



TEAM GYM

What is it all about?

Teams

Team Gym is a gymnastics discipline created for gymnasts to compete in teams made up of between 6 to 12 members.

You can have 3 types of team
Men's, Women's and Mixed

There are 5 different age categories
Mini, Primary, Youth, Junior and
Senior.

There are six different levels of
competition - Level 6 - Level 1



Competition Apparatus

In TeamGym, gymnasts compete on three different types of apparatus

Floor

whole routine performed together

Tumble

3 runs streamed together

Trampet/Vault

3 runs streamed together

Streaming means one gymnast performs their skill or run quickly followed by another



Floor

Every member in the team has to partake and perform in the floor routine. The floor routine is scored in the following 3 ways

C Score – The composition

D Score – The Difficulty

E Score – The Execution



Why is Floor Important?

- Ø Every team member **MUST** perform on the floor
- Ø Floor can gain you the highest score if performed correctly
- Ø Easy to gain marks
- Ø Easy to lose marks!



What makes a Good Floor?

- Ø Timing and Synchronisation
- Ø Good Difficulty Elements that are executed well
- Ø A Good Tempo Change in the Music
- Ø C and E-Score, Everything included, a Good Flow!
- Ø PERFORMANCE!



C Score = 4.0

ØFlexibility Element

Every member of the team has to fulfil this requirement. Elements can be splits, pike fold, straddle fold or a mixture. 0.2 Bonus for splits in UK Code. Marked as F on a Tariff Sheet.

ØGroup Element

Every member of the team has to fulfil this requirement.

Element can be a Lift, throw or catch in groups of 3 or more . Everyone in the Group has to participate.

ØRhythmic Sequence

Every member of the team has to fulfil this requirement. Teams must travel across the floor at the same time and sequence must include a tempo change. No DV elements are allowed in sequence.

Side to Side or Back to Front Sequence – Whole Team Start within 3m and Finish within 3m from the edge of Floor. Diagonal Sequence - Whole Team Start within 5m and Finish within 5m from the edge of floor. Marked as RS on Tariff Sheet

ØDifficulty Distribution

3 DV Elements must be performed after 1.30 Seconds.

You need to mark 1.30 on tariff sheet so judges know where the time is.

D Score = Open

Element Requirements

- Ø4 Balances – 1 Hand, 1 Leg , 1 Dynamic and 1 other
- Ø3 Jumps, Hops or Leaps
- Ø2 Acrobatic Elements
- Ø1 Combination – Must include a Jump, Hop or Leap

Important points

- ØTo get Full DV Score every team member must perform the element correctly.
- ØIf a Gymnasts fail to perform the element correctly half the DV score will be awarded.
- ØIf 2 or more Gymnasts fail at the attempt then nothing will be awarded

Choreographic Requirements

Ø Movements Corresponding to the Music

Slow – Slow Movements

Fast – Fast Movements (0.2)

Ø Formations

Minimum of 6 formations

Must have Large, Small and Moving Curve (1.6)

Ø Planes

Travelling Backwards and Sideways – 3 different movements (0.2 each plane)

Ø Directions

Gymnasts must perform to 3 different fronts which must include 3 different movements.

Forward, Backward and Sideways (0.2 each direction)

Floor Example

Boys Floor on Youtube

<https://www.youtube.com/watch?v=qdu0prmPD7o&t=256s>

Tumble

Tumble is the fast and furious apparatus which requires a lot of power and body tension.

For Tumble, you need to pick your 6 strongest gymnasts per run to stream down the track. These 6 gymnasts can change per run.

Like Floor, Tumble is scored in the following 3 ways

C Score – The composition

D Score – The Difficulty

E Score – The Execution



Tumble Composition = 2.0

- First run must be the same
- One Forward Run
- One Backward Run
- Twisting Requirement – Full Twist in Single Salto or Half Twist in Double Salto
- Intensification shown in Runs 2 and 3



Tumble Difficulty and Execution

Difficulty

- Minimum of 3 Skills
- Top 2 Skills added together is a Gymnasts Difficulty
- Difficulty is Open



Execution

- Neat Skills with Clean Shapes, Rotation and Twisting
- Landings and Falls
- Coach Interaction

Tumble Example

Senior Mixed Tumble on Youtube

<https://www.youtube.com/watch?v=b5GI5C3pUyI>

Trampet and Vault

Trampet is the high piece of apparatus that includes lots of somersaults and twists.

On Trampet, you need to pick your 6 strongest gymnasts per run to stream. Like Tumble, these 6 gymnasts can change per run.

Trampet is also scored in the following 3 ways

C Score – The composition

D Score – The Difficulty

E Score – The Execution



Trampet Composition = 2.0

- First run must be the same
- At least One run must use the Vault
- Twisting Requirement –
- Intensification shown in Runs 2 and 3



Trampet Difficulty and Execution

Difficulty

- Difficulty is Open

Execution

- Neat Skills with Clean Shapes, Rotation and Twisting
- Landings and Falls
- Coach Interaction



Trampet Example

Junior Mixed Trampet on Youtube

<https://www.youtube.com/watch?v=9t7RAehcjp0&t=29s>

Big Deductions

Every performance will incur deductions, this will always happen. The table below lists huge deductions that a team should hopefully never incur.

Big Deductions on Floor

- One gymnast messing up an element
- Falls on the floor
- Lost Gymnast
- Stopping
- Running onto the floor before the Green Flag

Big Deductions on Tumble

- Not performing your skills
- Performing skills in the wrong order or wrong skill
- Running Through
- Landing on Track or Tumbling on the landing Mat
- Wrong number of gymnasts in a run
- Falling over without the feet touching the landing
- Falling Over

Big Deductions on Trampet

- Not performing your skills
- Performing skills in the wrong order or wrong skill
- Running Through
- Wrong number of gymnasts in a run
- Falling over without the feet touching the landing
- Falling Over





Thank You!
ANY QUESTIONS