

British TeamGym Code 2019

With effect from Jan 2019, the following rules will apply to all British Gymnastics TeamGym events. There are 6 levels in total. Levels 5 & 6 can be found in GymNet/Resource Centre **Qualification & British Finals 2019**: Senior 16+ (on Level 1 rules); Juniors 13-17 years (on Level 2 rules); Youth 10-14 years (on Level 3 rules); Disability Teams may compete using the National Disability TeamGym Development Plan Rules and Regulations for Levels 2 and 1.

Qualification to 2019 TG British Finals...**Seniors: 40... Juniors 40... Youth 38...** Qualification is not automatic, successful teams will be confirmed following analysis of results from qualifier events. Confirmation will be made within a week of the final qualification event. Rules for **Levels 1-4 are as for the UEG Code with the following modifications:**

Level	British Champs	Floor	Tumble	Trampette
		BG Rule Teams may have 6-12 gymnasts. Mixed teams may be uneven by 1 gymnast without deduction.	No Triples allowed without BG Permission *0.3 HJ deduction for including a roll after a salto; Pike Back salto = 0.25	No Triples allowed without BG Permission Additional BG Value Elements ALL Levels: Tuck Salto 180 ⁰ twist Value 0.15 Pike Salto 180 ⁰ twist Value 0.25
1	Seniors		Additional composition requirement: One round must include r/o flic. Penalty 0.1 per gymnast.	Vault height: 150-165cm
2	Juniors			Vault height: 145-165cm
3	Youth	Handstand Requirement: A balance from the Handstand/Headstand group 1.3 may be used – HB201; HB801; HB1001. Flexibility: A Bonus of 0.2 awarded in DV if whole team attempts full split forwards or sideways.	Minimum Composition requirement – Straight Salto Additional composition requirement: One round must include r/o flic. Penalty 0.1 per gymnast. In one round, teams may opt to have individuals perform 2 moves instead of 3 without deduction. Teams may repeat any UEG element once in a series. Cartwheel may be counted as a Forward or Backward element to fulfil requirements.	Vault height: 135-165cm Minimum Composition requirement: Straight salto.
4	Primary	Time: 1:45-2:30 Modifications as for Youth. Difficulty Distribution: There must be 3 difficulty value elements in the last 45 seconds of the routine. A line must be drawn across the tariff sheet to show when this time occurs.	Minimum Composition requirement for saltos: None. <u>Double saltos are NOT ALLOWED.</u> Additional composition requirement: One round must include round off or cartwheel flic. Penalty 0.1 per gymnast. In two rounds, teams may opt to have individuals perform 2 moves instead of 3 without deduction. Teams may repeat any UEG elements in a series. Additional elements: *Roll forwards or backwards 0.1 Cartwheel 0.1 Fast Forward Walkover 0.1; One handed cartwheel 0.1. Jumps: once only in a series – Star; tuck; straddle; Stretched and with 180 turn 0.1	Vault height: 100-165cm Minimum Composition requirement: Salto Double saltos are NOT ALLOWED. <u>Additional elements:</u> Star Jump 0.05 Tuck Jump 0.05 Straddle Jump 0.05 Pike Jump 0.05 Stretch 180 0.05 Squat on stretch/tuck off 0.1
5 & 6	All ages	See specific GfA rules	See GfA rules	See GfA rules

NOTE: These rules take account of the UEG Sept 2017 Update (BG website). However, numbering of participants is also only necessary for the European Championships (but there is no deduction for any gymnasts having numbers).

Offered at British Gymnastics National Events in 2019 i.e. Northern, Southern & British Finals (Championships & Challenge Event)

In age (qualification for British Championships)	In age (qualification for Challenge Event)	Disability Competition: Disability gymnasts competing at Northern, Southern and British Finals will use the National Disability TG Development Plan Rules and Regulations for Levels 2 and 1. Gymnasts may enter either the Full Team or the Micro Team Competition but not both. Age groups 9-16 or Open Age. They may enter either the Disability Section (D) or the Mixed Ability Section (M) but not both. At the Qualification competitions and in Regional events gymnasts may also compete using the NDTG Development Plan rules for Levels 4 and 3.
Level 1 TeamGym – Seniors	Level 1 Micro Team - Seniors	
Level 2 TeamGym – Juniors.	Level 2 Micro Team - Juniors	
Level 3 TeamGym – Youth.	Level 3 Micro Team – Youth	
	Level 4 TeamGym – Primary Challenge	

NOTE: The same gymnasts may not compete in the TeamGym Qualifier and the Micro Challenge Events

Ages & Age Groups

Seniors	16 years +	Age is determined by the age of the participant on the 31 st December in the year of the competition.
Juniors	13-17 years	
Youth	10-14 years	
Primary	9-11 years	
Mini	7-11 years (this age group is up to county level only).	

Primary Challenge: British Gymnastics National Events will include the Primary Challenge at the British Championships. The Challenge is designed to encourage participation and develop good form in younger gymnasts. The Primary age band has been re-introduced as a development pathway for 9-11 year olds. For the Primary Challenge competition, these **unisex teams will be for 6-12 gymnasts consisting of any proportion of boys, girls or both**. The top 3 teams from the Northern and top 3 teams from the Southern will be invited to the British Gymnastics Championships Event to take part in the Final of the Primary Challenge.

Micro Teams

Micro teams, **with up to 5 gymnasts in a team**, will perform to the same rules but on Tumble and Trampoline only with no more than 3 gymnasts competing in each run. The Micro Team competition does not include the floor programme. The Challenge Event at the British Finals will be unisex. However, please note that if competitions are distinguishing between genders (Men's, Women's and Mixed), then both genders must be represented in each tumble/trampoline run of a mixed team.