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UEG TEAMGYM CHAMPIONSHIPS

CODE OF POINTS

October 2007

Introduction

This revision of the code has been substantially changed in an attempt to make the judging easier and fairer. It takes into account the following aspects:-

- Open Difficulty
- Revised difficulties to 'balance' the three disciplines
- Separate Judging panels for Difficulty, Composition and Execution
- Increased clarification of requirements
- Increased element specification
- Recent developments
- Following other FIG code formats

The code has been divided into four parts which cover

- The Competition Programme,
- General Regulations,
- Specific Discipline Requirements and
- Appendices containing Tables of Difficulty

This is a draft copy and is not yet finalised. It is being circulated to all member federations of UEG so that comments can be submitted by them.

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PART I GENERAL REGULATIONS

Art 1 Purpose and Aims of the Code of Points

- To provide the most objective and unanimous judging possible.
- To increase the judge's knowledge.
- To be of help to gymnasts and coaches.

Art 2 Management Panel of the Competition

The TC-TG/UEG appoints a Management Panel for the respective competition.

2.1 Members

The Management Panel shall consist of:

- The nominated delegate of the TC-TG/UEG
- The Competition Director
- The Representative of the Host Federation

2.2 Responsibility

The Management Panel is responsible for:

- The Work Plan
- Running of the competition
- Checking equipment
- Checking the accreditation (insurance, passport, tariff forms)

Art 3 Competition Jury

3.1 Members

A Competition Jury consists of three people, who must always be present at every competition during the Championships. They are:

- An Official representative of TC-TG/UEG (not from organising country)
- The Competition Director
- The Lead Head Judge in the respective panels

3.2 Responsibility

The Competition Jury is responsible for:

- Handling protests
- Handling unexpected situations

Art 4 Judging

4.1 Generally

All judges must be in their respective panels at the competition hall ten minutes before the start of the competition.

Judges must be present at judge's meeting and the drawing of lots for judges.

If the judge doesn't follow these rules, the TC-TG can replace them with other judges.

4.2 Judging Panels

4.2.1 Floor

There are three Judging Panels

The 'A' Panel judges **Difficulty** and consists of a Head Judge (A1) and one judge (A2)

The 'B' Panel judges **Execution** and consists of the Head Judge (B1) and three judges (B2, B3 and B4)

The '**C**' Panel judges **Composition** and consists of the Head Judge (C1) and one judge (C2)

4.2.2 Tumbling and Trampoline

There are two judging Panels for each

The '**A**' Panel judges **Difficulty** and **Composition** and consists of a Head Judge (A1) and one judge (A2)

The '**B**' Panel judges **Execution** and consists of Head Judge (B1) and three judges (B2, B3 and B4)

4.2.3 General

Each Judging Panel includes a secretary.

Only judges who score the highest marks in the Judges Course will take part in the draw for Head Judge for a specific panel.

All other positions in the Judging Panels will be decided by drawing of lots.

4.3 Seating Arrangement

The judges must sit in a position, which affords a correct and undisturbed view of each team's performance, within reasonable distance of each other.

Example of Floor seating order:

B3 C2 A1 B1 Sec C1 B2 A2 B4

Example of Tumbling/Trampoline seating order:

B3 A1 B1 Sec B2 A2 B4

4.4 Lead Head Judge Specific Duties (B1)

- Lead the judges meetings before the competition in each section.
- Decide whether the interruption of the programme was caused by the team or was due to a technical matter
- Timing the routine and informing the other judges of under/over timing.
- Make special Head Judge Deductions on the Final Score in each discipline.
- Inform the panel, if there are any Head Judge Deductions, before handing the Final Score to secretary.
- The Head Judge Deductions are recorded on the Head Judge Deduction Form, which is past to secretary.
- Be a member of the Competition Jury in their respective discipline only.
- Signal the start of the programme in the discipline with a green flag.

4.5 All Head Judge Duties (A1, B1 and C1)

- Control the scores of their panel judges, the difference between the scores and calculate the Final Panel Score.
- Call the judges to a meeting in the case of an unallowable score difference.

4.6 Judge's Duties

- All judges must evaluate the team programmes accurately.
- All judges give their scores independently of each other.
- The judge sends the score slip immediately to the Head judge for control and calculation of the Final Score.
- Each judge must be ready to explain his/her deductions and justify his/her own score to the Judging Panel if necessary
- All judges are recommended to follow their training to get an overall view of the level of the competition.
- Every Judge must sign and confirm the scores in the secretary's form before leaving the panel after the competition.

4.7 'A' Panel Duties (A1 and A2)

Before the competition, they must calculate the difficulty value in each discipline

During the competition, they must calculate the value of elements which comply with the norms of the Floor, Tumbling or Trampoline

The two 'A' judges are allowed to discuss to agree what is the final 'A' score

4.8 'B' Panel Duties (B1, B2, B3 and B4)

During the competition, they must observe the programmes attentively and evaluate the faults and corresponding deductions correctly, independently and without bias.

They must record the deductions for:

- Specific execution deductions
- A4 Technical element recognition examples
- A5 Table of general faults and penalties

They must complete the score slip or enter the deductions into the computer

4.9 'C' Panel Duties (C1 and C2)

During the competition, they must record the deductions for:

- Specific Composition Faults
- Specific Artistry Faults

Art 5 Evaluation of the Score

5.1 Generally

The judges have to judge difficulty, execution and composition. The judges mark faults as small, medium or large and make the deduction accordingly.

Deductions are made under the following headings:

Small fault or series of minor faults	0.1
Medium faults	0.2 - 0.3
Large faults	0.5
Also specific deductions in each discipline	

After the performance, the judges submit their score on a judging slip to the Head Judge. Throughout the competition each 'B' score and each 'C' score is compared to that of the first team who set the standard in the section, in that discipline.

5.2 Calculating the Final Score

5.2.1 'A' Panel

Both judges calculate the difficulty score to an accuracy of 0.1 point.

The judges must agree with the final 'A' score. (If there is disagreement after discussion, judges can use video to evaluate the correct value. If still no agreement, the Lead Head judge shall adjudicate)

The score slip is sent to the competition secretariat.

5.2.2 'B' Panel

All four judges make the deductions from 10.0 and calculate their own score. The Head Judge will eliminate the highest and the lowest score. The Final Score is the average of the two middle scores.

Example:

Head Judge (B1)	8.5*	
Judge B2	8.4*	* indicates middle two scores
Judge B3	8.0	
Judge B4	8.6	
		Final 'B' Score 8.45

All score slips are sent to the competition secretariat.

5.2.2.1 Tolerance between the 'B' Panel Judges Scores:

The difference between the lowest and the highest of all judges' scores may not be larger than 0.6 when the final score is 8.5 or above and 1.0 for scores below 8.5.

The difference between the two middle scores may not be larger than the amount shown.

Final Score between	Allowable tolerances
9.00 – 10.00	0.1
8.50 – 8.95	0.2
8.00 – 8.45	0.3
Score below 8.0	0.5

If the difference among all the judges is too large **or** the difference between the middle scores is not in tolerance, the Head Judge calls a meeting to discuss the score. At the meeting the following actions may be taken:

- The judges may adjust their scores so that they are in allowable tolerance
- OR**
- The Base Score is used as the Final 'B' Score, if the judges cannot agree to changes.

5.2.2.2 Base Score:

Base Score = $\frac{\text{Average of the 2 middle scores} + \text{score of Head Judge}}{2}$

Example:

Head Judge (B1)	8.3*
Judge B2	8.9
Judge B3	8.3
Judge B4	8.8*

Final 'B' Score would be 8.55. But middle two scores out of allowable tolerance.

Base Score $(8.55 + 8.3) / 2 = 8.425$

5.2.3 'C' Panel

Both judges make their deductions and calculate the 'C' score from 4.0 in Floor and from 2.0 in Tumbling and Trampoline. The final 'C' score is the average of C1 and C2 judges scores. (The 'A' panel in Tumbling and Trampoline also give the 'C' scores!)

5.2.3.1 Tolerance between the 'C' Panel Judges Scores:

The difference between the two scores may not be larger than 0.3 in any case.

If the difference among all the judges is too large, the Judges discuss the score and the following actions may be taken:

- The judges may adjust their scores so that they are in allowable tolerance
- OR**
- The Base Score is used as the Final 'C' Score, if the judges cannot agree to changes.

5.2.3.2 Base Score:

Base Score = $\frac{\text{Average of the 2 scores} + \text{score of Head Judge (C1)}}{2}$

Example:

Head Judge (C1)	3.3
Judge C2	2.8

Final 'C' Score would be 3.05. But middle two scores out of allowable tolerance.

Base Score $(3.05 + 3.3) / 2 = 3.175$

Art 6 Declaration of the Disciplines

The proposed elements of the Floor Programme, Tumbling and Trampoline are to be written down with their calculated difficulty value on the Tariff Form. The Tariff Forms will be sent out to the teams together with the Work Plan.

The Tariff Forms must be presented to the organisers at the accreditation (Clarification will be included in the Work Plan).

The Tariff Forms must be presented with:

Floor:

- Formations with dots or crosses, so formations and the position of each gymnast are clearly marked
- Code numbers
- Symbols
- 'A' score values counted

Tumbling:

- Symbols
- 'A' score values counted

Trampoline:

- Code numbers
- Symbols
- 'A' score values counted

Corrections, on replacement Tariff Forms, can be made up to two (2) hours before the start of the competition in each section.

If the team qualify for the Finals, new Tariff Forms must be handed in to the organisers up to 30 minutes after the final results are published, unless the Work Plan states otherwise.

Art 7 Dress

7.1 Judges

Judges must wear grey or blue trousers/skirt and a blue jacket.

Men must wear ties.

7.2 Gymnasts

7.2.1 Generally

- 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 (see 7.2.4).
- The wearing of gymnastic footwear is optional on each discipline, but if chosen must be worn by entire team on the Floor Programme.
- Bandages are permitted. They must be securely fastened and of a non-intrusive colour.
- No Jewellery may be worn by gymnasts or coaches (This includes ear studs).
- 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 are classed as jewellery.
- Advertising must follow valid FIG/UEG rules.

7.2.2 Women

- Gymnasts must wear sportive and non transparent leotards.
- The neckline of the front and back of the leotard must be proper, that is no lower (further) than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades at the back.
- The leg cut may not extend beyond the hipbone (maximum).
- Leotards may be with or without sleeves and the shoulder strap width must be a minimum of two (2) cm. Narrow straps are not allowed.
- The length of arms is optional, as well as the length of legs of unitards and leggings
- The leggings should be worn under or over the leotard.

7.2.3 Men

- Gymnasts must wear a leotard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long gymnastic pants (trousers).
- The top of the men's attire must not have an open cut below the shoulder blade.

7.2.4 Mixed

- The women and men must follow the rules in 7.2.2 and 7.2.3 respectively.

7.2.5 Coaches

- Coaches must wear matching attire appropriate to their club.
- Coaches must not wear jewellery when standing in for support.

Art 8 Catching or supporting

Security spotting for the Trampette is required for all elements during the whole team performance. Two coaches must stand on the landing mat during the Trampette routine, in order to react quickly in case of danger. They are allowed to leave the mat momentarily for security reasons.

The Head Judge will only signal the start of the programme when the security spotting for Trampette is in place.

Catching or supporting will result in deductions of the score.

Failure to support dangerous elements will also incur deductions.

Coaches are not allowed to give instructions to the gymnasts and/or disturb them during the programme in each discipline.

Art 9 Repetition of a Competition Programme

No programme can be started a second time, unless an interruption was caused by defects with the equipment or the music player, and not caused by the team itself.

Only the Head Judge can decide if a programme may start again. In this case the whole programme of the team must start from the beginning in the actual discipline after the next team in competition order.

If the team conclude their programme in Tumbling and Trampette they are not allowed to start again.

Art 10 Recommendation (Golden Rule)

The choice of elements and composition in the programmes should never sacrifice style and technical precision in favour of difficulty.

The programme should always fit the knowledge and maturity of the gymnasts.

Art 11 Division of Points

	Floor Programme	Tumbling/Trampoline
Composition	4.0	2.0
Difficulty	open	open
Execution	10.0	10.0
Bonus	0.2	

Composition, Executions (and bonus) added to Difficulty = Total

11.1 Composition

The selection of different gymnastic and acrobatic elements and on Floor Programme different formations and the way they are combined to a unity. Creative and artistic composition of various elements and connections are important.

11.2 Difficulty

There is difficulty value for elements and combinations in each discipline.

11.3 Execution

How the team executes the elements and the movements it has chosen to perform. Each element shall be executed in a definite, precise and technically correct manner.

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PART II GENERAL REGULATIONS

Art 12 Evaluation of the Competition Programmes

12.1 General

The same Competition Programmes may be performed in the Qualification and Final. The evaluation method here will be used at the official UEG TeamGym Championships. It is also available to be used in all European countries for TeamGym competitions.

12.2 Arrangement of the Table of Elements

The Code of Points contains specific Discipline Tables of Elements for Floor, Tumbling and Trampoline, in which each element is identified by a different code number and difficulty value.

12.3 Components of the Evaluation

The current philosophy for content and combination of Discipline Programmes encourages an emphasis on the mastery of gymnastics, dance and acrobatic choreography, artistically presented on Floor.

In principle, the repetition of a competition Programme is not permitted.

Difficulty, execution and composition will be evaluated separately.

Execution will be valued from 10.0 on all disciplines. The composition will be valued from 4.0 in Floor and from 2.0 in Tumbling and Trampoline.

There are three panels, 'A', 'B' and 'C' who cover the following aspects.

12.3.1 'A' Score Difficulty

The 'A' Score on Floor, Tumbling and Trampoline consists of the Difficulty Values (DV) of different Element Requirements, which is not limited.

12.3.2 'B' Score 10.0 Execution

For perfection of Execution the team may earn a score of 10.0.

The 'B' score includes deductions for faults in Competition Programme.

The deductions for faults are described in the **Specific Discipline** in Articles * - *, the **Element Recognition Examples** in Appendices A4 and the **Table of General Faults and Penalties** in Appendices A5.

12.3.3 'C' Score Composition (and Artistry)

In the **Floor** Programme, the 'C' score includes deductions for composition and artistry.

Composition	3.2
Artistry	0.8

In **Tumbling and Trampoline**, the series 'C' score includes deductions for composition. The 'C' score is given by the 'A' panel.

Composition	2.0
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Art 13 Recognition of New Elements and Vaults

The coaches and gymnasts are encouraged to submit new Elements and Vaults/Saltos that have not been yet been performed and/or do not yet appear in the table of Elements.

In principle, only those elements which have been performed in UEG competitions will appear in Code of Points

In order to be recognized as a new element, the element must be considered fully completed.

All new elements (performed for the first time at an UEG Official Competition: UEG Championships, UEG CUP, etc.) are encouraged to submit to the TC-TG by electronic

mail, facsimile or post at any time of the year. However, they must be presented no later than the day and hour, as stipulated in Work Plan. The request for evaluation must be accompanied with technical drawings and figures, as well as with a video recording. The TC-TG/UEG will evaluate the Difficulty Value of new vaults and elements and will assign a code number.

The decision will then be communicated as soon as possible in writing to the respective federation and also to the Judges at the Judges' Review Session (Instruction) or Judges' Briefing, before the respective competition.

New vaults and elements may be submitted at all other International Competitions to the Technical Director and/or UEG Technical Representative. The evaluation and decision takes place in the technical discussions prior to the respective competition.

The decisions have validity **only** at that respective competition. However, these should be forwarded to the President of the TC-TG for review by the committee at their next meeting. Such new elements, etc. will appear for the first time in the **Code Update**, only when they have been submitted, confirmed and **also performed** at an official UEG Competition.

Art 14 Code updates

After the Official UEG Competitions the TC-TG/UEG will publish a **Code Update**

This includes all new elements and variations with code numbers and illustrations.

The **Code Update** will be sent by UEG Secretary General to all affiliated federations, including the effective date, from which time it is valid for all further UEG Competitions.

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PART III DISCIPLINES

Art 15 Floor Programme

15.1 Discipline Requirements

This is an optional Floor Programme without hand apparatus, to music.

It consists of a choreographed routine based on gymnastic elements.

The team must present from six to twelve gymnasts. Mixed teams must have the same number of male and female gymnasts.

Music for entry or leaving the floor area is not allowed.

The team must wait outside the performing arena, ready to jog into the arena and straight to their starting position on the floor, when instructed.

The performance will start when the team gets the green flag from the Head Judge of the Floor Programme, which should be acknowledged by one gymnast before the team take up their starting pose

It is not allowed to change a gymnast during the Floor Programme.

15.2 Difficulty

The value of the required elements can be found in the table of difficulty which is in the appendices. Pirouettes, jumps/leaps, balance/power elements, section elements, acrobatic elements and combination elements, that are counted towards the difficulty value, must have different code numbers.

The execution of each difficulty element must comply with norms; otherwise it's not counted as a difficulty element or its difficulty value will be revaluated.

The same element can only be counted (as difficulty element) one time in a Floor Programme. If performed the second time, the difficulty value is not recognised. If the value was not counted at the first time (e.g. there was a gymnast who didn't perform the element correctly) the element can be evaluated if the same element is performed later during the programme.

The difficulty elements must be performed at the same time or close to each other. All gymnasts in the team must do the same difficulty elements, with arms and legs in the same positions. The difficulty value of a movement will be counted only if **all the gymnasts** perform it correctly (Comply with norms).

The Difficulty Value is calculated by the A panel. It will be added to B and C panel's scores to get the final score for the floor programme.

All element values are shown in the table of difficulty in the appendices.

New elements must be valued before the competition. They must be submitted to the TC-TG/UEG at least two months before the competition.

The Floor Programme must contain the required number of elements from the following six groups:

Pirouettes	2
Jumps/Leaps	2
Balance/ Power Elements	2
Section Elements	2
Acrobatic elements	2
Combination of gymnastic elements	1

15.2.1 Pirouettes (P)

The two Elements with the highest difficulty settle the value for Pirouettes.

Definition of a Pirouette: At least 360° rotation on one foot on tiptoes. Pirouettes must be performed clearly and the rotation must be totally fulfilled. If there is jumping

during the pirouette, there will be no value for the element. Body shape must be defined and clearly visible during the whole turn. To get the value, all the gymnasts performing the pirouettes at the same time (or in the same close grouping) must start the pirouettes facing all in the same direction.

15.2.2 Jumps/Leaps (J)

The two Elements with the highest difficulty settle the value for Jumps/Leaps.

Definition of Jumps, Leaps and Hops: A recognised shape (position) formed in the air during a jump or a leap. The shape must be fixed and well defined during the flight. There must be good amplitude, height and elevation during the flight. There must also be good control in the body during and after the element. Shape during the flight defines the level of the difficulty. It's not allowed to have more than 3 steps before the jump or leap.

- Jump** – take off of two feet and land on one or two feet
- Leap** – take off from one foot and land on the other or both
- Hop** – take off one foot and land on the same foot

15.2.3 Balance/Power Elements (B/ Po)

The two Elements with the highest difficulty settle the value for Balance/Power Elements.

Definitions of Balance and Power Elements:

Balance elements (B): A recognised shape where the whole body is held in a static position for at least two seconds without any additional movement. The body shape during the balance must be defined and clearly visible.

Power elements (Po): A controlled movement with dynamic strength. The positions before and after must be clear but need not to be hold for two seconds.

15.2.4 Section Elements (S)

Two different section elements are included in the difficulty value. Value of the first is Section Element is 0.2, and the value of the second Section Element is 0.3

The section elements are:

- | | | |
|-------|---|---|
| Women | 2 | Body waves. |
| | | One must be sideways and the another forwards or backwards. |
| Men | 2 | Swing movements |
| Mixed | 2 | Movements in pairs |

Definitions

Body Waves: From a bent position an extension occurs through each joint as a wave through the body, alternatively from a straight position with a contraction. The body waves must include the hips.

Swing movements: In a swing element there is an impulse or a release that lets gravity take the body into a pendulum swing. The swing must include the trunk and the legs.

Movements in pairs: A lift, throw or support element between male and female gymnasts.

If the team performs just one element (or e.g. two body waves forwards) the difficulty value for section elements is 0.2.

If both section elements are missing there is no value for section elements.

15.2.5 Acrobatic Elements (A)

Two different acrobatic elements are included in the difficulty value. The following elements are counted as acrobatic elements: roll forward and backward, cartwheel, walkover forward and backward, handspring, free cartwheel, round off, flick flak and all

saltos. Acrobatic elements must comply with the norms. The value of the first Acrobatic Element is 0.2, and the value of the second Acrobatic Element is 0.3.

If both acrobatic elements are missing there is no value for acrobatic elements.

15.2.6 Combination of Gymnastic Elements (C)

A combination value can only be awarded for direct connections between two elements which are performed by norms. The values of two movements in combination will be counted together (e.g. C element + B element = 0.3 + 0.2 = 0.5). An element can be counted only once in the routine. E.g. if split leap is counted as part of a combination, the same leap can not be counted as a leap.

To recognize the combination elements, they must be performed without a fall or intermediate steps.

All connections must be **direct**. Direct connections are those in which elements are performed without

- Hesitation or pause between elements
- Loss of balance between elements
- Additional arm/leg swing
- Extra step between elements

Combinations of Gymnastic elements can only be performed between Jumps/Leaps, balance elements, power elements and pirouettes, or a mixed combination of these elements.

Combination of Jumps or Leaps - A combination of a succession of 2 jumps or leaps with a maximum of one intermediate step (each foot once on the floor). E.g. Split Leap, landing on right foot, step forward and take off with left foot for Scissors Leap.

Combination of Balances Elements – A combination of a succession of 2 different shapes of balances elements. The connection is performed with the body weight on the same foot (or hands) during both elements without intermediate supporting foot or hand movements.

Combination of Power Elements – A combination of a succession of 2 different power elements. The connection is performed with the body weight on the hands during both elements without intermediate supporting hand movements.

Combination of Pirouettes - A combination of a succession of 2 different shapes of pirouettes. The connection between pirouettes of the combination may be performed without intermediate steps (with heel support in between) or with one intermediate step (each foot once in the floor). E.g. in first pirouette left leg as support leg, the right leg is free – in the second pirouette right leg as support leg, left leg is free.

Mixed combinations - A connection between the difficulties of a mixed combination of 2 elements is performed with maximum of one intermediate step (each foot once to the floor).

If a team performs more than one Combination of Elements, the combination with the highest value will be counted to the difficulty.

The execution of each difficulty inside the combination must comply with recognized gymnastic technique; otherwise, either the value of the combination will be lowered or not accepted.

15.3 Execution (10.0)

15.3.1 Definitions for Execution faults (General faults)

15.3.1.1 Precision in formations

All the formations must be exact (e.g. straight lines when that's supposed).

Deduction is 0.1 every time, for 'out of line' gymnast.

15.3.1.2 Synchronisation according to composition

Deductions will be from 0.1 to 0.3 per gymnast, every time they are not synchronised with the team.

The badly 'out of time' gymnast will get 0.3 deduction each time.

15.3.1.3 Line violations

Exceeding the prescribed Floor area (14x20 m), that is touching floor with any part of the body **outside** of the border marking, will result in a deduction of **0.1 each time**. Border markings (the white line) are included to the floor area.

Deduction for line violations is 0.1 each time.

15.3.1.4 Specific Execution Deductions (B-panel)

The more gymnasts that make the fault the greater the deduction

Execution Faults (10.0)	Small 0.10	Medium 0.3	Large 0.5
Precision in formations	x each		
Synchronisation according to composition	x each	x each	

All other execution faults are shown in the Table of General Faults and Penalties contained within the appendices together with Technical Element Recognition Examples.

15.3.2 Head Judge Deductions

Head Judge Deductions	
Incorrect dress, wearing jewellery	0.3 from the total score of three discipline
Not jogging into the competition arena	0.3
Team is not ready to start within 30 sec. after green light is lit	0.3

15.4 Composition (3.2) & Artistry (0.8)**15.4.1 Definitions for composition****15.4.1.1 Timing**

The time limit is between 2.30 and 3.00 minutes. The timekeeping starts with the music and ends when the last movement is performed.

Elements performed after the time limit will be recognized and evaluated.

The deduction for time fault is 0.2 and it will be taken for under/over timing.

15.4.1.2 Music

The complete presentation is performed to optional music. The music must be instrumental with no lyrics.

Absence of music or music with lyrics 0.2

15.4.1.3 The choice of elements and movements

The routine should present a variety of categories of movements:

Gymnastic elements e.g. jumps/leaps, pirouettes, turns, waves, swings and balance elements

Acrobatic elements: rolls forward/backward, cartwheels, walkovers forward/backward, handsprings, free cartwheels, round offs, flick flaks and all saltos

All Movements shall favour dynamic execution, (in other words, the whole body is engaged to the element/movement) Simple, isolated arm and leg movements are not encouraged.

The maximum deduction for the choice of elements and movements can be 0.3.

15.4.1.4 Acrobatic Elements (A)

Teams can perform a maximum of four acrobatic elements. All acrobatic elements will be counted by composition judges, even if the whole team doesn't perform element (e.g. half of the team does round off- flick- flack and half of the team makes round off-salto, there are three acrobatic elements). If there are more than four, the team will get a deduction of 0.2.

Acrobatic elements must be natural part of the Floor Programme and be linked to it fluently. A deduction is made if the acrobatic elements do not melt rhythmically into the movement sequences. Example: stop in movement sequence, a pause to prepare an acrobatic element or a long run-up (more than three steps) to an acrobatic element. Deduction 0.1 or 0.2.

The maximum deduction for acrobatic elements can be 0.4

15.4.1.5 Formations

There must be at least 6 different formations in Floor Programme.

A deduction 0.1 for each missing formation

The shape and the size of the formations must vary. If the formations are all similar straight lines there will be a deduction. There must also be at least two formations in curve lines. There must be one large size (formation covering at least $\frac{3}{4}$ of the floor area) and one small size (gymnasts close to each other) formation.

A deduction of 0.1 for each missing curve line

A deduction 0.1 for missing variation in size of formations

The maximum deduction for formations can be 0.3

15.4.1.6 Transitions and Connecting Elements

Transitions mean those elements/movements included in changing one formation to another. Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Programme. Walking, marching or running from one formation to another will cause a 0.2 deduction each time. The transitions between formations must be planned so that the gymnasts can easily make it without extra/large steps

Connecting elements mean how the single elements/movements are built together as one harmonious sequence, which gives the impression of fluent and logical series of elements and not as elements just coming after each other. Between elements there must not be pauses where gymnasts are waiting for the music (e.g.1-2-3-now). Deduction for connecting elements is 0.2.

The maximum deduction for Transitions and Connecting Elements can be 0.4

15.4.1.7 Use of Floor Area, levels and directions

The whole floor area must be used during the programme. If some part of the floor (left, right, front, back) is not used, the deduction will be 0.2.

There is a requirement of using different levels, e.g. laying, sitting, standing and jumping during the Floor Programme. If some level is totally missing, the deduction will be 0.2.

The programme must include the gymnasts moving in different directions. e.g. forwards, backwards, sideways. (Backwards and sideways; there must be at least one sequence of combination of two different elements, intermediate steps are allowed) If some direction is missing, deduction will be 0.2.

The programme must be performed to different (all 4) fronts. If some front is missing, the deduction will be 0.2.

The maximum deduction for Use of Floor Area can be 0.6**15.4.1.8 Unnecessary Repetition of Elements/Movements**

If same elements/ movements (e.g. some arm movements) are presented more than 3 times, there will be a 0.1 deduction per element.

The maximum deduction for unnecessary repetition can be 0.3**15.4.1.9 Effective Teamwork**

The floor programme must give the impression of working together. Solos and canons can give nuance for the composition but they must not predominate. When the gymnasts are divided into different groups, they must be **related somehow** (clearly); e.g. do the same movements in different places or have some kind of connection between the groups.

If different groups perform different things three times (max 10 sec each), without a relationship between them, they will receive a deduction of 0.2. There can be two canons per program. The time limit for one canon is max. 10 seconds. Canons greater than 10 seconds will receive a deduction of 0.1. If the canon/ doing different things lasts only 4/4 (one phrase) or very short time, there will not be any deduction.

Three canons in the programme will cause a 0.2 deduction.

The maximum deduction for the absence of effective teamwork will be 0.5**15.4.1.10 Specific Composition Faults (C-panel)**

Composition Faults (3.2 P)	Small 0.10 or 0.20	Medium 0.3	Large 0.5
Timing (0.2) Under/over timing of the floor programme	x		
Music (0.2) Absence of music or music with lyrics	x		
Choice of elements and movements (0.3) Simple, isolated arm and leg movements Missing dynamic execution & Body movements	x each	x x	
Acrobatic elements (0.4) Acro elements are dominating (more than 4 acr. elements) Acro elements are not melting rhythmically into the movement sequences	x x each		
Formations (0.3) Less than 6 formations The shape and the size of the formations not varying	x x		
Transitions and connecting elements (0.4) Transitions must have gymnastic and rhythmic quality Elements not giving the impression of fluent and logical series of elements	x time x		
Use of Floor Area (0.6) Absence of using all parts of the area Absence of using different levels e.g. lying, sitting, standing and jumping Absence of moving into different directions e.g. forwards, backwards, sideways. Absence of performing into different fronts	x x x x		

Unnecessary repetition of elements/movements (0.3) Same elements/ movements are presented more than three times	x	x	
Effective teamwork (0.5) Performing different things three times without relation between Canon more than two times Separation/ canon longer than 10 sec	x x x		

15.4.2 Definitions for Artistry Faults

15.4.2.1 *Movements corresponding to the music*

There must be relationship between the music and the movement. The programme must give the feeling to “see what you hear and hear what you see”. There must also be variations in rhythm and tempo so that the program gives different feelings for spectators. Missing this variation will cause 0,2 deduction. If the music is played only as background music, the deduction will be 0.3. There must not be purposeless stops between movements or pauses to prepare for movements. If there are any, the deduction will be 0.2 each time.

The maximum deduction for Movements corresponding to the music can be 0.6.

15.4.2.2 *Artistry of Presentation*

Presentation of the Floor Program must be expressive. Phrases must show continuity and fluency of the movements. The programme must flow naturally and give a logical, fluent impression.

The maximum deduction for Insufficient Artistry of Presentation throughout the performance of the programme can be 0.2.

15.4.2.3 *Specific Artistry Faults (C-panel)*

Artistry (0.8)	Small 0.10 or 0.20	Medium 0.3	Large 0.5
Movements corresponding to the music (0.6) The movements do not correspond to the music, concerning the dynamics and character Insufficient variation of tempo Background music Unmotivated (purposeless) pauses.	x x x	x	
Artistry of presentation throughout the performance of the Programme including (0.2): Lack of expressive performance Lack of continuity and fluency of the movements	x x		

Art 16 TUMBLING

16.1 Discipline requirements

Each team performs three different rounds.

First Round All gymnasts perform the same element.

Second Round All gymnasts perform the same element or make intensification.

Third Round All gymnasts perform the same element or make intensification.

One round must have all series from the backward group, one from the forward group and one may be from either the forward, backward or combined group.

- The team presents six tumblers for each round.
- Different gymnasts from the team may perform in each round.
- After each round the gymnasts return by jogging back to get into position for the next round. The gymnasts must return together, at the same time.
- Additional gymnastics/dance movements before/between rounds are not allowed.

- Each series (individual routine) must consist of a combination of at least three acrobatic elements, without intermediate steps. At least three of the elements must be different.
- The difficulty value of each element is shown in the Table of Difficulty (Appendices)
- All gymnasts must land their last element in the landing area.
- If required for safety (not supporting), one coach is allowed to stand in. This must be on the landing area on the far side from the judges.

- The complete presentation is performed to music. The music must be instrumental with no lyrics. Choice of music is optional.
- The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last gymnast lands in the third round.
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge of Tumbling.
- It's not allowed to mark the run-up with clothes or other things.

16.2 Composition (2.0 points)

All composition deductions are made under the 'C' score..

16.2.1 Intensification (0.6)

In each round, where required, every gymnast's acrobatic series must be from the same Group (Forwards, backwards or combined).

In the first round there can be no deduction of intensification. A gymnast performing a different series is deducted as "Wrongly performed Programme".

In the second and third rounds gymnasts are allowed to increase the difficulty of elements with body positions (shape), turns and/or double saltos.

The series with higher difficulty values must come after the series with lower values in the round.

Deduction 0.1 per gymnast each time, up to a max of 0.6 points after the team has performed all three rounds.

16.2.2 Variation (1.4)

The teams should show a great variation in the chosen acrobatic elements.

16.2.2.1 Choice of elements must vary in the different rounds (0.8)

If any gymnast performs the same series from another round, there will be a deduction of 0.2 per gymnast each time.

The calculation of deductions is based in the round where the series is performed the most times. In this round the series is free from deduction. In any other round 0.2 is deducted per gymnast.

Deduction 0.2 per gymnast up to 0.8 points after the team has performed all three rounds.

16.2.2.2 The direction of rotation in elements must vary (0.4)

The team must perform at least one round with backward elements & one round with forward elements where the element with the highest difficulty value is included. In that round at least three elements must be forward or backward respectively. The round must finish on an element in the direction of the round. If a team chooses to do a round with a mixture, all gymnasts must perform at least one move forwards and one move backwards.

If the team does not fulfil these requirements a deduction of 0.4 will be made.

16.2.3 Level of elements (0.2)

The team must perform one round that contains an element with full twist (360°).

If the team does not fulfil these requirements a deduction of 0.2 will be made.

16.3 Difficulty (Open value)

The difficulty of each series is not limited.

The pass difficulty value is calculated by from the value of the 3 highest elements

The value of body position (shape) and twist is added to each basic element to give the element value

The average of the individual series difficulty values gives the team's difficulty value for the round.

The value is rounded down to the nearest 0.1 point.

The Difficulty Value, calculated by the 'A' panel, is added to the 'B' panel's score for execution, together with the composition mark (C) given by the 'A' panel, to get the final score.

All element values are shown in the table of difficulty in the appendices.

New elements must be valued before the competition. They must be submitted to the TC-TG/UEG at least two months before the competition.

Element Basic Values

Group	Basic element	Values (points)
Forwards	Cartwheel	0.0
	Handspring	0.6
	Flyspring	0.8
	Salto forwards	0.9
	Double salto forward	2.4
Backwards	Cartwheel	0.0
	Roundoff	0.6
	Flic Flack	0.13
	Whipback	0.9
	Salto backward	1.0
	Double salto backwards	2.2
	Triple salto backwards	Not allowed
Combined	Made up of a combination of forward and backward elements	

The Cartwheel is counted as a **forward element**, if it is followed by a forward element.

E.g. Cartwheel – Handspring forward...

Cartwheel is counted as a **backward element**, if it is followed by a backward element.

E.g. Cartwheel – Round off – Salto backward

Round off is counted as a **backward element**

Element Additional Values

Shape/twist	Single saltos	Double saltos
Piked	0.1	0.3
Stretched	0.3	0.6
180° twist (½ – 1½)	0.1	0.3
180° twist (2 – 2½)	0.2	0.5
180° twist (3 plus)	0.3	0.13
Salto-salto	0	0
Handspring/Flyspring before salto	0	0

16.4 Execution (10,0 points)

16.4.1 General

The deductions are made under the following headings:

Good technique in the elements

Good style & body positioning

Landing with control & balance

Streaming (must be even between all gymnasts and at least 2 gymnasts moving at the same time)

Non performance

16.4.2 Special deductions

Error	Deduction
Support	0.3 each time per gymnast
Uneven streaming	0.2 - 0,5 per round
Intermediate steps	0.5 per gymnast
Fall (hand support)	0.3 – 0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Fall (not landing on feet first)	1.0 each time per gymnast
Running past the apparatus	1.5 per gymnast *
Wrong number of gymnasts	1.5 per gymnast / round *
Wrongly performed tumbling programme	1.0 per gymnast / round *
Team error (all gymnasts in the team)	Zero for the round

* No change of difficulty value.

16.4.3 Head Judge Deductions

Error	Deduction	
Incorrect competition dress	0.3	
Incorrect music	0.3	Move to Composition?
Wearing jewellery	0.3	
Time fault	0.3	Move to Composition?
Giving verbal or visual instructions to the gymnasts	0.3	
Not running back between the rounds	0.3 each time	Move to Composition?
Additional movements before and between the rounds	0.3	Move to Composition?
Marking the run-up with clothing or other things	0.3	

All Head Judge Deductions are deducted from the Final Score per team.

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Art 17 TRAMPETTE

17.1 Discipline requirements

Each team performs three different rounds.

First Round All gymnasts perform the same element.

Second Round All gymnasts perform the same element or make intensification.

Third Round All gymnasts perform the same element or make intensification.

At least one round must be performed on apparatus. The apparatus must be touched with both hands. It is not permitted to touch the apparatus with the feet.

At least one round must be performed without apparatus

- The team presents six gymnasts for each round.
- Different gymnasts from the team may perform in each round.
- After each round the gymnasts return by running back to get into position for the next round. The gymnasts must return together, at the same time.
- Additional gymnastics/dance movements before/between rounds are not allowed.
- The difficulty value of each element is shown in the Table of Difficulty (Appendices)
- Two coaches (and only two) must be present on the landing mat, for security spotting the landings. In the event of a dangerous situation, they must take appropriate action.
- The complete presentation is performed to music. The music must be instrumental with no lyrics. Choice of music is optional.
- The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last gymnast lands in the third round.
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge of Tumbling.
- It's not allowed to mark the run-up with clothes or other things.

17.2 Composition (2.0 points)

All composition deductions are made under the 'C' score.

17.2.1 Intensification (0.6)

In each round, every gymnast's element must be from the same Group.

In the first round there can be no deduction of intensification. A gymnast performing a different series is deducted as "Wrongly performed Programme".

In the second and third rounds gymnasts are allowed to increase the difficulty of elements with body positions (shape), turns and/or double saltos

The elements with higher difficulty values must come after the elements with lower values in the round.

Deduction 0.1 per gymnast each time, up to a max of 0.6 points after the team has performed all three rounds.

17.2.2 Variation (1.4)

The teams should show a great variation in the chosen acrobatic elements.

17.2.2.1 Choice of elements must vary in the different rounds (0.8)

If any gymnast performs the same element from another round, there will be a deduction of 0.2 per gymnast each time.

The calculation of deductions is based in the round where the element is performed the most times. In this round the element is free from deduction. In any other round 0.2 is deducted per gymnast.

Deduction 0.2 per gymnast and up to 0.8 points after the team has performed all three rounds.

17.2.2.2 The level of elements (0.6)

Rotation about longitudinal axis (twist) - The team must perform one round with at least 360° in single saltos or 180° in double saltos in free rotations.

Double saltos counting from trampette to landing (e.g. Tsukahara)

If the team does not fulfil these requirements a deduction of 0.6 will be made.

17.3 Difficulty (Open value)

The difficulty of each series is not limited.

The value of body position (shape) and twist is added to each basic element to give the element value

The average of the individual difficulties gives the team's difficulty for the round.

The value is rounded down to the nearest 0.1 point.

The Difficulty Value, calculated by the 'A' panel, is added to the 'B' panel's score for execution, together with the composition mark (C) given by the A panel, to get the final score.

All element values are shown in the table of difficulty in the appendices.

New elements must be valued before the competition. They must be submitted to the TC-TG/UEG at least two months before the competition.

Element Basic Values

Group	Basic elements	Value
Without vaulting apparatus	Salto	1.0
	Double salto	2.3
	Triple salto	Not allowed
With vaulting apparatus Forward rotating	Handspring	1.6
	Handspring salto forwards	2.9
	Handspring double salto forwards	5.1
With vaulting apparatus Backward rotating	Handspring 90° in - 90° out	1.5
	Tsukahara	2.8
	Double Tsukahara	5.0

Element Additional Values

Shape/twist	Single saltos	Double saltos
Piked	0.1	0.2
Stretched	0.3	0.6
180° twist	0.3	0.3

17.4 Execution (10.0 points) .**17.4.1 Generally**

The deductions are made under the following headings:

- Good technique in the elements
- Good style & body positioning
- Landing with control & balance
- Streaming (must be even between all gymnasts and at least 2 gymnasts moving at the same time)
- Non performance

17.4.2 Special deductions

Error	Deduction
Support	0.3 each time per gymnast
Uneven streaming	0.2 - 0,5 per round
Fall (hand support)	0.3 – 0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Fall (not landing on feet first)	1.0 each time per gymnast
Running past the apparatus	1.5 per gymnast *
Wrong number of gymnasts	1.5 per gymnast / round *
Wrongly performed programme	1.0 per gymnast / round *
Team error (all gymnasts in the team)	Zero for the round
Coach not taking action to dangerous situation	0.5 each time

* No change of difficulty value.

** . If team is missing a round with touch of the vaulting apparatus, or a round without apparatus the third round will receive zero

17.4.3 Head Judge Deductions

Error	Deduction
Incorrect competition dress	0.3
Incorrect music	0.3
Wearing jewellery	0.3
Time fault	0.3
Giving verbal or visual instructions to the gymnasts	0.3
Not running back between the rounds	0.3 each time
Additional movements before and between the rounds	0.3
Marking the run-up with clothing or other things	0.3

All Head Judge Deductions are deducted from the Final Score per team.

PART IV APPENDICES

A1 - Table of Difficulty Floor

A2 - Table of Difficulty Tumbling

A3 - Table of Difficulty Trampette

A4 - Element Recognition Examples

A5 - Table of General Faults and Penalties

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