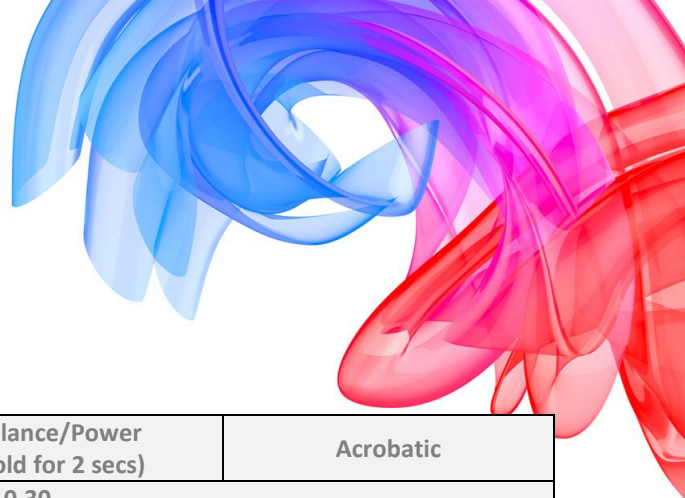




Gymnastics for All
Robin Hood TeamGym Level 6 Competition
Tariff Sheet

Level 6 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: 1:00 – 2:00 minutes All team members must perform the floor routine Maximum difficulty score per routine can be 2.4 Somersaults are not permitted 																							
Difficulty Elements	Minimum of 8 skills in total to include: <ul style="list-style-type: none"> 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 Difficulty Element requirements 																							
Compositional Requirements	<ul style="list-style-type: none"> 4x Formations (minimum) Examples: <table border="1" style="width: 100%; text-align: center;"> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X X</td> <td>X X X X</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X</td> <td>X</td> <td>X X</td> <td>X</td> </tr> <tr> <td>X</td> <td>X</td> <td></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																								
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																								



Level 6 Skills – Floor

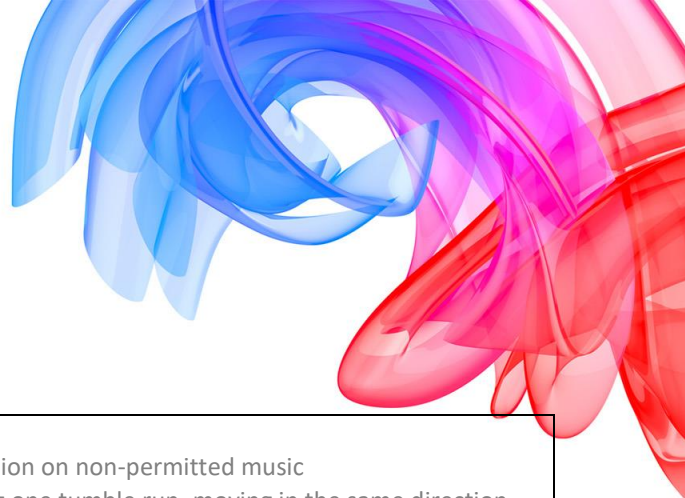
Pirouette (Spin)	Jump/Leap/Hop	Balance/Power (hold for 2 secs)	Acrobatic
All skills have a tariff of: 0.30			
All age groups can use the skills below			
½ spin Forwards and reverse Half turn on tiptoes Full spin Forwards and reverse Knee turn Knee spin (with or without hand support)	Cat leap Cat leap ½ turn Hop Hop ½ turn Scissor leap Split leap/jump Star Stretch Stretch ½ turn Stretch full turn Tuck Tuck ½ turn Wolf jump/hop Burpee	Arch hold Balance on one leg Bridge Burpee Dish hold Headstand Knee scale L support Press up (prone) Shoulder stand (with or without hand support) Spider handstand Straddle lever V-sit (with or without hand support)	Backward roll Backward roll to straddle Cartwheel Forward roll Forward roll to straddle sit Forward roll to pike sit Forward roll to straddle Handstand forward roll Pencil roll Round off Teddy bear roll Walkover backwards Walkover forwards
Only Junior and Senior age groups can use the skills below			
			Back flic 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 Level 2 General Gymnastics coaches as they have not been covered in the course syllabus.



Level 6 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 1 (Level 6) highest value spin(s), jump(s), balance(s), acrobatic element(s); plus, your combination of 2 skills joined).:			



Level 6 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 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 difficult score per round can be 5.4 Calculated: 6 gymnasts performing 3 skills valued at 0.3 each = 5.4 (6 x 3 x 0.3 = 5.4) If a team chooses to make one round compromise of only two skills, the average difficulty score will be reduced Calculated: Round one DV = 5.4 Round two DV = 3.6 Round three DV = 5.4 Average DV score = 14.4 divided by 3 = 4.8 Gymnasts can only perform skills covered by the supervising coaches' gymnastics qualification Double and twisting 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 – Skills can be different for each gymnast 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 6 Skills – Tumble

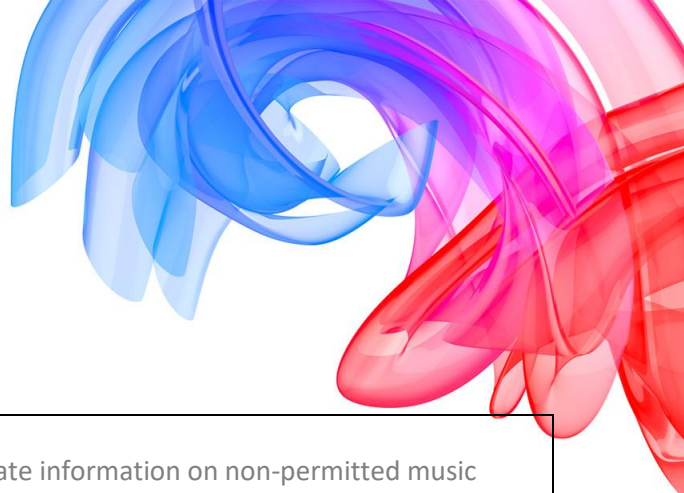
Forwards	Backwards	Jumps
All skills have a tariff of: 0.30		
All age groups can use the skills below		
Forward roll Forward roll to straddle handstand Forward roll cartwheel One handed cartwheel Front walkover	Backward roll Backward roll to straddle Backward roll to handstand Back walkover Cartwheel One handed cartwheel Round off	Stretch jump Star jump Straddle jump Tuck jump Pike jump
Only Youth, Junior and Senior age groups can use the skills below		
Handspring to one foot Handspring	Back flic to one foot Back flic	
Only Junior and Senior age groups can use the skills below		
Tucked front somersault*	Tucked back somersault*	
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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Place of Registration England. VAT Registration No 100166672



Level 6 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 difficult score per round can be 1.8 Calculated: 6 gymnasts performing one skill valued at 0.3 = 1.8 (6 x 1 x 0.3 = 1.8) Although three rounds are performed, the difficulty score is averaged Maximum difficulty: Somersault with a half twist Double and twisting 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 – Skills can be different for each gymnast At least one round must be performed using vaulting apparatus At least one round must be performed using only a trampoline or springboard
Please note: Not all team members are required to perform on trampoline if the team exceeds six members	

Level 6 Skills – Trampoline

With vault	Somersaults	Jumps
All skills have a tariff of: 0.30		
All age groups can use the skills below		
Stretch jump Star jump Straddle jump Tuck jump Pike jump Stretch jump with ½ turn Stretch jump with full turn	Tucked front somersault*	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 over
Only Youth, Junior and Senior age groups can use the skills below		
	Piked front somersault*	Handspring
Only Junior and Senior age groups can use the skills below		
	Straight front somersault*	½ on*

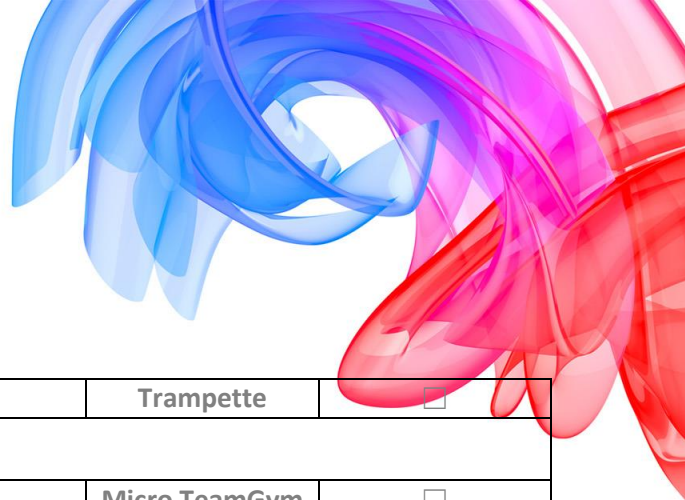
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Level 6 Tariff sheet – Tumble and Trampoline

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Apparatus:	Tumble	<input type="checkbox"/>	Trampette	<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				