

British TeamGym Code 2018

With effect from January 2018, the following rules will apply to all British Gymnastics TeamGym events. There are 6 levels in total. Levels 1 to 4 are as the UEG Junior Code, Sept 2017 Regulations with the following modifications.

| Level | British Champs | Floor | Tumble | Trampoline |
|-------|----------------|--|--|---|
| | | BG Rule Teams may have 6-12 gymnasts. Only the counting elements should be marked on the Tariff Form. | No Triples allowed without BG Permission 0.3 HJ deduction for including a roll after a salto. Pike back salto BG Value 0.25 | No Triples allowed without BG Permission |
| 1 | Seniors | As for Youth | No modification. | Vault height: 150-165cm |
| 2 | Juniors | As for Youth | Additional composition requirement: One round must include r/o flic. Penalty 0.1 per gymnast. | Vault height: 145-165cm |
| 3 | Youth | Handstand Requirement: A balance from the Handstand/Headstand group 1.3 may be used – HB201; HB801; HB1001 Flexibility: A Bonus of 0.2 awarded in DV if whole team attempts full split forwards or sideways | Minimum Composition requirement: Straight Salto Additional composition requirement: One round must include r/o flic. Penalty 0.1 per gymnast. | Vault height: 135-165cm Minimum Composition requirement: Straight Salto. Additional BG Value Elements ALL Levels: Tuck Salto 180° twist Value 0.15 Pike Salto 180° twist Value 0.25 |
| | | | In one round, teams may opt to have individuals perform 2 moves instead of 3 without deduction. | |
| | | | Teams may repeat any UEG element once in a series. | |
| | | | Cartwheel may be counted as a Forward or Backward element to fulfil requirements. | |
| 4 | Primary | Time: 1:45-2:30 Modifications as for Youth Difficulty Distribution: There must be 3 difficulty value elements in the last 45 seconds of the routine. A line must be drawn across the tariff sheet to show when this time occurs. | Minimum Composition requirement for saltos: None. Double saltos are NOT ALLOWED. | Vault height: 100-165cm Minimum Composition requirement: Salto Double saltos are NOT ALLOWED. Additional BG elements Level 4: Stretched/Star Jump 0.1 Tuck Jump 0.1 Straddle Jump 0.1 Pike Jump 0.1 Squat on jump off 0.1 All jumps may gain additional values for twists except Squat through/Straddle 0.2 |
| | | | Additional composition requirement: One round must include cartwheel/round off flic. Penalty 0.1 per gymnast. | |
| | | | In two rounds, teams may opt to have individuals perform 2 moves instead of 3 without deduction. | |
| | | | Teams may repeat any UEG elements in a series. Additional BG elements: Roll forwards or backwards 0.1 Cartwheel (may count as forwards or backwards) 0.1 Fast Forward Walkover 0.1 Jumps: once only in a series Star; tuck; straddle; Stretched and with 180° turn 0.1 | |
| 5 & 6 | All ages | Rules available on the BG website in the GymNet/Resource area. Gymnasts must have at least Bronze membership of BG | | |

British Gymnastics National Events 2018: i.e. Northern & Southern Qualifiers & The British Championships Series

| TeamGym | | N&S | BCh | Micro Teams | | N&S | BCh |
|--|--------|-----|-----|-------------------|--------|-----|-----|
| Level 1 Seniors | M,W Mx | Y | Y | Level 1 Seniors | Unisex | Y | Y |
| Level 2 Juniors. | M,W Mx | Y | Y | Level 2 Juniors. | Unisex | Y | Y |
| Level 3 Youth. | M,W Mx | Y | Y | Level 3 Youth. | Unisex | Y | Y |
| Level 4 Primary Challenge | Unisex | Y | Y | | | | |
| Level 4 Seniors * | M,W Mx | Y | N | Level 4 Seniors * | M,W Mx | Y | N |
| Level 4 Juniors * | M,W Mx | Y | N | Level 4 Juniors * | M,W Mx | Y | N |
| Level 4 Youth * | M,W Mx | Y | N | Level 4 Youth * | M,W Mx | Y | N |
| * Level 4 Teams competing Out of Age will not progress to British Championships. | | | | Level 4 Primary | M,W Mx | Y | N |

Gymnasts may not compete in the TeamGym Qualifier and Micro Challenge Events. All gymnasts must hold Silver or Gold Membership of BG.

Refer to the TeamGym Competition Handbook for all specific competition requirements. Note: there are no deductions concerning numbers on gymnasts clothing

Disability Competition: Gymnasts competing at Northern, Southern and British Championships Series will use the National Disability TG Development Plan Rules and Regulations for Levels 1 & 2. Gymnasts may enter either the Full Team or the Micro Team Competition but not both. Age groups 9-16 years or Open Age. Gymnasts may enter either the Disability Section (D) or the Mixed Ability Section (M) but not both.

| Age Groups | Age | Rules | Qualification Score | Age is determined by the age of the participant on the 31st December in the year of the competition Qualification to finals is not automatic; successful teams will be confirmed following analysis of results from qualification events. Confirmation will be made within a week of the final qualification event. |
|------------|-------------|---------------|---------------------|--|
| Juniors | 13-17 years | Level 2 Rules | 40 | |
| Youth | 10-14 years | Level 3 Rules | 38 | |
| Primary | 9-11 years | Level 4 Rules | By ranking | |

Primary Challenge: British Gymnastics National Events will include the Primary Challenge at the British Championships. The Challenge is designed to encourage participation and develop good form in younger gymnasts aged 9-11 years. Mixed Teams must usually include an equal number of male and female gymnasts. For the Primary Challenge competition, this rule will not apply and the teams of 6-12 gymnasts may consist of any proportion of either boys or girls or both. The top scoring teams from the qualifiers will be invited to the British Gymnastics Championships Event to take part in the Final of the Primary Challenge.

Micro Teams: Micro teams, with up to 5 gymnasts in a team, will perform to the same rules as full teams but on Tumble and Trampoline only, with no more than 3 gymnasts competing in each run. The Micro Team competition does not include the floor programme. The Micro Challenge Event at the British Finals will be a unisex competition. However, if other competitions are not unisex then for Mixed teams both genders must be represented in each tumble and trampoline run.

All Teams: Please ensure you complete the new tariff forms, matching the 2017 Code of Points requirements.