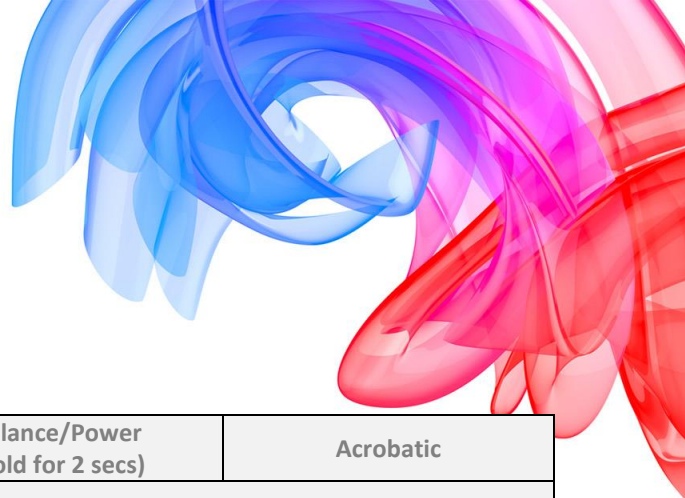




Gymnastics for All Robin Hood TeamGym Level 5 Competition Tariff Sheet

Level 5 Requirements – Floor

Key information	<ul style="list-style-type: none"> 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 Somersaults are not permitted 																			
Difficulty Elements	<p>Minimum of 8 skills in total to include:</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 5x Formations (minimum) <p>Examples:</p> <table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 25%;">X</td> <td style="width: 25%;">X X</td> <td style="width: 25%;">X X</td> <td style="width: 25%;">X X X X</td> </tr> <tr> <td>X</td> <td>X X</td> <td>X X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X X</td> <td>X X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X</td> <td>X X</td> <td>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	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 X	X																	
Please note: All team members must perform the same Difficulty Elements on floor at the same time																				
<p>Micro TeamGym: No floor routine is performed Teams consist of a minimum of 3, and maximum of 5 gymnasts 3 gymnasts perform in each round of tumble and trampette</p>																				



Level 5 Skills – Floor

Pirouette (Spin)	Jump/Leap/Hop	Balance/Power (hold for 2 secs)	Acrobatic
Tariff: 0.10			
½ Spin Forwards and 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			
Full spin Forwards and 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 piked V-sit straddled Headstand with straight legs Attitude (forwards - free leg at 90)* Side scale (legs and body at 90) Y-stand/balance	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/balance (raised leg at 120)	Back walkover Front walkover Handspring to one foot Handspring to two feet Back flic 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 flic (end position optional – e.g. to kneel)		

*These skills must not be delivered by Level 2 General Gymnastics coaches as they have not been covered in the course syllabus.

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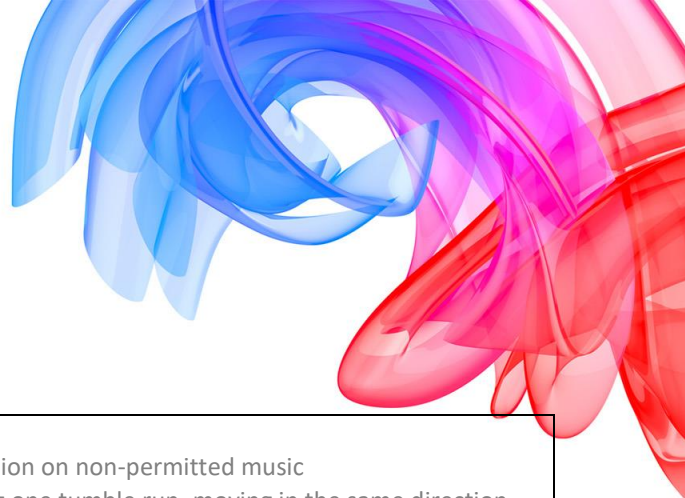
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Level 5 Tariff sheet – Floor (Only Full TeamGym entries only)

Apparatus:	Floor		
Club/team name:			
Category:	Mini	<input type="checkbox"/>	Youth
	Junior	<input type="checkbox"/>	Senior
	Disability		<input type="checkbox"/>
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 2 (Level 5) highest value spin(s), jump(s), balance(s), acrobatic element(s); plus, your combination of 2 skills joined). Also add 1.0 mark for your group element:			



Level 5 Requirements – Tumble

Key information	<ul style="list-style-type: none"> Performed to music without lyrics Check the PPL website for up-to-date information on non-permitted music Three rounds of six gymnasts, each performing one tumble run, moving in the same direction towards the landing area 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 Skills can be repeated in each round, but must be in different combinations Runs ending in a somersault must land on the landing area, all other runs can land a maximum of 1.5metres away from the landing area No more than two gymnasts streaming at any one time Maximum difficulty: Somersault with a ½ twist Gymnasts can only perform skills covered by the supervising coaches' gymnastics qualification Double somersaults are not permitted
Compositional Requirements	<ul style="list-style-type: none"> Round one – All six runs must include the same skills Rounds two and three – The tariff for each run should be equal or increase in difficulty At least one round must use all forwards tumbling skills
Please note: Not all team members are required to perform on tumble if the team exceeds six members	

Level 5 Skills – Tumble

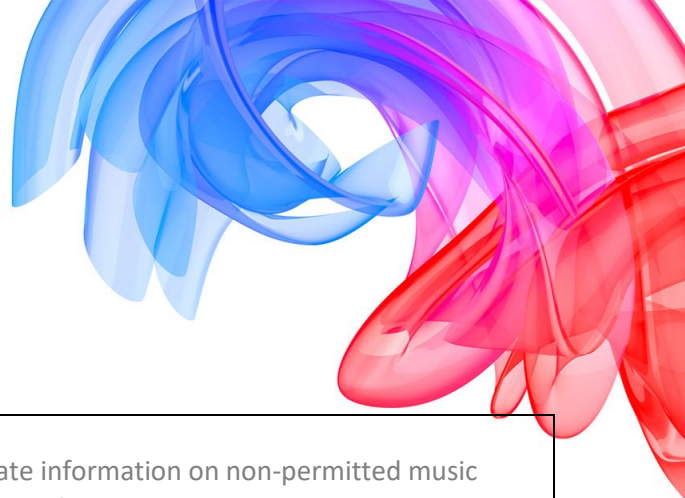
Tariff	Forwards	Backwards	Jumps
0.10	Forward roll Handstand forward roll Cartwheel One handed cartwheel Front walkover Handspring to one foot	Backward roll Backward roll to handstand Back walkover Cartwheel One handed cartwheel Round off Back flic to one foot*	Stretch jump Star jump Straddle jump Tuck jump Pike jump
0.20	Handspring to two feet Flyspring*	Back flic to two feet Tucked somersault* Whipback somersault*	
0.25	Tucked somersault*		
Only Youth, Junior and Senior age groups can use the skills below			
0.25		Arabian somersault* Piked somersault*	
0.30	Tucked somersault – ½ twist* Piked somersault*	Straight somersault*	
Only Junior and Senior age groups can use the skills below			
0.35	Piked somersault – ½ twist Straight somersault*	Straight somersault – ½ twist*	
0.40	Straight somersault – ½ twist*		
Please note: Somersaults must not be directly followed by dive rolls			

*These skills must not be delivered by Level 2 General Gymnastics coaches as they have not been covered in the course syllabus.

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Level 5 Requirements – Trampoline

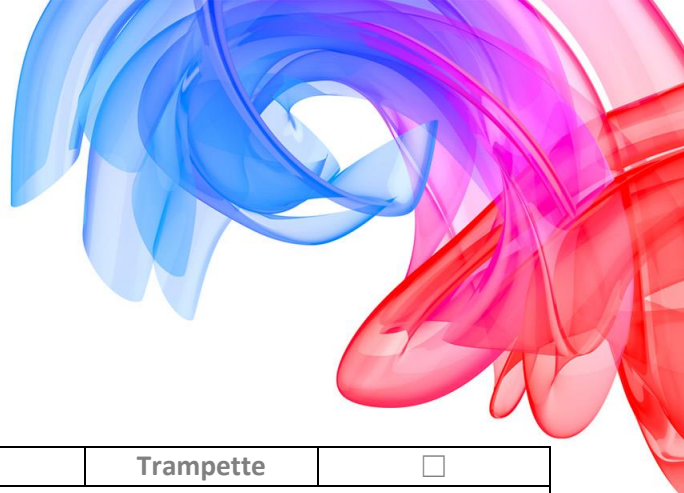
Key information	<ul style="list-style-type: none"> Performed to music without lyrics Check the PPL website for up-to-date information on non-permitted music Three rounds of six gymnasts, each performing one run Skills can be repeated in each round, but two rounds must not be identical No more than two gymnasts streaming at any one time Maximum difficulty: Somersault with a half twist Double somersaults are not permitted
Compositional Requirements	<ul style="list-style-type: none"> Round one – All six runs must include the same skills Rounds two and three – The tariff for each run should be equal or increase in difficulty At least one round must be performed using vaulting apparatus At least one round must be performed using only the trampoline

Please note: Not all team members are required to perform on trampoline if the team exceeds six members

Level 5 Skills – Trampoline

Tariff	With vault	Somersaults	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 over	Tucked somersault*	Stretch jump with ½ turn Stretch jump with full turn
Only Youth, Junior and Senior age groups can use the skills below			
0.25		Tucked somersault with ½ twist* Piked somersault*	
0.30		Piked somersault with ½ twist*	
0.40	Handspring		
0.45	Half on*		
Only Junior and Senior age groups can use the skills below			
0.30		Straight somersault*	
0.35		Straight somersault with ½ twist*	
0.45	Handspring – half off*		
0.50	Half on – half off*		

*These skills must not be delivered by Level 2 General Gymnastics coaches as they have not been covered in the course syllabus.



Level 5 Tariff sheet – Tumble and Trampoline

Apparatus:	Tumble	<input type="checkbox"/>	Trampoline	<input type="checkbox"/>
Club/team name:				
Category:	Full TeamGym	<input type="checkbox"/>	Micro TeamGym	<input type="checkbox"/>
	Mini	<input type="checkbox"/>	Youth	<input type="checkbox"/>
	Junior	<input type="checkbox"/>	Senior	<input type="checkbox"/>
	Disability		<input type="checkbox"/>	
Round One				
Skills:				
Multiply difficulty value x6 for Full Teams or x3 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 three rounds by 3):				
Round the value down to the nearest 0.1 e.g. 5.15 becomes 5.10				