

Tumble & Trampet



TeamGym info session

Luxembourg (LUX)
November 17th-18th, 2018

Tumble

- 3 rounds of 6 gymnasts. The gymnasts can change from one round to the next – choosing from the 10 team members
- In the 1st round all 6 gymnasts must make the same tumble
- 1 round must be made up of only forward elements
- 1 round must be made up of only backward elements
- 1 round should contain a minimum of a 360 twist in a single somersault or a 180 twist in a double somersault

Trampet

- 3 rounds of 6 gymnasts. The gymnasts can change from one round to the next – choosing from the 10 team members
- In the 1st round all 6 gymnasts must make the same jump
- At least 1 round must be made with only the trampet
- At least 1 round must be made including the vault
- 1 round should have all gymnasts performing a double somersault
- 1 round should contain a minimum of a 540 twist in a single somersault or a 180 twist in a double somersault