

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) 6 – 12 gymnasts			
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 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) Saltos are not permitted			
Floor Compositional Requirements	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 Compositional Requirements)			
	5x Formations (minimum)			
	Examples:			
	X	X X	XX	XXXX
	X	X X	X X	X
	X	X X	X X	X
	X	X	XX	X
<i>Please note: all team members must perform the same Compositional Requirements 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) 3x rounds of 6 gymnasts, each performing one tumble run Each run must have a minimum of two skills (can have more skills but only the highest two tariffs will be counted) Skills can be repeated in each round (but must be in different combinations) Maximum difficulty: salto with a half twist Double saltos are not permitted			
Tumble Compositional Requirements	Round 1 – all 6 runs must include the same skills Rounds 2 & 3 - the tariff for each run should be equal or increase in difficulty (intensification) At least one round must use all forwards tumbling skills No more than two gymnasts streaming at any one time			

<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>Maximum difficulty: salto with a half twist</p> <p>Double saltos are not permitted</p>
Trampette 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 (intensification)</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> <p>No more than two gymnasts streaming at any one time</p>
<i>Please note: not all team members are required to perform on trampette if the team exceeds 6 members</i>	
Bonus: 0.5 per round	A bonus will be awarded to the team for each round on tumble and trampette that is completed without any gymnasts falling

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 trampet</p>
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Level 5 GfA TeamGym Competition Skill Boxes

Floor

The following elements 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 Half 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 Tic Toc Tinsica Valdez
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 half turn Round Kick with bent legs	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)	Cartwheel Round Off

	Sissone (leg separation <135) Straddle Jump Wolf Jump	Y-Stand	
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 half turn Tuck Jump with half turn Double Stag Jump or Leap with half turn Scissor Leap with both legs kicking above hip height Scissor Leap with half turn with both legs kicking above hip height Round Kick with straight legs Sissone Split Leap (leg separation ≥135) Wolf Jump with half 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 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)
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*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	
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*	Arabian Salto* Piked Salto*	

0.30	Tucked Salto – Half Twist Piked Salto*	Straight Salto*	
0.35	Piked Salto – Half Twist Straight Salto*	Straight Salto – Half Twist*	
0.40	Straight Salto – Half Twist*		

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Trampette

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 Half Turn Stretch Jump with Full Turn
0.25		Tucked Salto with Half Twist*	
0.25		Piked Salto*	
0.30		Piked Salto with Half Twist*	
0.30		Straight Salto*	
0.35		Straight Salto with Half Twist*	
0.40	Handspring		
0.45	Handspring – Half Off		
0.45	Half On		
0.50	Half On – Half Off		

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