



**GfA Competition Handbook**

**TeamGym Rules**

**November 2016**

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- \* Entry is open to all London Affiliated Clubs.
- \* All entries must be completed electronically by BG Gymnet and payment made via credit or debit card.
- \* It is the club's responsibility to ensure that all gymnasts, coaches and judges have up to date, accurate information on Gymnet including the correct spelling and DOB. Any qualifications must be up to date.
- \* The club **MUST** check the competition entry **BEFORE** submitting the entry to ensure all gymnasts are entered in the correct level. Changes cannot be made after the closing date.
- \* Please ensure all parents are aware that they cannot contact the competition organiser.
- \* **FLASH** photography is strictly prohibited for the safety of all gymnasts, please ensure spectators are aware of this.
- \* A minimum of 2 coaches are required for each club. Warm Up and Competition Arena are in separate areas.
- \* All Clubs must supply a minimum of one judge per entry.



## London Gymnastics GfA Level 6 TeamGym Rules 2016

Age Groups	6 – 11 years (Junior)	11 + (Senior)
For 2016	Born 2009 / 2008 / 2007 2006 / 2005	Born 2004 or Earlier
A gymnast may compete UP an age group but not down. They may only compete within one level		
Teams can be made up using gymnasts competing in White/Blue or Bronze Levels If they have their bronze pin but HAVE NOT competed Silver then they are classified as Bronze for the team competition.		
Team Members can be made up of the following	Min – 5 gymnasts	
	Max – 12 gymnasts	
	All Male	
	All Female	
	Mixed	(male & females do not have to be equal)
<b>Floor Using Bronze Rules</b> Choreography may include, clicking, clapping, gymnasts may make contact with each other. All team members must perform the same 8 moves but this can be in a different order eg forward roll, handstand forward roll OR handstand forward roll, forward roll	12m x 12m Floor	
	Minimum of 8 moves	0.5 per move = 4.00
	B + B Series	0.30 bonus
	A & B moves only	Min - 4 x B moves
	Max score 18.30	
	Performed to music with or without lyrics	Lyrics containing sexually explicit language or swearing is not permitted
	Routine time 60 – 120 secs	
	Saltos are not permitted	
Composition Requirements 0.50 per requirement = 2.00	Balance, Strength, Flexibility	1 of the 3 must be shown
	Acro Series	2 linked "Group 1" acrobatic moves
	Mixed Series	1 x "Group 1" & 1 x "Group 3" move directly linked
	Gym Series	2 x "Group 3" moves linked (can be linked by continuous steps or chasses) OR second different acro series
Floor Formations 0.50 per formation = 2.00 Gymnasts can show cannon & synchronisation	4 Floor Formations required	Example's
		X    X    X    XX    XXXX
		X    X    X    X    X    X
		X    X    X    X    X    X
		X    X    XX    X

## London Gymnastics GfA Level 5 TeamGym Rules 2016

Age Groups	6 – 11 years	11 +
For 2015	Born 2009 / 2008 / 2007 2006 / 2005	Born 2004 or Earlier
A gymnast may compete UP an age group but not down. They may only compete within one level		
Teams can be made up using gymnasts competing in Bronze, Silver or Gold Levels If they have their bronze pin but HAVE NOT competed Silver then they are classified as Bronze for the team competition.		
Team Members	Min – 5 gymnasts	
	Max – 12 gymnasts	
	All Male	
	All Female	
	Mixed	(male & females do not have to be equal)
Choreography may include, clicking, clapping, gymnasts may make contact with each other. All team members must perform the same 8 moves but this can be in a different order eg forward roll, handstand forward roll OR handstand forward roll, forward roll	12m x 12m Floor	
	Minimum of 10 moves	0.5 per move = 4.00
	B+C or C+C	0.30 bonus
	A/B/C & D moves	Min – 3 x B moves, 1 x C moves
	Max score 18.30	C & D moves may replace B & C moves
	Performed to music with or without lyrics	Lyrics containing sexually explicit language or swearing is not permitted
	Routine time 60 – 120 secs	
Composition Requirements 0.50 per requirement = 2.00	Balance, Strength or Flexibility	1 of the 3 must be shown
	Acro Series	2 linked "Group 1" acrobatic moves
	Mixed Series	1 x "Group 1" & 1 x "Group 3" move directly linked
	Gym Series	2 x "Group 3" moves linked (can be linked by continuous steps or chasses) OR second different acro series
Floor Formations 0.50 per formation = 2.00 Gymnasts can show synchronisation and cannon	4 Floor Formations required	Example's
		X      X      X      XX      XXXX
		X      X      X      X      X      X
		X      X      X      X      X      X
		X      X      XX      X

LEVEL A			
Acrobatic Moves			
Backward roll piked to stand		S	
Backward roll to front support (H)		S	
Backward roll to straddle stand with flat back (H)		S	
Backward roll tucked			
Cartwheel front to back (¼ turn)			
Cartwheel (side to side)			
Circle or Teddy bear roll -360°			
Forward roll straddled to stand			
Forward roll tucked to stand			
From front support, jump in and Straight Jump up			
Handstand forward roll			
One handed cartwheel (arm optional)			
Strength, Balance & Flexibility			
All moves with (H) must be held for a minimum of 2 seconds (0.30 deduction for less)			
Arabesque (H)			B
Back support turn to front support or Vice Versa		S	
Dead Man - drop to front support		S	
Dish to arch OR arch to dish		S	
Frog balance (H)			B
Bridge – entry and exit optional (H)	F		
Front or back support lower push up (press up or tricep dip)		S	
Handstand (H)		S	B
Headstand – controlled exit (H)			B
One Foot Stand (free leg to knee horizontal forwards) (H)			B
Shoulder stand with arm support (H)			B
Splits side or box (without hand support) (H)	F		
V sit with hand support (H)			B
Group Three - Jumps, leaps and spins			
Cat Leap			
Half Spin on Toes			
Star Jump			
Straight Jump – Extended			
Straight Jump 1/2 Turn			
Tuck Jump			

LEVEL B			
Acrobatic Moves			
Back Flip Step Out			
Back Flip to Two Feet			
Backward Walkover	F		
Backward Roll Handstand		S	
Backward Roll to Front Support- Straight Arms (H)		S	
Forward Walkover	F		
Forward walkover to Backward Walkover (Tic-Toc)	F		
Forward roll Piked to Stand	F	S	
Forward Roll to Straddle Sit – Swim Through	F		
Handspring to Two			
Handstand through Bridge to stand	F	S	
Round off			
Tinsica	F		
Gainer Flick			
Strength, Balance & Flexibility			
All moves with (H) must be held for a minimum of 2 seconds (0.30 deduction for less)			
From front support, straddle or pike cut to rear support		S	
Handstand 1/2 turn		S	
Japana, flat back, chest to floor, legs at max of 90° (H)	F		
Pike Fold (H)	F		
Shoulder stand (straight arms behind head) (H)		S	B
Swedish Fall with one leg raised		S	
V sit without hand support (H)		S	B
Y balance (H)	F		B
Elbow stand (legs together and straight)		S	B
Group Three - Jumps, leaps and spins			
Catleap 1/2			
Full Spin on Toes			
Jump 1/1 Turn			
Jump Backward 1/2 Turn to Front Support			
Scissor Kick (Both Legs above Horizontal)			
Shoushonova tucked			
Sissone (min. 120° split)			
Split Leap / Jump or side leap (180° separation)			
Stag leap or jump (back leg straight)			
Straddle Jump			
Tuck Jump 1/2			
W Jump or Hop			

LEVEL C			
Acrobatic Moves			
Arabian Somersault (Tucked or Piked)			
Backward Somersault (any shape) with 1/2 twist			
Backward somersault layout to one foot (lunge)			
Backward Somersault tucked, straight or piked			
Backward Roll to Handstand with straight arms		S	
Backward Roll to Handstand with 1/2 turn		S	
Dive Forward roll or Hecht Roll (must show flight)			
Flyspring			
Free Cartwheel	F		
Forward Elbow Walkover to Splits	F		
Front somersault (any shape) with 1/2 twist			
Front somersault - tucked, straight or piked			
Handspring to one (must show flight phase)	F		
Handstand forward roll piked to stand		S	
Healy turn		S	
Jump Backward with 1/2 turn to Handspring forward	F		
One handed walkover	F		
Side somersault tucked or piked			
Valdez	F		
Whip Salto Backward			
Strength, Balance & Flexibility			
All moves with (H) must be held for a minimum of 2 seconds (0.30 deduction for less)			
From splits or straddle press to handstand (H)	F	S	B
From standing elephant lift to handstand (H)		S	B
From straight leg headstand press to handstand (H)		S	B
Handstand pirouette (1/1 turn)		S	
Pike lever (H)		S	B
Straddle half lever (H)		S	B
Tucked top planche (H)		S	B
Wide arm handstand, hands greater than shoulder width (H)		S	B
Croc Balance (H)			
Chest stand (H)		S	B
Chest roll to handstand		S	B
Group Three - Jumps, leaps and spins			
Catleap 1/1			
Double Spin			
Full Spin with free leg above horizontal throughout turn			
Piked jump (feet hip height)			
Ring Leap or Jump			
Shoushonova straddled (feet hip height)			
Split leap change			
Straight Jump 1 1/2			
Straddle Jump 1/2			
Tuck jump 1/1			
W Jump or Hop 1/2			



LEVEL D			
Acrobatic Moves			
Backward Somersault (any shape) with full twist			
Free Walkover			
Front Somersault with full twist			
Front Somersault walk out			
1 Handed Valdez	F		
Strength, Balance & Flexibility			
All moves with (H) must be held for a minimum of 2 seconds (0.30 deduction for less)			
Manna		S	B
Handstand pirouette 1 ½		S	
Straddle Lever to Handstand		S	B
Illusion Turn	F		B
Russian Lever	F	S	B
Group Three - Jumps, leaps and spins			
1 ½ Spin free leg held above horizontal			
Straight Jump Double			
Straddle Shoushonova ½ turn			
W Jump Full turn or hop			
Needle Stand (No Hands)			
Tuck Jump 1 1/2			
Catleap 1 1/2			
Triple Spin			
Change Leg Ring			
Straddle Jump 1/1			

Level 6 Junior & Senior			
Panel 1 (Moves and Formating) 6.30			
8 moves (A or B) each at 0.5 Must include a minimum of 4 x B's	4.00		
B + B (linked)	0.30		
Four x Clear Floor Patterns each at 0.50	2.00		
Panel 2 (Composition) 2.00			
<b>Five Requirements each worth 0.50</b>			
Flexibility / Strength / Balance (1 out of 3)	0.50		
Acro Series (2 x group 1 moves DIRECTLY linked)	0.50		
Mixed Series (1 x group 1 and 1 x group 3 DIRECTLY linked)	0.50		
Gym Series (2 x group 3 moves linked)	0.50		
Panel 3 (Execution) 10.00			
Lack of precision in formatiion (shape not easily recognised)	0.1		
Lack of synchronisation (gymnasts not in time with each other)	0.10	0.20	0.30
Poor Technique in any element	0.10	0.20	0.30
Lack of uniformity in performance	0.10	0.20	
Lack of dynamic perfromance (gymnasts should perform with expressive movement and limited stops)	0.10		
Landing Positions incorrect	0.10	0.20	0.30
Lack of control on landing including falls			
Loss of control		0.20	
Light touch with one or two hands			0.50
Fall			0.80
Not landing feet first (do not double deduct)			1.00
Uneven Streaming	0.10		
Running Through (gymnasts do not perfrom valid element)			3.00
Coach supporting gymnast in skill			1.00
Floor Score = Maximum 18.30 Difficulty Value + Formating Value + composition Requirements + Execution Score DV (4.00) + Bonus (0.30) + FV (2.00) + CR (2.00) + ES (10.0)			

If there is a problem with music due to competition equipment malfunction the team will be allowed an opportunity to perform again. If a team forgets their routine (and stops) if time allows they will be able to perform again BUT will not be scored.

Level 6 Junior & Senior			
Panel 1 (Moves and Formating) 6.30			
8moves (A, B, C or D) each at 0.5 Must include a minimum of 4 x B's + 3 C's C's + D's may replace B's	4.00		
B+C or C+C (linked)	0.30		
Four x Clear Floor Patterns each at 0.50	2.00		
Panel 2 (Composition) 2.00			
<b>Five Requirements each worth 0.50</b>			
Flexibility / Strength / Balance (1 out of 3)	0.50		
Acro Series (2 x group 1 moves DIRECTLY linked)	0.50		
Mixed Series (1 x group 1 and 1 x group 3 DIRECTLY linked)	0.50		
Gym Series (2 x group 3 moves linked)	0.50		
Panel 3 (Execution) 10.00			
Lack of precision in formatiion (shape not easily recognised)	0.1		
Lack of synchronisation (gymnasts not in time with each other)	0.10	0.20	0.30
Poor Technique in any element	0.10	0.20	0.30
Lack of uniformity in performance	0.10	0.20	
Lack of dynamic perfromance (gymnasts should perform with expressive movement and limited stops)	0.10		
Landing Positions incorrect	0.10	0.20	0.30
Lack of control on landing including falls			
Loss of control		0.20	
Light touch with one or two hands			0.50
Fall			0.80
Not landing feet first (do not double deduct)			1.00
Uneven Streaming	0.10		
Running Through (gymnasts do not perfrom valid element)			3.00
Coach supporting gymnast in skill			1.00
Floor Score = Maximum 18.30 Difficulty Value + Format ting Value + composition Requirements + Execution Score DV (4.00) + Bonus (0.30) + FV (2.00) + CR (2.00) + ES (10.0)			

If there is a problem with music due to competition equipment malfunction the team will be allowed an opportunity to perform again. If a team forgets their routine (and stops) if time allows they will be able to perform again BUT will not be scored.

## Music

It is the coaches responsibility to ensure that music used is licensed for use in the UK. For Clarification please search and ensure the title appears on the repertoire section of the PPL UK site <http://bit.ly/PPLMusicSearch>

Music can be with or without vocals. Any explicit lyrics or swearing will incur a Zero score.  
Please think carefully about the age of the gymnasts and appropriateness of music.

## Age Groups

As on competition Rules

Junior Born 2009 /2008 /2007 /2006 / 2005

Senior Born 2004 or earlier

Sportsmanship Rules (Failure to follow these rules can lead to a 0.30-1.0 deduction  
or disqualification)

Gymnasts may not leave the arena without permission from the Competition Organiser / Head Judge or Senior Marshall

Coaches are responsible for the welfare of the gymnasts from their club at all times

Coaches must be appropriately dressed in Tracksuit bottoms or leggings, t shirt or a polo shirt.  
Hair should be tied back and jewellery removed.

Mobile phones can not be used by coaches or judges in the competition arena.

Videoing or photography may only be  
done from behind the audience seating area.

Gymnasts & Coaches must obey the Warm Up Marshalls and specific times for warm up

All Gymnasts must be at Presentation and dressed appropriately in either Competition  
Attire or Full Club Tracksuit. They should be instructed by coaches to sit sensibly.

Gymnasts & Coaches must treat Competition Officials (Marshalls, Judges, other coaches etc) with respect at all  
times

Clothing (No jewellery as per BG jewellery policy, Long hair MUST be tied up & Clear of face)

**In the event of a gymnast being inappropriately attired, the Competition  
Welfare Officer can direct the performance to be halted**

Competition Attire: Gymnasts (male & female) Teams may wear costumes that are relevant to the routine to add interest. Clothing must be suitable for gymnastics activity. Face paints/make up may not be used. There will be no marks awarded for wearing / not wearing costumes.

If leotards or leotards and shorts are worn then they should be closely matching.

Incorrect clothing: 0.50 deduction from total score

## Can a gymnast compete WAG / MAG / Acro / tumbling at the same time as GfA?

Yes, they can, it's great competition experience. The chart below shows the **MINIMUM** level they must start at if they compete in another discipline.

### Can a gymnast compete GfA if they have previously competed WAG/MAG/Acro or TUM at a higher level?

In many circumstances they can. The ethos for GfA is to keep people involved in the sport. We ask that you email the competition organiser with name and DOB of gymnast, previous year

of competition's results with level and reason why they wish to change. We will then speak to the relevant TC Chair to agree an appropriate level for them to compete in GfA.

Discipline	Present Level	White	Blue	Bronze	Silver	Gold
WAG	Club Grades 6 & 5		Start			
	Regional Grades 4 & 3			Start		
	Voluntary Level 5			Start		
	Regional Grades 2 & 1				Start	
Acro	Grade 1 & 2	Start				
	Grade 3			Start		
	Grade 4				Start	
	Grade 5					Start
MAG	Club Level 1		Start			
	Club Level 2		Start			
	Club Level 3		Start			
	Club Level 4			Start		
	Club Level 5				Start	
	Club Level 6				Start	
TUM	Club Grade 1	Start				
	Club Grade 2		Start			
	Club Grade 3			Start		
	National Grade 1				Start	
	National Grade 2					Start