



British Gymnastics Northern Ireland

Adult Gymnastics Competition Code of Points
2018/2019

WOMEN'S ARTISTIC- FLOOR & VAULT APPARATUS COMPETITION. 3

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Women's Artistic- Floor & Vault Apparatus Competition.

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website;

For support or assistance with your entry please contact the Participation Co Ordinator for Northern Ireland- holly.mason@british-gymnastics.org, 07969242068.

Ability Levels

Newbie (Women's Floor & Vault Only): Competitors must have started participating in gymnastics as an adult and not competed before

Novice: Competitors must not have competed above club level for at least one year

Intermediate: Competitors must not have competed above county level/NI regional level for at least one year

Pro: Competitors who have previously competed within the below levels must enter the Pro Category:

- Level 4 or above (or equivalent) since 2008
- Any British Championships (including Challenge Cup)
- NDP Grades (leading to National Finals)
- Two years from International/National competition
- One year from Regional (or above) competition/any competition with an NDP Pathway

Please Note: If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score as well as any deductions for the skill.

Age Ability

Novice, Intermediate (Women's Artistic Over 18) and Pro competitors will be given an age bonus of 0.1 per year above the base year of the age group. Intermediate Women's Artistic Over 30 competitors will be given an age bonus of 0.1 per three years above 30.

A competitor's age will be calculated as the aged reached in the year of the competition. The age bonus will be added to the total score.

Please Note: 18, 19 & 20 year olds will not receive an age bonus.

Novice, Intermediate and Pro Over 18

Age	18-20	21	22	23	24	25	26	27	28	29
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 30

Age	30	31	32	33	34	35	36	37	38	39
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 40

Age	40	41	42	43	44	45	46	47	48	49
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 50

Age	50	51	52	53	54	55	56	57	58	59
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
Age	60	61	62	63	64	65	66	67	68	69
Age Bonus	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9
Age	70	71	72	73	74	75	76	77	78	79
Age Bonus	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9
Age	80									
Age Bonus	3.0									

Intermediate Over 30

Age	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7
Age	54-56	57-59	60-62	63-65	66-68	69-71	72-74	75-77
Age Bonus	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5
Age	78-80							
Age Bonus	1.6							

Scoring

Competitors must compete on both floor and vault apparatus. All scores will count towards the competitor's final score.

Apparatus Specification

The competition apparatus will be as per FIG unless otherwise stated (see tables below),

Please Note: On Floor, an additional 10cm mat is allowed in warm-up only

Women's artistic gymnastics at any age and level of the competitor is about the pursuit of technical excellence in the elements performed and the composition and connection value of the cycle 14 Code of Points. The Women's programme adapts these basic principles to be able to accommodate the various aspects of the Women's programme.

The FIG COP is designed to encompass the whole spectrum of ability from the basic A valued difficulty elements to the most difficult I valued elements. The domestic programme has further extended this to allow gymnastic elements that are not in the COP (U or uncoded elements- these have a value of 0.10 unless otherwise stated). Irrespective of their value, the highest 8 elements (unless otherwise stated) are counted as this allows for differentiation between the gymnasts.

The Evaluation of exercises is broken down into two main areas:

D Score

Difficult value of the elements (3 acro (including the dismount), 3 dance & 2 optional elements)

Composition of the exercise

Connection value

E Score

Execution score, this is the total deductions taken for how the elements and connections are performed

It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

Skills Matrices

Women's Pro Over 18 Only	
A=0.1 B= 0.2 C= 0.3 D= 0.4 E= 0.5	<p>Elements will be given Difficulty value according to the FIG Cycle Code of Points, unless stated otherwise.</p> <p>FIG Execution, Artistry & Choreography penalties will be applied.</p> <p>FLOOR- 8 highest elements including dismount; 3 acrobatic [min] & 3 dance [min]; 4 x Acro lines [max].</p> <p>FLOOR- Same element can only count once.</p> <p>Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements.</p>
Short Exercises	FIG Rules Apply for Floor.
Vault	Floor
Apparatus	FIG Floor Regulations
Requirements	<ul style="list-style-type: none"> • Any FIG coded vault • Best Score of 2 Vaults- can be the same or different <ul style="list-style-type: none"> • Dance passage to include minimum 2 x different leap or hop with 180° split (cross or side) or straddle position • Any coded 1/1 spin on one foot • 2 x saltos in different directions [fwd/swd&bwd] • Salto with minimum 360° LA turn- forward or backward. <p>Dismount must be included in counting elements</p>
Uncoded Permitted Elements (receive 0.1 DV)	Backward walkover Forward walkover Valdez Backward roll to handstand Handstand forward roll
Barred Elements (prohibited/receive no DV)	
Notes	
GBR Bonus (in addition to FIG)	0.3-B Valued Dismount 0.5-C Valued Dismount

Women's Pro Over 30, Over 40 & Over 50		
U= 0.1 A=0.1 B= 0.2 C= 0.3 D= 0.4 E= 0.5	<p>Elements will be given Difficulty value according to the FIG Cycle Code of Points, unless stated otherwise.</p> <p>FIG Execution, Artistry & Choreography penalties will be applied.</p> <p>FLOOR- 8 highest elements including dismount; 3 acrobatic [min] & 3 dance [min]; 4 x Acro lines [max].</p> <p>FLOOR- Same element can only count once.</p> <p>Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements.</p>	
Short Exercises	FIG Rules Apply for Floor.	
Vault	Floor	
Apparatus	<p>Vault table at 125cm- one spring board only allowed.</p> <p>Trampette may be used instead of springboard for Over 50's</p>	<p>FIG Floor Regulations except acro lines where a salto on its own will count (not aerial)</p>
Requirements	<ul style="list-style-type: none"> Any FIG coded vault Best Score of 2 Vaults- can be the same or different 	<ul style="list-style-type: none"> Dance passage to include minimum 2 x different leap or hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot 2 x saltos in different directions [fwd/swd&bwd] Salto with minimum 180° LA turn- forward or backward. <p>Dismount must be included in counting elements</p>
Uncoded Permitted Elements (receive 0.1 DV)		<p>Cartwheel</p> <p>Backward walkover</p> <p>Forward walkover</p> <p>Valdez</p> <p>Backward roll to handstand</p> <p>Handstand forward roll</p>
Barred Elements (prohibited/receive no DV)		
Notes		
GBR Bonus (in addition to FIG)		<p>0.3-B Valued Dismount</p> <p>0.5-C Valued Dismount</p>

Women's Intermediate Over 18 & Over 30		
U= 0.1 A=0.1 B= 0.2 C= 0.3	<p>Elements will be given Difficulty value according to the FIG Cycle Code of Points, unless stated otherwise.</p> <p>FIG Execution, Artistry & Choreography penalties will be applied.</p> <p>FLOOR- 8 highest elements including dismount; 3 acrobatic [min] & 3 dance [min]; 4 x Acro lines [max].</p> <p>FLOOR - Same element can only count once.</p> <p>Un-coded elements as listed below will be recognised and awarded 0.1 each unless stated otherwise.</p> <p>Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements.</p>	
Short Exercises	FIG Rules Apply for Floor.	
	Vault	Floor
Apparatus	Vault table at 120cm- one spring board only allowed. Trampette may be used instead of springboard for Over 50's	FIG Floor Regulations except acro lines where a salto on its own will count (not aerial)
Requirements	<ul style="list-style-type: none"> Any FIG vault, maximum D score- 3.00 Best Score of 2 Vaults- can be the same or different 	<ul style="list-style-type: none"> Dance passage to include minimum 2 x different leap or hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot 2 x saltos in different directions [fwd/swd&bwd] not necessarily in the same acro line Acro line with rebounding Backward salto. <p>Dismount must be included in counting elements</p>
Uncoded Permitted Elements (receive 0.1 DV)	Squat through- DV 1.0 Straddle Over- DV 1.00	Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Headspring Handstand forward roll Tuck Jump Scissor Kick
Barred Elements (prohibited/receive no DV)	Vaults higher than 3.00 in DV	Any salto with more than a 180°LA turn
Notes		
GBR Bonus (in addition to FIG)		0.3-B Valued Dismount 0.5-C Valued Dismount

Women's Novice Over 18 , Over 30, Over 40 & Over 50		
U= 0.1 A=0.1 B= 0.2	<p>Elements will be given Difficulty value according to the FIG Cycle Code of Points, unless stated otherwise.</p> <p>FIG Execution, Artistry & Choreography penalties will be applied.</p> <p>FLOOR- 8 highest elements including dismount; 3 acrobatic [min] & 3 dance [min]; 4 x Acro lines [max].</p> <p>FLOOR - Same element can only count once.</p> <p>Un-coded elements as listed below will be recognised and awarded 0.1 each unless stated otherwise.</p> <p>Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements.</p>	
Short Exercises	FIG Rules Apply for Floor.	
Vault	Floor	
Apparatus	<p>Vault table at 115cm minimum (18-30) 105 minimum (30's and over)- one spring board only allowed.</p> <p>Trampette may be used instead of springboard for Over 50's</p>	<p>FIG Floor Regulations except acro lines where a salto on its own will count (not aerial)</p>
Requirements	<ul style="list-style-type: none"> • Any FIG vault, maximum D score- 2.00 • Best Score of 2 Vaults- can be the same or different 	<ul style="list-style-type: none"> • Dance passage to include minimum 2 x different leap or hop: <i>To include 1x leap or hop with 180° split (cross or side) or straddle position</i> • Any coded 1/1 spin on one foot • 1 flighted acro element • Acro fwd/swd & bwd (non-flight ok) <p>Dismount must be included in counting elements</p>
Uncoded Permitted Elements (receive 0.1 DV)	<p>Squat through- DV 1.5</p> <p>Straddle Over- DV 1.5</p> <p>Squat On- DV 1.0</p>	<p>Cartwheel</p> <p>Dive Cartwheel</p> <p>Backward walkover</p> <p>Forward walkover</p> <p>Valdez</p> <p>Tick-Tock</p> <p>Backward roll to handstand</p> <p>Backward roll to front support</p> <p>Headspring</p> <p>Handstand forward roll</p> <p>Tuck Jump</p> <p>Scissor Kick</p> <p>Straight Jump 1/2</p>
Barred Elements (prohibited/receive no DV)	Vaults higher than 2.00 in DV	<p>Any salto with a LA turn</p> <p>More than one salto in a routine</p> <p>Hops, jumps and leaps more than a 1/1 LA turn</p>
GBR Bonus (in addition to FIG)		<p>0.3-B Valued Dismount</p> <p>0.5-C Valued Dismount</p>

Women's Newbie Over 18 , Over 30, Over 40 & Over 50											
U= 0.1 A=0.1	<p>Elements will be given Difficulty value according to the FIG Cycle Code of Points, unless stated otherwise.</p> <p>FIG Execution, Artistry & Choreography penalties will be applied.</p> <p>FLOOR- 8 highest elements including dismount; 3 acrobatic [min] & 3 dance [min]; 4 x Acro lines [max].</p> <p>FLOOR - Same element can only count once.</p> <p>Un-coded elements as listed below will be recognised and awarded 0.1 each unless stated otherwise.</p> <p>Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements.</p>										
Short Exercises	Floor- an exercise with less than 6 elements will be deducted 1.0 for each missing element										
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Men's Artistic- Floor & Vault Apparatus Competition.

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website;

For support or assistance with your entry please contact holly.mason@british-gymnastics.org.

Ability Levels

Novice: Competitors must not have competed above club level for at least one year

Intermediate: Competitors must not have competed above county level/NI regional for at least one year

Pro: Competitors who have previously competed within the below levels must enter the Pro Category:

- Level 4 or above (or equivalent) since 2008
- Any British Championships (including Challenge Cup)
- NDP Grades (leading to National Finals)
- Two years from International/National competition
- One year from Regional (or above) competition/any competition with an NDP Pathway

Please Note: If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score as well as any deductions for the skill.

Age Ability

Novice, Intermediate and Pro competitors will be given an age bonus of 0.1 per year above the base year of the age group.

Intermediate Over 30 competitors will be given an age bonus of 0.1 per three years above 30.

A competitor's age will be calculated as the aged reached in the year of the competition. The age bonus will be added to the total score.

Please Note: 18, 19 & 20 year olds will not receive an age bonus.

Novice, Intermediate and Pro Over 18

Age	18-20	21	22	23	24	25	26	27	28	29
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 30

Age	30	31	32	33	34	35	36	37	38	39
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 40

Age	40	41	42	43	44	45	46	47	48	49
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

Novice and Pro Over 50

Age	50	51	52	53	54	55	56	57	58	59
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
Age	60	61	62	63	64	65	66	67	68	69
Age Bonus	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9
Age	70	71	72	73	74	75	76	77	78	79
Age Bonus	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9
Age	80									
Age Bonus	3.0									

Intermediate Over 30

Age	30-32	33-35	36-38	39-41	42-44	45-47	48-50	51-53
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7
Age	54-56	57-59	60-62	63-65	66-68	69-71	72-74	75-77
Age Bonus	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5
Age	78-80							
Age Bonus	1.6							

Scoring

Competitors must compete on both floor and vault apparatus. All scores will count towards the competitor's final score.

Apparatus Specification

Floor: All Ages, As per FIG, extra 10cm mats allowed in warm-up

Vault: O18= 125cms or above

O40= 125cms or above

O50= 115cms or above

Novice & Intermediate Level Men's Artistic Apparatus Rules

General Rules

Total score= E Score+ D Score+ Age Bonus

E Score

The E score starts from 10.0, from which execution deductions are taken in respect of faults in performance, in tenths of a point.

Execution Faults

0.1 Slight loss of form/bent legs poor posture in any particular move, poor posture in gymnastics links

0.3 Bent legs/arms/not pointing toes, incorrect technique/'bendy' back, slight tough down of hand

0.5 Extreme bending of legs/arms/back, very bad technique

1.0 Fall

Short Exercise Deduction

5.0 Short Exercise- 4 elements or less

D Score

D Score is made up of Difficulty Values plus the Element Group Requirements (EGR's).

Difficulty Value

Men's Difficulty Value(DV): Seven highest elements+ Dismount (except Value)

Elements can only be used once to count as part of the DV score. Gymnasts may repeat elements without penalty, however, they will not receive any difficulty value and will still incur execution faults. If gymnasts perform less than the required elements, the DV is the total DV of all the elements performed.

All non-coded recognisable gymnastic and acrobatic moves will be awarded 0.1 DV. If it looks like a gymnastics move- it will be treated as one.

Please Note: If competitors perform a skill above the difficulty of the ability level entered then a 1.0 mark deduction will be applied to their score as well as any deductions for the skill.

Element Group Requirements (EGR's)

These are special requirements that are specific to each apparatus and awarded 0.5 once if present in the routine. There are four on floor (none on vault) worth 0.5 for each particular element group shown. Therefore, if 4 element groups are shown in a routine, 2.0 is awarded for EGR's.

Unlike FIG, EGRs do not need to be contained within the eight highest DV elements.

Novice & Intermediate Level Floor

Total Score= D Score+ E Score+ Age Bonus

D Score 7 highest elements + dismount

E Score Deductions taken from 10.0

Value of Moves 0.1

A Value Moves 0.3

B Value Moves 0.5

Element Group Requirements (EGR's)- awarded 0.5 once if present in the routine

- 1 A non-acrobatic element
- 2 A forward acrobatic element
- 3 A backwards acrobatic element
- 4 Dismount (must be an acrobatic element not yet performed in the routine)

Examples of un-coded and coded moves eligible for element group requirements are (this list is not exhaustive):

- 1 Splits, 1 legged balances, back support, front support, jump to front support, Swedish fall, tuck jump, straddle jump, star jump, single leg or double leg circles etc
- 2 Forward roll, handstand forward roll, forward roll to straddle, handstand forward roll to straddle, dive forward roll, handspring, tuck front somersault, cartwheel, round off etc
- 3 Backward roll, backward roll to either front support or to straddle or to handstand, backflip, tuck back somersault etc
- 4 Any of the above group in 2 or 3

Please Note: Anything that may be considered a gymnastics element will be credited as such, i.e. elements falling below the value of an A.

For safety reasons no roll out elements higher than an A value move are permitted within an exercise.

Floor routines should not exceed the time limit of 70 seconds.

Novice No more than one somersault (in the tucked position only) should be performed in the novice category, if gymnasts can perform two- please enter the intermediate level.

Intermediate Intermediate gymnasts should not perform more than a full twisting somersault. No double somersaults permitted in this category.

Novice & Intermediate Level Vault

Gymnasts may perform two vaults with the highest scoring vault counting.

The gymnasts focus should be on good execution, therefore, poor execution will be heavily deducted- please be safe!

Total Score= E Score + D Score+ Age Bonus

	D Score
Feet on Jump off Vaults	1.0
Through Vault/Straddle Over	2.5
Handspring	3.0
½ on ½ off	3.5
½ on full off	4.0
Handspring on full off	4.0
E score deductions, taken from	10.0

Novice: A handspring is the maximum level vault expected in the novice category. Should gymnasts wish to perform more complex vaults, please enter the intermediate category.

Intermediate: Intermediate gymnasts should not perform vaults with a somersault.

Pro Level Men's Apparatus Rules

Code of Points

Rules for the pro level competition will be based on the FIG Men's Artistic code of points 2017-2020.

The current code of points for Men's apparatus can be found on the FIG website- see link below:

<http://www.fig-gymnastics.com/site/rules/disciplines/art>

British Gymnastics NI Adults Competition exceptions to FIG rules

Judging will be in accordance with normal FIG rules with the following exceptions:

Any uncoded elements performed will be credited with DV of 0.1

For this competition EGR requirements for dismounts on floor (not vault) will be awarded 0.3 for an A value and 0.5 for a B value dismount respectively

There will be no deduction for omitting a double salto

For safety reasons no roll out elements higher than an A are permitted.

Tumbling Competition

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website;

For support or assistance with your entry please contact holly.mason@british-gymnastics.org

Ability Levels

Novice: Competitors must not have competed above club level for at least one year

Pro: For competitors who have previously competed at regional level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level and wish to compete at this level.

Age Bonus

All competitors over the age of 22 will be given a bonus. The bonus is 0.1 per three years above the age of 20, as the below table dictates.

A competitor's age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score which is the total for Run 1 and the total for Run 2.

Age	18-22	23-25	26-28	29-31	32-34	35-37	38-40	41-43	44-46
Age Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Age	47-49	50-52	53-55	56-58	59-61	62-64	65-67	68-70	71-73
Age Bonus	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7
Age	74-76	77-79	80-82						
Age Bonus	1.8	1.9	2.0						

Runs Available for Each Ability Level

Novice A choice of two different routines, from the 'compulsory routines' table, must be performed. The Compulsory Routine Form must be fully completed, including routine numbers and handed in to registration on the day of the competition.

Pro Skills are to be selected from the FIG Code of Points 2017-2020 Difficulty- Tumbling Tariff Summary. The 'tariff overview' table details some of the popular elements together with their tariffs. The run must consist of a MINIMUM of 5 elements. Up to 8 elements may be completed and the last move must be a somersault, whether 5, 6, 7 or 8 elements (please note different scoring dependent upon number of elements performed) Where the final element is a back somersault it

must land in the landing zone. If the final somersault is a forward somersault, then it may land on the track. Tariff sheets must be completed and handed into registration on the day.

Scoring

- Each run will have an Execution and Difficulty score
- The Execution score is usually marked out of 10 per judge
- The Difficulty score is then calculated. The Novice difficulty score will be dependent on which runs are selected from the routine table. The Pro difficulty score will be calculated based on the run undertaken.
- In each run the Execution score is added to the Difficulty score. The total of these scores for each of the runs is then added to the Age Bonus to give a final score for the gymnast.
- In the Novice competition, where a move is missed out, a deduction of 1.0 will be made, for each missed element.
- In the Novice competition, where a move is performed in the wrong order a deduction of 1.0 will be made.
- In the Pro competition where 8 elements are performed the Execution score will be marked out of 10. However, a run of 5 moves will be marked out of 8.5, a run of 6 moves will be marked out of 9 & a run of 7 moves will be marked out of 9.5.

Apparatus Specification

The competition apparatus will be as per FIG.

Novice Compulsory Routines

Compulsory Routines		
Routine No	Skills	Tariff
1	Forward roll, jump to one leg, cartwheel, chasse, cartwheel, backward roll	0.2
2	Forward roll, jump, forward roll, star jump, forward roll, jump ½ turn	0.2
3	Cartwheel, chasse, cartwheel, roundoff, straight jump, backward roll	0.4
4	Cartwheel, chasse, cartwheel, roundoff, jump ½ turn, forward roll	0.4
5	Round off, flic, ½ turn jump to 1 foot, cartwheel, round off, jump	0.6
6	Handspring, jump to one foot, cartwheel, chasse, round off, jump	0.6
7	Handspring, jump to one foot, cartwheel, round off, flic, jump	0.8
8	Round off, flic, ½ turn jump to one foot, round off, flic, jump	0.8
9	Round off, flic, flic, flic, flic, jump	1.0
10	Tuck front salto, rebound jump to one foot, round off, flic, flic, jump	1.0

Novice Compulsory Routine Form

Tumbling- Novice Only				
<i>Please hand in at registration</i>				
Name:				
Run 1	Compulsory Routine No:		Tariff:	
Run 2	Compulsory Routine No:		Tariff:	

Name of Coach Responsible: _____

BG Number: _____

Qualification: _____

Signature: _____

Please note: this should be filled out and handed in at registration, on the day of the competition.

Pro Tariff Table

Pro Tariff Overview		
Skill	Shape	Tariff
Round Off		0.1
Front Handspring		0.1
Flic-Flac		0.1
Whipback (Tempo Somersault)		0.2
Back Somersault	Tucked	0.5
Back Somersault	Piked	0.6
Back Somersault	Straight	0.6
Front Somersault	Tucked	0.6
Front Somersault	Piked	0.7
Side Somersault	Tucked	0.5
Side Somersault	Piked	0.6
Back Somersault with ½ twist	Straight	0.7
Barani	Any Shape	0.8
Back Somersault with Full Twist		0.9
Back Somersault with 1 ½ Twist		1.1
Back Somersault with Double Twist		1.3
Double Back Somersault	Tucked	2.0
Double Back Somersault	Piked	2.2
Double Back Somersault	Straight	2.4

Please see the FIG Code of Points for further information and clarification on difficulty values.

Example Routine:

Round Off	Flic	Flic	Flic	Flic	Back Somersault, Tucked.	
0.1	0.1	0.1	0.1	0.1	0.5	= 1.0

Pro Tariff Sheet

Tumbling- Pro Only					
<i>Please hand in at registration</i>					
Name:					
Run 1		Tariff	Run 2		Tariff
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
Total:			Total:		

Name of Coach Responsible: _____

BG Number: _____

Qualification: _____

Signature: _____

Please note: this should be filled out and handed in at registration, on the day of the competition.

Trampoline Competition

Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET portal. Only club secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An online entry guide can be found on the British Gymnastics website;

For support or assistance with your entry please contact, holly.mason@british-gymnastics.org

Ability Levels

Novice: For people new to this sport, or who have competed recreationally as a child

Pro: For people who have previously competed at regional level or above and enjoy showing off the skills they can perform, or for anyone who is able to fulfil the requirements at this level.

Age Bonus

All competitors will be given a bonus of 0.1 per two years above the base year of the age group. A competitors age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

Novice and Pro Over 18

Age	18-21	22-23	24-25	26-27	28-29
Age Bonus	0	0.1	0.2	0.3	0.4

Novice and Pro Over 30

Age	30-31	32-33	34-35	36-37	38-39
Age Bonus	0	0.1	0.2	0.3	0.4

Novice and Pro Over 40

Age	40-41	42-43	44-45	46-47	48-49
Age Bonus	0	0.1	0.2	0.3	0.4

Novice and Pro Over 50

Age	50-51	52-53	54-55	56-57	58-59
Age Bonus	0	0.1	0.2	0.3	0.4
Age	60-61	62-63	64-65	66-67	68-69
Age Bonus	0.5	0.6	0.7	0.8	0.9
Age	70-71	72-73	74-75	76-77	▶
Age Bonus	1.0	1.2	1.4	1.6	

Scoring

Voluntary Routine + Compulsory Routine + Age Bonus= Total Score

Voluntary Routine

10 skills to be picked from the Tariff Overview table below with the following restrictions:

Novice: Maximum difficulty value for the routine of 2.0

Pro: No maximum difficulty value

Apparatus Specification

The competition apparatus will be as per FIG

Trampoline Tariff Table

Trampoline Tariff Overview		
Skill	Shape	Difficulty Value
Tuck Jump		0.0
Pike Jump		0.0
Straddle Jump		0.0
Half Twist Jump		0.1
Full Twist Jump		0.2
Seat Landing		0.0
Back Landing		0.1
Front Landing		0.1
¾ Back or Front	Any	0.3
Back or Front Somersault	Tucked	0.5
Back or Front Somersault	Piked/Straight	0.6
Barani	Any	0.6
Cody	Tucked	0.6
Cody	Piked/Straight	0.7
Barani Ball Out	Any	0.7
Full		0.7
Rudolf		0.8
1 ¾ Front Somersault	Tucked	0.8
1 ¾ Front Somersault	Piked/Straight	0.9
Double Full		0.9
Rudi Ball Out		0.9
Double Back	Tucked	1.0
Double Back	Piked/Straight	1.2
Half Out	Tucked	1.1
Half Out	Piked/Straight	1.3
Half In Half Out	Tucked	1.2
Half In Half Out	Piked/Straight	1.4
Rudi Out	Tucked	1.3
Rudi Out	Piked/Straight	1.5
Full In Half Out	Tucked	1.3
Full In Half Out	Piked/Straight	1.5

Novice Tariff Card

Trampoline- Novice Only					
<i>Please hand in at registration</i>					
Name:					
Set Routine		Tariff	Voluntary Routine		Tariff
1	Full Twist Jump	0.20	1		
2	Straddle Jump	0.00	2		
3	Seat Landing	0.00	3		
4	½ Twist to Seat Landing	0.10	4		
5	½ Twist to Feet	1.0.	5		
6	Pike Jump	0.00	6		
7	Back Landing	0.10	7		
8	½ Twist to Feet	0.20	8		
9	Tuck Jump	0.00	9		
10	½ Twist Jump	0.10	10		
Total:		0.80	Total: Maximum of 2.00 Difficulty value		

Name of Coach Responsible: _____

BG Number: _____

Qualification: _____

Signature: _____

Please Note:

Novice: Maximum difficulty value for the voluntary routine of 2.0

Routines must be completed either in English or FIG terminology.

All skills in the Voluntary and the Final must have the difficulty score for each skill completed including the total score, in accordance with rule 7.1 of the BG and International Code of Points.

It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.

Pro Tariff Card

Trampoline- Pro Only					
Please hand in at registration					
Name:					
Set Routine		Tariff	Voluntary Routine		Tariff
1	Straight or Pike Back Somersault	0.60	1		
2	Straddle Jump	0.00	2		
3	Tuck Back Somersault	0.50	3		
4	Seat Landing	0.00	4		
5	½ Twist to Feet	0.10	5		
6	Pike Jump	0.00	6		
7	Back Landing	0.10	7		
8	½ Twist to Feet	0.20	8		
9	Tuck Jump	0.00	9		
10	Tuck Front Somersault	0.50	10		
Total:		2.00	Total: No maximum Difficulty value.		

Name of Coach Responsible: _____

BG Number: _____

Qualification: _____

Signature: _____

Please Note:

Pro: No maximum difficulty value.

Routines must be completed either in English or FIG terminology.

All skills in the Voluntary and the Final must have the difficulty score for each skill completed including the total score, in accordance with rule 7.1 of the BG and International Code of Points.

It is the responsibility of the competitor to ensure that the routines are correct with correctly defined shapes. Failure to do so may result in the routine being terminated early.

TeamGym Competition

Useful Information

Warm-ups

Approximately 5 minutes will be allocated for competition apparatus warm-ups

Streaming

The gymnasts should move down the tumble or trampette run one after another at intervals resulting in no more than two gymnasts moving at the same time. As one gymnast is performing their final skill in the run, the next gymnast can commence their run into their performance.

Lining Up

Prior to the run on tumble or trampette, the gymnasts will line up ready to perform. After each gymnast has completed their trampette or tumble run they must line up again to jog together to the start of the tumble track or trampette run-up to begin the next run or to complete their performance. The line should be to the side of the apparatus or landing area and the gymnasts can stand, kneel or crouch down, in single file, preferably out of the judges' eye line. If a gymnast happens to be at the opposite side to the rest of their team, they can simply re-join the team as they jog back to the start of the run-up. Coaches can rehearse this as part of the performance.

Repetition of skills

Skills from the boxes may be repeated in another round but coaches should try to use different combinations and not repeat the same skill run as a previous round.

Example: *Cartwheel / One Handed Cartwheel / Backward Roll*
 One Handed Cartwheel / Backward Roll / Backward Roll to Handstand

Acrobatic skills

Acrobatic skills that are usually controlled such as Handstand Forward Roll, should 'flow' and not be held for more than 2 seconds.

Judging

It is not a requirement to use TeamGym qualified judges at these events, therefore a Judging Guide has been produced to give qualified judges in GG, MAG, TUM and WAG the confidence to judge at these competitions. This can be downloaded from GymNET and will be available from the Competition Organiser when entering a competition.

Vault heights

Vault heights have not been specified here as they may vary depending on the equipment that the Competition Organiser has available.

Equipment specifications

Equipment specifications have not been provided as they are likely to vary depending on the equipment that the Competition Organiser has available. A full TeamGym equipment set-up is not necessary to facilitate this level of competition, a strip of mats would be appropriate for Tumble and a vaulting box with a springboard would suffice for Trampette. A full list of available equipment will be specified by the Competition Organiser prior to the competition taking place.

Attire

Leotards are not compulsory. If gymnasts choose to wear loose fitting clothing then it must be tucked in at all times.

Level 5 GfA TeamGym Competition Rules

Age groups (age in year of competition)	Senior 16+	Junior 13-17	Youth 10-14	Mini 7-11
Open age	11+		6-11	
<i>Please note: clubs cannot enter the same gymnast into both age group and open age competitions at the same event</i>				
Teams	Can consist of: All male All female Mixed (numbers of male and female gymnasts do not have to be equal) Disabled and non-disabled gymnasts 6 – 12 gymnasts			
<i>Please note: The GfA TeamGym rules are designed to be inclusive. Disabled gymnasts may take part within a mainstream team (along non-disabled team members) or a specific disability team (all team members are disabled).</i>				
Floor	Performed to music without lyrics (check the PPL website for up-to-date information on non-permitted music) Performed on a 12mx12m area Routine length: 1:30 – 2:30 minutes The same skills must be performed by all team members All team members must perform the floor routine Saltos are not permitted			
Difficulty Elements	Minimum of 8 skills in total to include: 2x Pirouette (Spin) 2x Jump/Leap/Hop 2x Balance/Power 2x Acrobatic Element 1x Combination Sequence of 2 skills (may be skills already used to fulfil other Difficulty Element requirements) 1x Group Element – an element or movement performed by the whole team where each member is connected to another (could be a group balance or where team members are moving across or through each other). Must not involve pitching gymnasts, such as performed in cheerleading or acrobatics			
Compositional Requirements	5x Formations (minimum) Examples:			
	X X X X	X X X X X X X	XX X X X X XX	XXXX X X X
<i>Please note: all team members must perform the same Difficulty Elements on floor at the same time</i>				
Tumble	Performed to music without lyrics (check the PPL website for up-to-date information on non-permitted music)			

	<p>3x rounds of 6 gymnasts, each performing one tumble run moving in the same direction towards the landing area</p> <p>Each run must have a minimum of two skills and a maximum of three skills that should be directly linked (if three skills performed, all tariffs to count)</p> <p>Skills can be repeated in each round (but must be in different combinations)</p> <p>Runs ending in a salto must land on the landing area, all other runs can land a maximum of 1.5metres away from the landing area</p> <p>No more than two gymnasts streaming at any one time</p> <p>Maximum difficulty: salto with a ½ twist</p> <p>Double saltos are not permitted</p>
Compositional Requirements	<p>Round 1 – all 6 runs must include the same skills</p> <p>Rounds 2 & 3 - the tariff for each run should be equal or increase in difficulty</p> <p>At least one round must use all forwards tumbling skills</p>
<i>Please note: not all team members are required to perform on tumble if the team exceeds 6 members</i>	
Trampette	<p>Performed to music without lyrics (check the PPL website for up-to-date information on non-permitted music)</p> <p>3x rounds of 6 gymnasts, each performing one run</p> <p>Skills can be repeated in each round (but two rounds must not be identical)</p> <p>No more than two gymnasts streaming at any one time</p> <p>Maximum difficulty: salto with a half twist</p> <p>Double saltos are not permitted</p>
Compositional Requirements	<p>Round 1 – all 6 runs must include the same skills</p> <p>Rounds 2 & 3 - the tariff for each run should be equal or increase in difficulty</p> <p>At least one round must be performed using vaulting apparatus</p> <p>At least one round must be performed using only the trampette</p>
<i>Please note: not all team members are required to perform on trampette if the team exceeds 6 members</i>	
Micro TeamGym	<p>No floor routine is performed</p> <p>Teams consist of a minimum of 3 and maximum of 5 gymnasts</p> <p>3 gymnasts perform in each round of tumble and trampette</p>

Level 5 GfA TeamGym Competition Skill Boxes

Floor

The following skills may be used to compose the floor routine:

Pirouette (Spin)	Jump/Leap/Hop	Balance/Power (hold for 2 secs)	Acrobatic
Tariff: 0.10			
<u>½ Spin</u> Forwards & Reverse ½ Turn on tiptoes Knee Turn (alternate knees during the turn) Knee Spin (with or without hand support)	Hop Hop ½ Turn Hop Full Turn Stretch ½ Turn	Arch Hold Burpee Dish Hold Front Support Front Support with one leg raised Headstand with bent legs Japana Knee Scale Shoulder Stand (with or without hand support) V-Sit (with hand support)	Backward Roll Backward Roll to Straddle Backward Roll to Handstand Forward Roll Forward Roll to Straddle Sit Forward Roll to Pike Sit Forward Roll to Straddle Handstand Forward Roll Pencil Roll Shoulder Roll Teddy Bear Roll
Tariff: 0.20			
<u>Full Spin</u> Forwards & Reverse Full Forwards Spin with free leg held above 45 degrees Full Reverse Spin with free leg held above 45 degrees	Cat Leap Tuck Jump Double Stag Jump or Leap Scissor Leap Scissor Leap with ½ Turn Round Kick with bent legs Sissone (leg separation < 135) Straddle Jump Wolf Jump	Frog/Spider Balance V-Sit with legs together V-Sit with straddled legs Headstand with straight legs Attitude (forwards - free leg at 90) Side Scale (legs & body at 90) Y-Stand	Cartwheel Round Off
Tariff: 0.40			
1 ½ Forwards Spin 1 ½ Reverse Spin 1 ½ Forwards Spin with free leg held above 45 degrees 1 ½ Reverse Spin with free leg held above 45 degrees Full Forwards Spin (free leg lifted above hip height supported by hand) Full Reverse Spin (free leg lifted above hip height supported by hand)	Straight Jump with Full Turn Cat Leap with ½ Turn Tuck Jump with ½ Turn Double Stag Jump or Leap with ½ Turn Scissor Leap with both legs kicking above hip height Scissor Leap with ½ Turn with both legs kicking above hip height Round Kick with straight legs Sissone Split Leap (leg separation ≥ 135) Wolf Jump with ½ Turn	Straddle Lever Flamingo Balance on toe Side Balance (free leg at 90) Arabesque (free leg at 90) Y-Stand (raised leg at 120)	Back Walkover Front Walkover Handspring to one foot Handspring to two feet Back Flip Tic Toc Tinsica Valdez Free Cartwheel*
Combination Sequence examples:	Forward Roll to Straddle Sit to Teddy Bear Roll Tuck Jump immediate Stretch Jump 1 ½ Turn Cartwheel immediate Back Flip (end position optional – eg, to kneel)		

***These skills must not be delivered by L2 General Gymnastics coaches as they have not been covered in the course syllabus**

Tumble

Tariff	Forwards	Backwards	Jumps
0.10	Forward Roll Handstand Forward Roll Cartwheel One Handed Cartwheel Front Walkover Handspring to One Foot	Backward Roll Backward Roll to Handstand Back Walkover Cartwheel One Handed Cartwheel Round Off Back Flip to one foot	Stretch Jump Star Jump Straddle Jump Tuck Jump Pike Jump
0.20	Handspring to two feet Flyspring	Back Flip to two feet Tucked Salto* Whipback Salto*	
0.25	Tucked Salto*		
Youth, Junior and Senior Age Groups Only May Use These Skills			
0.25		Arabian Salto* Piked Salto*	
0.30	Tucked Salto – ½ Twist Piked Salto*	Straight Salto*	
Junior and Senior Age Groups Only May Use These Skills			
0.35	Piked Salto – ½ Twist Straight Salto*	Straight Salto – ½ Twist*	
0.40	Straight Salto – ½ Twist*		
<i>Please note: Saltos must not be directly followed by Dive Rolls</i>			

***These skills must not be delivered by L2 General Gymnastics coaches as they have not been covered in the course syllabus**

Trampoline

Tariff	With Vault	Saltos	Jumps
0.10	Squat On Stretch Jump Off Squat On Star Jump Off Squat On Straddle Jump Off Squat On Tuck Jump Off Squat On Pike Jump Off		Stretch Jump Star Jump Straddle Jump Tuck Jump Pike Jump
0.20	Squat On Straddle Off Squat Through Straddle Through	Tucked Salto*	Stretch Jump with ½ Turn Stretch Jump with Full Turn
Youth, Junior and Senior Age Groups Only May Use These Skills			
0.25		Tucked Salto with ½ Twist* Piked Salto*	
0.30		Piked Salto with ½ Twist*	
0.40	Handspring		
0.45	Half On		
Junior and Senior Age Groups Only May Use These Skills			
0.30		Straight Salto*	
0.35		Straight Salto with ½ Twist*	
0.45	Handspring – Half Off		
0.50	Half On – Half Off		

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Level 6 GfA TeamGym Competition Rules

Age groups (age in year of competition)	Senior 16+	Junior 13-17	Youth 10-14	Mini 7-11																			
Open age	11+		6-11																				
<i>Please note: clubs cannot enter the same gymnast into both age group and open age competitions at the same event</i>																							
Teams	Can consist of: All male All female Mixed (numbers of male and female gymnasts do not have to be equal) Disabled and non-disabled gymnasts 6 – 12 gymnasts																						
<i>Please note: The GfA TeamGym rules are designed to be inclusive. Disabled gymnasts may take part within a mainstream team (along non-disabled team members) or a specific disability team (all team members are disabled).</i>																							
Floor	Performed to music with or without lyrics (lyrics containing sexually explicit language or swearing are not permitted, check the PPL website for up-to-date information on other non-permitted music) Performed on a 12mx12m area Routine length: 1:00 – 2:00 minutes All team members must perform the floor routine Maximum difficulty score per routine will be 2.4 Saltos are not permitted																						
Difficulty Elements	8 skills in total to include: 1x Pirouette (Spin) 1x Jump/Leap/Hop 1x Balance/Power 1x Acrobatic 1x Combination Sequence of 2 skills (may be skills already used to fulfil other Compositional Requirements)																						
Compositional Requirements	4 x Formations (minimum)																						
	Examples: <table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X X</td> <td style="border: 1px solid black; padding: 5px;">X X X X</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X X</td> <td style="border: 1px solid black; padding: 5px;">X</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X X</td> <td style="border: 1px solid black; padding: 5px;">X</td> </tr> <tr> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;">X</td> <td style="border: 1px solid black; padding: 5px;"></td> <td style="border: 1px solid black; padding: 5px;">X X</td> <td style="border: 1px solid black; padding: 5px;">X</td> </tr> </table>				X	X	X	X X	X X X X	X	X	X	X X	X	X	X	X	X X	X	X	X		X X
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<i>Please note: all team members must perform the same Difficulty Elements on floor at the same time</i>																							
Tumble	Performed to music with or without lyrics (lyrics containing sexually explicit language or swearing are not permitted, check the PPL website for up-to-date information on other non-permitted music) 3x rounds of 6 gymnasts, each performing one tumble run with skills moving in the same direction towards the landing area Each run must have a minimum of two skills with a maximum of three skills performed Skills can be repeated in each round (but must be in different combinations)																						

	<p>Runs ending in a salto must land on the landing area, all other runs can land a maximum of 1.5metres away from the landing area</p> <p>No more than two gymnasts streaming at any one time</p> <p>Maximum difficulty score per round will be 5.4 - this total is calculated as follows:</p> <p>6 gymnasts performing 3 skills valued at 0.3 each = 5.4</p> <p>Although 3 rounds are performed, the difficulty score is averaged.</p> <p>Where a team chooses to make one round comprise of only two skills, the average difficulty score will be reduced.</p> <p>Example:</p> <p>Round 1 – DV = 5.4</p> <p>Round 2 – DV = 3.6</p> <p>Round 3 – DV = 5.4</p> <p>Average DV scored = 14.4 divided by 3 = 4.8</p> <p>Double and twisting saltos are not permitted</p>
Compositional Requirements	<p>Round 1 – all 6 runs must include the same skills</p> <p>Rounds 2 & 3 – skills can be different for each gymnast</p> <p>At least one round must use all forwards tumbling skills</p>
<i>Please note: not all team members are required to perform on tumble if the team exceeds 6 members</i>	
Trampette	<p>Performed to music with or without lyrics (lyrics containing sexually explicit language or swearing are not permitted, check the PPL website for up-to-date information on other non-permitted music)</p> <p>3x rounds of 6 gymnasts, each performing one run</p> <p>Skills can be repeated in each round (but two rounds must not be identical)</p> <p>No more than two gymnasts streaming at any one time</p> <p>Maximum difficulty score per round will be 1.8 - this total is calculated as follows:</p> <p>6 gymnasts performing one skill valued at 0.3 = 1.8</p> <p>Although 3 rounds are performed, the difficulty score is averaged.</p> <p>Double and twisting saltos are not permitted</p>
Compositional Requirements	<p>Round 1 – all 6 runs must include the same skills</p> <p>Rounds 2 & 3 – skills can be different for each gymnast</p> <p>At least one round must be performed using vaulting apparatus</p> <p>At least one round must be performed using a trampette or springboard only</p>
<i>Please note: not all team members are required to perform on trampette if the team exceeds 6 members</i>	
Micro TeamGym	<p>No floor routine is performed</p> <p>Teams consist of a minimum of 3 and maximum of 5 gymnasts</p> <p>3 gymnasts perform in each round of tumble and trampette</p>

Level 6 GfA TeamGym Competition Skill Boxes

Floor

The following skills may be used to compose the floor routine:

Each skill has a tariff of 0.3

Pirouette (Spin)	Jump/Leap/Hop	Balance/Power (hold for 2 secs)	Acrobatic
All Age Groups May Use These Skills			
<u>½ Spin</u> Forwards & Reverse Half Turn on tiptoes	Cat Leap Cat Leap ½ Turn Hop Hop ½ Turn	Arch Hold Balance on one leg Bridge Burpee	Backward Roll Backward Roll to Straddle Cartwheel Forward Roll
<u>Full Spin</u> Forwards & Reverse	Scissor Leap Split Leap/Jump Star	Dish Hold Headstand Knee Scale	Forward Roll to Straddle Sit Forward Roll to Pike Sit
Knee Turn Knee Spin (with or without hand support)	Stretch Stretch ½ Turn Stretch Full Turn Tuck Tuck ½ Turn Wolf Jump/Hop Burpee	L-Support Press-up (prone) Shoulder Stand (with or without hand support) Spider Handstand Straddle Lever V-Sit (with or without hand support)	Forward Roll to Straddle Handstand Forward Roll Pencil Roll Round Off Teddy Bear Roll Walkover Backwards Walkover Forwards
Junior and Senior Age Groups Only May Use These Skills			
			Back Flip Handspring Free Cartwheel*
Combination Sequence examples:	Forward Roll to Star Jump Tuck Jump immediate Stretch Jump Cat Leap to Cartwheel		

***These skills must not be delivered by L2 General Gymnastics coaches as they have not been covered in the course syllabus**

Tumble

Each skill has a tariff of 0.3

Forwards	Backwards	Jumps
All Age Groups May Use These Skills		
Forward Roll Forward Roll to Straddle Handstand Forward Roll Cartwheel One Handed Cartwheel Front Walkover	Backward Roll Backward Roll to Straddle Backward Roll to Handstand Back Walkover Cartwheel One Handed Cartwheel Round Off	Stretch Jump Star Jump Straddle Jump Tuck Jump Pike Jump
Youth, Junior and Senior Age Groups Only May Use These Skills		

Handspring to one foot Handspring	Back Flip to one foot Back Flip	
Junior and Senior Age Groups Only May Use These Skills		
Tucked Front Salto*	Tucked Back Salto*	
<i>Please note: Saltos must not be directly followed by Dive Rolls</i>		

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Trampette

Each skill has a tariff of 0.3

Jumps	Saltos	With Vault
All Age Groups May Use These Skills		
Stretch Jump Star Jump Straddle Jump Tuck Jump Pike Jump Stretch Jump with ½ Turn Stretch Jump with Full Turn	Tucked Front Salto*	Squat On Stretch Jump Off Squat On Star Jump Off Squat On Straddle Jump Off Squat On Tuck Jump Off Squat On Pike Jump Off Squat On Straddle Off Squat Through Straddle Through
Youth, Junior and Senior Age Groups Only May Use These Skills		
	Piked Front Salto*	Handspring
Junior and Senior Age Groups Only May Use These Skills		
	Straight Front Salto*	½ On

***These skills must not be delivered by L2 General Gymnastics coaches as they have not been covered in the course syllabus**

TeamGym- Tariff sheets

Please circle:	Tumble	Trampoline
Club/team name:		
Category e.g. Senior:		
Round One		
Skills:		
Multiply difficulty value x 6 for full teams or x 3 for micro teams:		Total:
Round Two		
		Difficulty value:
Gymnast 1 skills:		
Gymnast 2 skills:		
Gymnast 3 skills:		
Gymnast 4 skills:		
Gymnast 5 skills:		
Gymnast 6 skills:		
	Total:	
Round Three		
		Difficulty value:
Gymnast 1 skills:		
Gymnast 2 skills:		
Gymnast 3 skills:		
Gymnast 4 skills:		
Gymnast 5 skills:		
Gymnast 6 skills:		
	Total:	
Total difficulty value for all 3 rounds:		
Average team difficulty value (divide total difficulty value for all 3 rounds by 3):		
<ul style="list-style-type: none"> • Round the value down to the nearest 0.1 e.g. 5.15 becomes 5.10 		

Floor			
Club/team name:			
Category eg. Senior:			
Formation (draw gymnasts with an 'X')	Skill – name and/or symbol	Specify - Balance/Jump /Spin/Acro/Group	Difficulty value
Total team difficulty value (add together the difficulty value of the 1 (Level 6) or 2 (Level 5) highest value spin(s), jump(s), balance(s), acrobatic element(s); plus, your combination of 2 skills joined). L5 also add 1.0 mark for your group element:			

