur intérêt à continuer à se revoir dans le cadre de ce groupe de travail et une

prochaine réunion est d'ores et déjà fixée pour le 16.01.2019 à 19h00.

Les personnes présentes vont bien évidemment se concerter également au niveau de leurs clubs respectifs et le groupe de travail restera ouvert à d'autres intéressés.

Automne 2019
Match A
Luxembourg?

UEG
01/2020

Cours de fuge

9-13.05.2019

Match Lisbonne

12.12.2018

1^{re} réunion

du G.T.

02/2019

Stage Housen

UEG

11/2019

Décision EM 2022

06/2019

Dépôt dossier

FLGym

pour 2022

15-18.10.2020

TeamGym EM

Ballerup DK

10.10.2022

TeamGym EM

Luxembourg

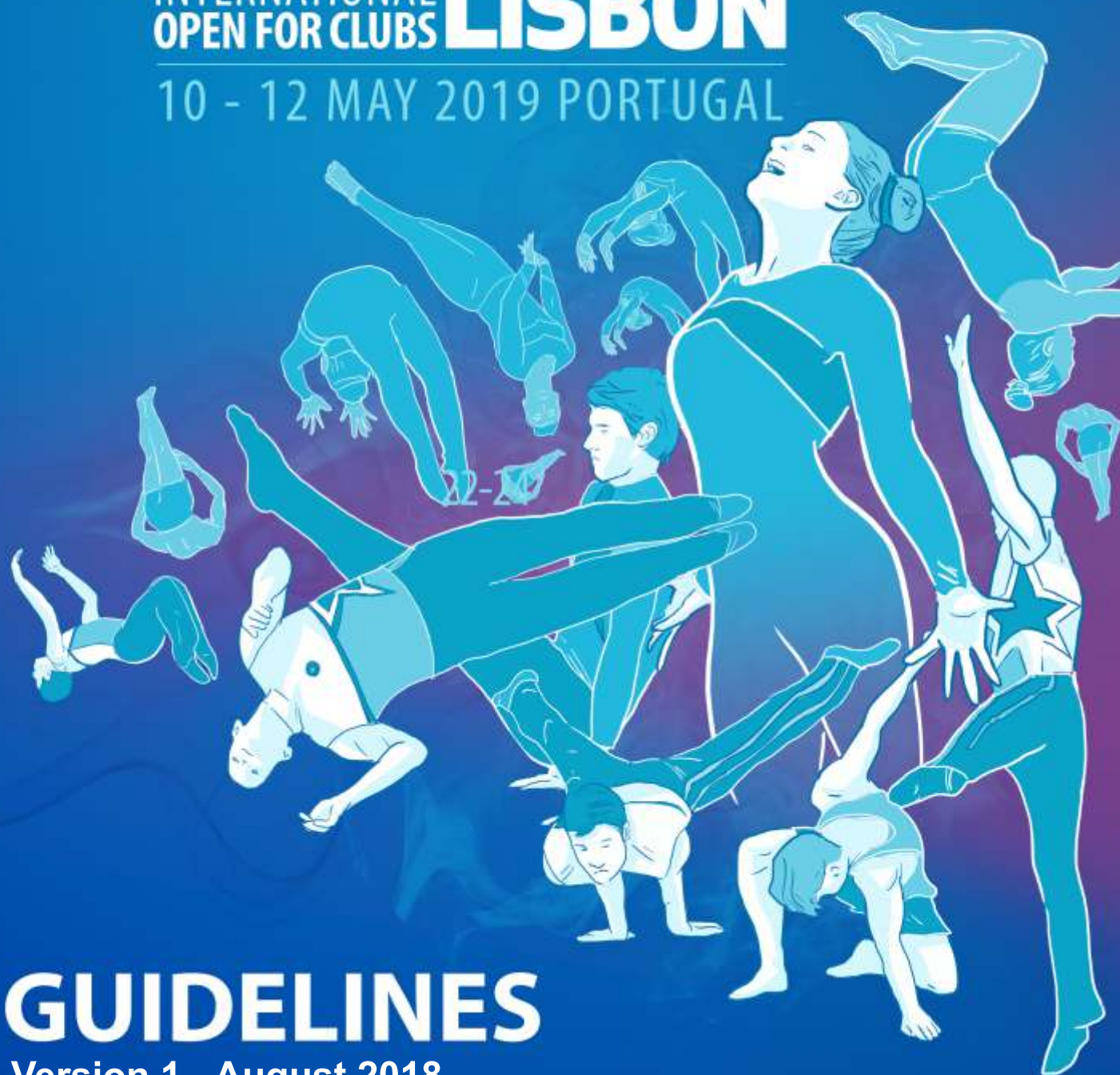
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GCP

TEAMGYM

INTERNATIONAL
OPEN FOR CLUBS **LISBON**

10 - 12 MAY 2019 PORTUGAL



GUIDELINES

Version 1 - August 2018



www.lisbontg.pt



lisbontg@gcp.pt



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[gcp](https://www.instagram.com/gcp)

Organisation



**GINÁSIO
CLUBE
PORTUGUÊS**

Patronage



**Federação
de Ginástica
de Portugal**



LISBOA
CÂMARA MUNICIPAL



Lisboa
CAPITAL EUROPEIA DA CULTURA
2020

Sponsors



Dear Gymnastic Friends!

It is my great pleasure to Welcome You once again for the 2019 Edition of the GCP LISBON TEAMGYM & MICRO – TEAM INTERNATIONAL OPEN FOR CLUBS.

Lisbon is welcoming the best teams and gymnast from Teamgym clubs and it is a great honour and a significant event for us.

Our country and Club particularly has accumulated great experience in hosting large international events, and we have no doubt that Lisbon will meet once again, if not exceed, the expectations of all the participants and guests of the this Teamgym Competitions.

I want to assure you that we will do everything to make Lisbon a hospitable home for all the participants, where you can not only test your teams on an international event, but also interact with like-minded people and make new friends.

I am sure every participant will enjoy the Lisbon Region and will have the opportunity to have a look at the infinite variety of things the city has to offer.

I'm confident that the up-coming Lisbon Teamgym & Micro-team International Open for Clubs will bestow upon your lasting impressions.

From me personally and on behalf of our Club the Ginásio Clube Português, we wish all the participants high jumps, healthy competition and sporting achievements!

We look forward to welcoming you again or for the first time in Lisbon in 2019.

Best Wishes,

Manuel Cavaleiro de Ferreira

*President of Ginásio Clube Português
and*

Chairperson of the Lisbon Teamgym & Micro-Team International Open for Clubs 2019

1. INTRODUCTION

Ginásio Clube Português is a long established based Sports Club and a National reference in Gymnastics.

Given the hard work the Club has put into developing its Teamgym's programme over the last few years it as decided, together with the support of the Lisbon City Hall and the Portuguese Gymnastics Federation, to organize an International Open for Clubs.

The competition will be held in Lisbon, in the Casal Vistoso Sports Complex, from the 10th - 12th of May, 2019.

The event is open to all Clubs and Teams.

This Competition will be organised following the UEG CoP and all other Rules and Guidelines, at the date of the competition, any UEG Executive Committee and the Teamgym Technical Committee complements or amendments decided in the meantime as well as all GCP International Open for Clubs 2019 modifications (see Appendix - rules).

2. INVITATION / PARTICIPATION

All FIG and UEG member federations, clubs and gymnasts in good standings are invited.

3. COMPETITION FORMAT

The Teamgym International Open for Clubs consists of the following sections and age categories:

- Women's teams. (*Mini; Youth; Junior and Seniors*)
- Men's teams. (*Mini; Youth; Junior and Seniors*)
- Mixed teams (*Mini; Youth; Junior and Seniors*)

- Women's Elite teams. (*Junior and Seniors*)
- Men's Elite teams. (*Junior and Seniors*)
- Mixed Elite teams (*Junior and Seniors*)

Age Categories Definition:

Mini – 8 to 11 years old	(date of birth 2011 - 2008)
Youth – 10 to 14 years old	(date of birth 2009 - 2005)
Junior – 13 to 17 years old	(date of birth 2006 - 2002)
Senior – from 16 years old	(date of birth ≤ 2003)

4. COMPETITION PROGRAMME

The following disciplines are compulsory for every participating team:

TEAMGYM INTERNATIONAL OPEN FOR CLUBS (DAY 1)

- Floor programme
- Tumbling (Airtrack for non elite sections / Official TeamGym tumbling track for elite sections)
- Trampet

MICRO-TEAM INTERNATIONAL OPEN FOR CLUBS (DAY 2)

- Tumbling (Airtrack for all sections)
- Trampet

5. PROVISIONAL PROGRAMME

Thursday – 9th of May

Early International delegations arrival
Podium Training (according to schedule)

Friday – 10th of May

International delegations arrival
Podium Training (according to schedule)

Saturday – 11th of May

Teamgym International Open for Clubs
Award Ceremony

Sunday – 12th of May

Micro -Team Competition
Award Ceremony
Farewell Dinner and Party

Monday - 13th of May

Departure of all delegations

6. COMPETITION VENUE

MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO

Rua João da Silva

1900 - 271

Tel.: 218 170 107

Fax: +351 218 171 344

7. ORGANISING CLUB

Ginásio Clube Português

Praça Ginásio Clube Português, n.º 1

1250 - 111 Lisboa

Portugal

Tel: (+351) 213 841 580

Fax: (+351) 213 841 589

E-mail: lisbontg@gcp.pt

Webpage: www.lisbontg.pt

8. DELEGATION SIZE

Maximum size of delegation (per club)

The maximum size of the delegation is as follows:

	Teamgym (3 disciplines)	Micro Team (2 disciplines)	Joint
Head of Delegation	1	1	1
Team Manager	1	1	2
Coach	no limit	no limit	no limit
Teams	no limit	no limit	no limit
Doctor	1	1	1
Masseur	1	1	2
Judges	3	3	6

Note: If your team do not present at least one judge there will be a penalty of 75 euros per competition (Day 1 - Teamgym / Day 2 - Microteam).

9. DRAW

The draw for the starting order will be take place until the 29th of April under the control of the Competition Director and the Executive Director.

10. EQUIPAMENT

OFFICIAL SUPLIER: VidalGym - PE Redskaber

11. ENTRY DEADLINES

All rules governing the entry into the Teamgym International Open for Clubs & Micro-Team International Open for Clubs as outlined in these guidelines must be strictly adhered to.

- **Provisional entry:** until the 12th of February (International Teams Only)
- **Visa request:** until the 12th of February (International Teams Only)
- **Accomodation request:** until the 12th of March (International and Portuguese Teams)
- **Definitive entry:** until the 12th of March (International and Portuguese Teams)
- **Nominative entry:** until the 12th of April (International and Portuguese Teams)
- **Travel details:** until the 12th of April (International Teams Only)

Note: All Portuguese Clubs/ teams registration must be submitted through the LOC official on-line registration system and GYMBASE as well.

12. FINANCIAL TERMS

The delegations are responsible for covering their travel expenses, competition fee's, accommodation and meals.

Please note that you have to include the bank transfer fee with the payment.

Competition Fee's:

Teamgym International Open for Clubs

Price: 75 euros per team (same club)

Micro-Team International Open for Clubs

Price: 25 euros per micro-team (same club)

PAYMENTS:

The payment of the Competition Fee (100%) must be made by the clubs / teams to the Organising Committee by 12th of March 2019 (Definitive Entry). No payment = no accreditation for competition.

Accommodation and Meals:

A 50% pre-payment (€) must be made by the Clubs/teams to the Organizing Committee **by**, 12th of March 2019 . (Definitive entry)

The remaining payment of 50% must be made by the clubs/teams to the Organizing Committee **by**, 12th of April 2019.No payment = no hotel reservation and no meals.

BANK ACCOUNT INFORMATION:

Beneficiary: Ginásio Clube Português

Address: Praça do Ginásio Clube Português, nº 1, 1250-111 Lisboa
VAT Number: 500127174

Bank Name: Banco Português de Investimento

Address: Rua Artilharia Um, n.º 51, 1250-038 Lisboa
IBAN: PT50 0010 0000 2660 2950 0025 3
NIB: 0010 0000 26602950002 53
SWIFT BBPIPTPL

13. ACCOMMODATION – OFFICIAL *(Book accommodation though the LOC is required)*

PACK A - Accomodation + 3 Meals (breakfast, Lunch and Dinner) + Transfers + Final Dinner

4 Stars Hotel Category

Classic Single Room: 90,00€ | Classic Double or Twin Room: 75,00€ | Triple room: 65,00€

PACK B - Accomodation + 3 Meals (breakfast, Lunch and Dinner) + Transfers + Final Dinner

3 Stars Hotel Category

Classic Single Room: 85,00€ | Classic Double or Twin Room: 70,00€

PACK C - Accomodation + 3 Meals (breakfast, Lunch and Dinner) + Transfers + Final Dinner

Hostel Category - Low Cost

Shared Room (up to 10 persons): 50,00 €

Note: Rates per Night/ Person (with Full Board Accommodation - breakfast, lunch and dinner), plus transfers from airport and hotels to venue.

All reservations will be made on the basis of “first come, first served”, according to the available number of rooms in each hotel.

14. MEALS

Breakfast: At the hotel accommodation.

Lunch/Dinner: will be served at Competition Venue.

15. VISA FOR PORTUGAL

Please check immediately the visa requests for your travel to PORTUGAL. Upon request, the Organising Committee will be happy to assist with an official invitation for all delegation members.

16. INSURANCE

The participating clubs/teams guarantee, by sending in their Nominative Entry Forms, that all members of the delegation are fully insured against illness and injury as well as for repatriation during their travel to and stay in Portugal.

The LOC decline all responsibility.

The Local Organising Committee will verify the insurance of all Clubs/ teams at accreditation.

Clubs/ teams who show evidence of insufficient coverage or cannot give proof of their insurance (copy of the policy e.g.) will have to take out an insurance or complete it in Portugal for the duration of the event (at the charge of the Clubs/teams).

17. ACCREDITATION

The accreditation process will take place at the competition hall upon the arrival of the Clubs/teams.

The Heads of Delegation or Team Manager must submit all identity cards/passport of the participating gymnasts at the Accreditation Office.

They must also check the correct names of their complete Delegation verify accommodation, make the necessary payments (insurance, extra accreditations, etc.), and hand in their Club/ team flag, Official Forms and the competitors' music CD's (if asked).

All participants and officials are required to wear Accreditation Cards at all times.

The accreditation is personal, non transferable and compulsory to have access to training and competition hall, functions and official transport.

The loss of accreditation must be reported to the Information Centre without delay.

18. OFFICIAL FORMS

The UEG Official Forms for Execution/Composition/Difficulty for each team and discipline have to be handed by the coach upon arrival at accreditation.

Teamgym International Open for Clubs: Official forms (10 copies) for each discipline/Section.

Micro-Team International Open for Clubs: Official forms (5 copies) for each discipline/ Section.

Note: Changes can be made until 2 hours prior to the start of the competition.

19. AWARDS

The first, second and third classified teams in each section will be awarded Medals to all participating gymnasts and official coaches.

20. WORKPLAN

Workplan will be sent out to all registered teams 2 weeks before the competition. This document contains information about how to book meals and accommodation through the organisation, a preliminary time schedule, with all the start lists, competition order and general information about the competition.

21. ON-LINE REGISTRATION

General Information

All teams should register on-line at www.lisbontg.pt.

For greater efficiency and expedience, online registration is highly recommended. It is not possible to register during the event. Participant teams must confirm their arrival at the registration desk before the official competition schedule starts. It will speed up confirmation if you bring your payment receipt confirmation or indicate your Team Registration Number (TRN).

Confirmation

After the LOC has received your registration, it will acknowledge its receipt and assign you a "Team Registration Number" (TRN) which is important for identification. Your registration will then be processed and confirmation sent back to you as soon as your payment is confirmed.

Note: All mention dates are referred to Portuguese standard time (GMT).

Major Forces: If the event is cancelled the organisers shall not be responsible for airfare, hotel or other costs incurred by the participant teams.

The organisation reserves the right to alter the venue if necessary without prior notice.

August, 2018

APPENDIX

GENERAL RULES

TEAMGYM - General Rules

Version: August 2018

MINI Teamgym International Open	YOUTH Teamgym International Open	JUNIOR Teamgym International Open	SENIOR Teamgym International Open
8-11 years old 6 to 14 gymnasts <i>It is possible to use maximum 2 components of the upper age category (max. 12 years old)</i>	10-14 years old 6 to 14 gymnasts	13-17 years old 6 to 14 gymnasts or 8 to 12 gymnasts(*) (elite section)	from 16 years old 6 to 14 gymnasts or 8 to 12 gymnasts(*) (elite section)
Team Sections Women's – Men's – Mixed			
(Mix 50% M and F) (in all the disciplines and passes must be represented both sex)			
Components can be from maximum 3 different clubs		Components can be from maximum 2 different clubs	

Same gymnast **CAN** compete in more than one section in the same competition (e.g. Women's team and Mixed Team)
 One Micro-team gymnast **CAN** compete in TeamGym International Open for Clubs and vice-versa.

(*) 12 gymnasts including reserves as in UEG Code of Points

TEAMGYM - General Rules

Version: August 2018

MINI Teamgym International Open	8-11 years old	
FLOOR AREA TIME FORMATIONS N.º GYMNASTS	14x16 meters 1 min 45 sec. to 2 min 15 sec. 4 formations <i>(a least 1 moving curve, 1 small, 1 big)</i> 6 minimun & 14 maximun	REQUESTS (UEG Simplified) UEG CoP Balance:HB201 counts as Handstand requirement No Group Element Required
TUMBLING AIR TRACK GYMNASTS PER ROUND	15 meters 16 meters run up 6 Gymnasts	REQUESTS (UEG Simplified) Each gymnast pass can be composed by 2 or 3 elements (if only 2 elements, the 2 must be different if 3 elements, 2 can be the same) No compulsory longitudinal axis rotation
TRAMPET GYMNASTS PER ROUND	UEG Size 25 meters run up 6 Gymnasts	REQUESTS (UEG Simplified) No double saltos compulsory Vault table high from 100 - 145

TEAMGYM - General Rules

Version: August 2018

YOUTH Teamgym International Open	10-14 years old	
FLOOR AREA TIME FORMATIONS N.º GYMNASTS	14x16 meters 2 min 15 sec. to 2 min 45 sec. UEG CoP 6 minimun & 14 maximun	REQUESTS (UEG Simplified) UEG CoP Balance:HB201 counts as Handstand requirement
TUMBLING AIR TRACK GYMNASTS PER ROUND	15 meters 16 meters run up 6 Gymnasts	REQUESTS (UEG Simplified) 0,10 deduction for not performing 360 longitudinal axis rotation (per gymnast)
TRAMPET GYMNASTS PER ROUND	UEG Size 25 meters run up 6 Gymnasts	REQUESTS (UEG Simplified) 0,10 deduction for not performing double saltos (per gymnast) Vault table high from 135 - 145

TEAMGYM - General Rules

Version: August 2018

JUNIOR Teamgym International Open	13-17 years old	
FLOOR AREA TIME FORMATIONS N.º GYMNASTS	14x16 meters 2 min 15 sec. to 2 min 45 sec. UEG CoP 6 minimum & 14 maximum	REQUESTS UEG CoP
TUMBLING AIR TRACK GYMNASTS PER ROUND	15 meters 16 meters run up 6 Gymnasts	REQUESTS UEG CoP
TRAMPET GYMNASTS PER ROUND	UEG Size 25 meters run up 6 Gymnasts	REQUESTS UEG CoP

TEAMGYM - General Rules

Version: August 2018

JUNIOR ELITE

Teamgym
International Open

13-17 years old

FLOOR AREA

14x16 meters

TIME

2 min 15 sec. to
2 min 45 sec.

FORMATIONS

UEG CoP

N.º GYMNASTS

UEG CoP

REQUESTS

UEG CoP

TUMBLING TRACK

GYMNASTS PER ROUND

15 meters
16 meters run up

6 Gymnasts

REQUESTS

UEG CoP

TRAMPET

GYMNASTS PER ROUND

UEG Size
25 meters run up

6 Gymnasts

REQUESTS

UEG CoP

TEAMGYM - General Rules

Version: August 2018

SENIOR
 Teamgym
 International Open

from 16 years old

FLOOR AREA

14x16 meters

TIME

2 min 15 sec. to
 2 min 45 sec.

FORMATIONS

UEG CoP

N.º GYMNASTS

6 minimun &
 14 maximun

REQUESTS

UEG CoP

TUMBLING AIR TRACK

15 meters
 16 meters run up

GYMNASTS PER ROUND

6 Gymnasts

REQUESTS

UEG CoP

TRAMPET

UEG Size
 25 meters run up

GYMNASTS PER ROUND

6 Gymnasts

REQUESTS

UEG CoP

TEAMGYM - General Rules

Version: August 2018

SENIOR ELITE

Teamgym
International Open

from 16 years old

FLOOR AREA

14x16 meters

TIME

2 min 15 sec. to
2 min 45 sec.

FORMATIONS

UEG CoP

N.º GYMNASTS

UEG CoP

REQUESTS

UEG CoP

TUMBLING TRACK

GYMNASTS PER ROUND

15 meters
16 meters run up

6 Gymnasts

REQUESTS

UEG CoP

TRAMPET

GYMNASTS PER ROUND

UEG Size
25 meters run up

6 Gymnasts

REQUESTS

UEG CoP

MICRO-TEAM - General Rules

Version: August 2018

MINI Micro-Team International Open	YOUTH Micro-Team International Open	JUNIOR Micro-Team International Open	SENIOR Micro-Team International Open
8-11 years old 3 to 6 gymnasts <i>It is possible to use maximum 1 components of the upper age category (max. 12 years old)</i>	10-14 years old 3 to 6 gymnasts	13-17 years old 3 to 6 gymnasts	from 16 years old 3 to 6 gymnasts
Team Sections Women's – Men's – Mixed			
MIXED Teams At least 2 male and 2 female gymnasts are needed to form a mix team. In each pass 2 male and 2 female gymnasts must perform on tumbling and on trampet.			
Components can be from maximum 2 different clubs	Components can be from maximum 2 different clubs		

Same gymnast **CAN** compete in more than one section in the same competition (e.g. Women's team and Mixed Team)
One Micro-team gymnast **CAN** compete in TeamGym International Open for Clubs and vice-versa.

MICRO-TEAM - General Rules

Version: August 2018

MINI Micro-team International Open	8-11 years old	REQUESTS (UEG Simplified) Each gymnast pass can be composed by 2 or 3 elements (if only 2 elements, the 2 must be different if 3 elements, 2 can be the same) Gymnasts can repeat 2 elements in passes of 3 (for composition purpose + difficulty added) 0,10 deduction for not performing 360 longitudinal axis rotation (per gymnast) Repetition of rounds Gymnasts can repeat one of the rounds (see e.g.)
TUMBLING AIR TRACK	15 meters 16 meters run up	
GYMNASTS PER ROUND	3 Gymnasts (M/W) 4 Gymnasts (Mix)	
NUMBER OF ROUNDS / PASSES	3 Rounds of 3 Passes (4 Mix)	

(e.g.)

Round 1 – Round-off | Flick | Salto Tuck

Round 2 - Round-off | Flick | Salto Tuck

Round 3 – Salto Tuck | Hand Spring - or - Salto Tuck | Hand Spring | Salto Tuck

TRAMPET GYMNASTS PER ROUND NUMBER OF ROUNDS / PASSES	UEG Size 25 meters run up 3 Gymnasts (M/W) 4 Gymnasts (Mix) 3 Rounds of 3 Passes (4 Mix)	REQUESTS (UEG Simplified) No double saltos compulsory 0,10 deduction for not performing 540 longitudinal axis rotation (per gymnast) Vault table height from 100 - 145
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MICRO-TEAM - General Rules

Version: August 2018

YOUTH
 Micro-team
 International Open

10-14 years old

**TUMBLING
 AIR TRACK**

**GYMNASTS PER
 ROUND**

**NUMBER OF
 ROUNDS / PASSES**

15 meters
 16 meters run up

3 Gymnasts (M/W)
 4 Gymnasts (Mix)

3 Rounds
 of
 3 Passes (4Mix)

REQUESTS (UEG Simplified)

Each gymnast pass can be composed
 by 2 or 3 elements
 (if only 2 elements, the 2 must be different ||
 if 3 elements, 2 can be the same)

Gymnasts can repeat 2 elements in passes of 3
 (for composition purpose + difficulty added)

0,10 deduction for not performing 360 longitudinal
 axis rotation (per gymnast)

Repetition of rounds
 Gymnasts can repeat one of the rounds (see e.g.)

(e.g.)

Round 1 – Round-off | Flick | Salto Tuck

Round 2 - Round-off | Flick | Salto Tuck

Round 3 – Salto Tuck | Hand Spring - or - Salto Tuck | Hand Spring | Salto Tuck

TRAMPET

**GYMNASTS PER
 ROUND**

**NUMBER OF
 ROUNDS / PASSES**

UEG Size
 25 meters run up

3 Gymnasts (M/W)
 4 Gymnasts (Mix)

3 Rounds
 of
 3 Passes (4 Mix)

REQUESTS (UEG Simplified)

0,10 deduction for not performing double saltos
 (per gymnast)

Vault table height from 135 - 145

MICRO-TEAM - General Rules

Version: August 2018

JUNIOR
Micro-team
International Open

13-17 years old

**TUMBLING
AIR TRACK**

**GYMNASTS PER
ROUND**

**NUMBER OF
ROUNDS / PASSES**

15 meters
16 meters run up

3 Gymnasts (M/W)
4 Gymnasts (Mix)

3 Rounds
of
3 Passes (4 Mix)

REQUESTS (UEG Simplified)

Gymnasts can repeat 2 elements in passes of 3
(for composition purpose only, **NO** difficulty added)

Repetition of rounds
Gymnasts can repeat one of the rounds (see e.g.)

(e.g.)

Round 1 – Round-off | Flick | Salto Tuck

Round 2 - Round-off | Flick | Salto Tuck

Round 3 – Salto Tuck | Hand Spring - or - Salto Tuck | Hand Spring | Salto Tuck

TRAMPET

**GYMNASTS PER
ROUND**

**NUMBER OF
ROUNDS / PASSES**

UEG Size
25 meters run up

3 Gymnasts (M/W)
4 Gymnasts (Mix))

3 Rounds
of
3 Passes (4 Mix)

REQUESTS (UEG Simplified)

UEG CoP

MICRO-TEAM - General Rules

Version: August 2018

SENIOR
 Micro-team
 International Open

from 16 years old

**TUMBLING
 AIR TRACK**

**GYMNASTS PER
 ROUND**

**NUMBER OF
 ROUNDS / PASSES**

15 meters
 16 meters run up

3 Gymnasts (M/W)
 4 Gymnasts (Mix)

3 Rounds
 of
 3 Passes (4 Mix)

REQUESTS (UEG Simplified)

Repetition of rounds

Gymnasts can repeat one of the rounds if the team
 is not performing double saltos in any of the
 passes

(see e.g.)

(e.g.)

Round 1 – Round-off | Flick | Salto Tuck
 Round 2 - Round-off | Flick | Salto Tuck
 Round 3 – Salto Tuck | Hand Spring | Salto Tuck

TRAMPET

**GYMNASTS PER
 ROUND**

**NUMBER OF
 ROUNDS / PASSES**

UEG Size
 25 meters run up

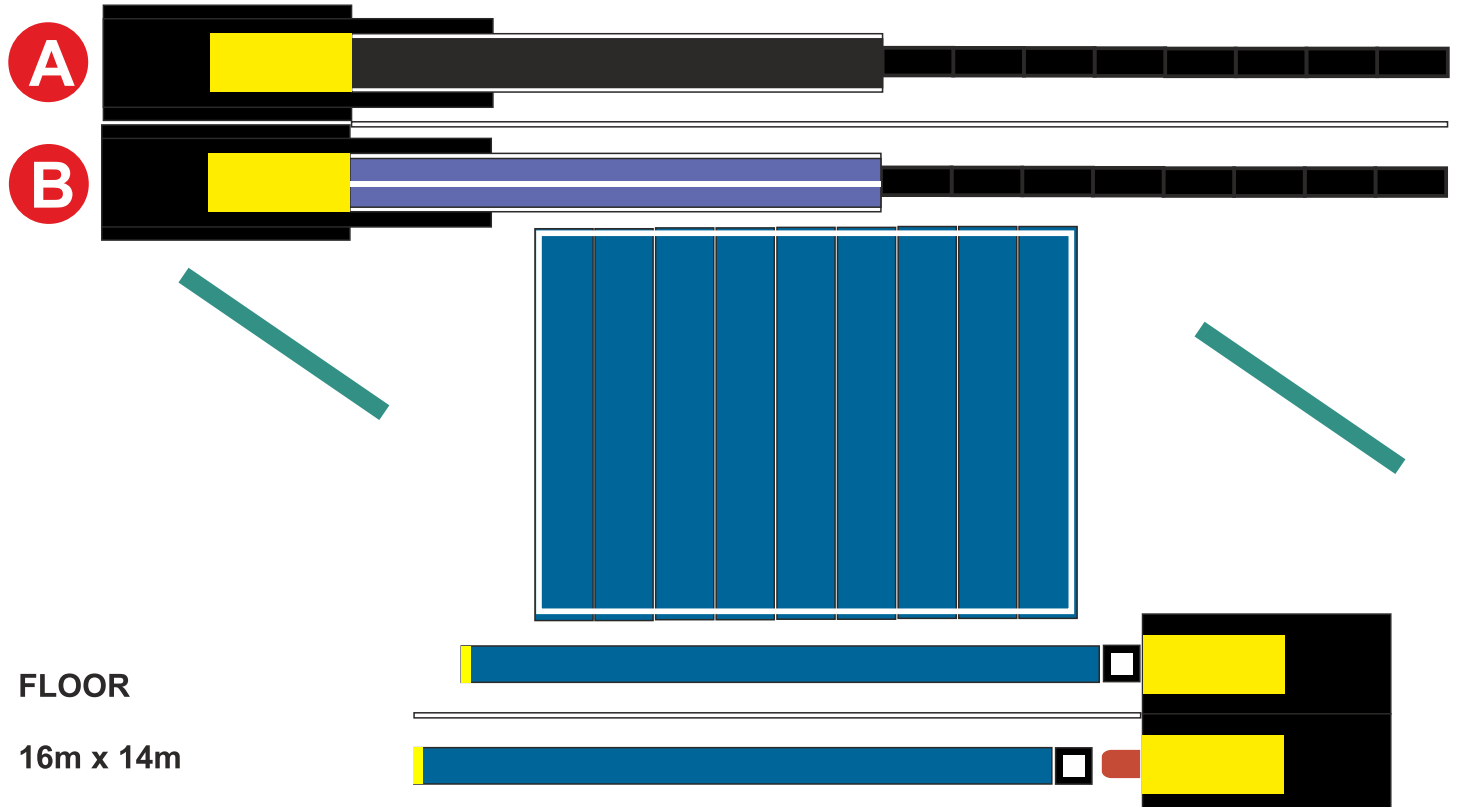
3 Gymnasts (M/W)
 4 Gymnasts (Mix)

3 Rounds
 of
 3 Passes (4 Mix)

REQUESTS (UEG Simplified)

UEG CoP

COMPETITION LAYOUT (DAY 1)

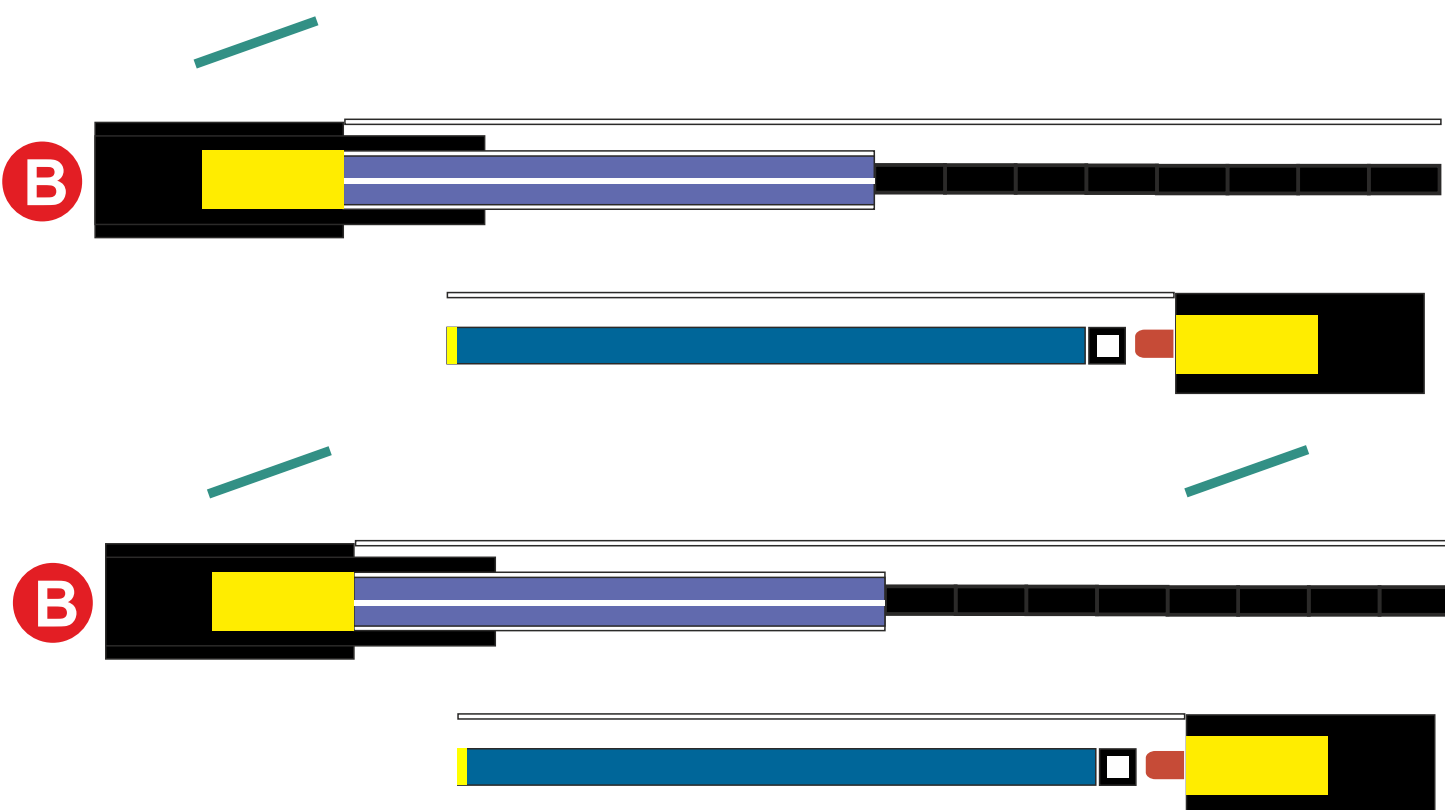


- A) Official Teamgym Tumbling Track (Elite Section - Junior/Senior)
- B) 15 mTeamgym Airtrack (Non Elite Section)

TRAMPET

Official Trampet and Vault apparatus and Landing Zones

COMPETITION LAYOUT (DAY 2)



TUMBLING

B) 15 m Teamgym Airtrack

TRAMPET

Official Trampet and Vault apparatus and Landing Zones



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