## TeamGym

## Spalding GA Level 6 and 5 competition

## Skills and Tariff sheet – Level 6

**Requirements – Floor**

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| **Key information** | * Routines are to be between 1 minute and 2 minutes in duration, performed to music without lyrics * All team members must perform the floor routine * All team members must perform the same elements on floor at the same time | | | |
| **Micro TeamGym** | * No floor routine is performed * Teams of 3 (minimum) – 5 (maximum) gymnasts perform in tumble and trampette. Only 3 gymnasts are required per run | | | |
| **Difficulty Value**  (DV score) | * Scored from seven elements (skills) performed within a full team routine (more elements can be added but only the seven on the tariff sheet will have their DV counted; the others may still receive execution deductions) * Routines must include seven elements (minimum):   + 2 X jumps, leaps or hops   + 1 X balance – hand supported   + 1 X balance – hand supported or standing   + 1 X dynamic balance – pirouettes   + 2 X acrobatic * From the above elements, two must be performed without intermediate steps or pauses and containing at least one jump, leap, or hop (creating a ‘Combination’) | | | |
| **Compositional Score**  (C score) | * Scored out of 2.0 of which;   + 1.0 for flexibility   + 1.0 for group element See the handbook for definitions of each of these (a brief description is on the next page) | | | |
| **Execution Score**  (E score) | * Scored out of 10.0 * See deduction table included within this document for guidance of type of judge deductions * Planes and levels – There are no specific deduction but ideally a range levels/direction will be shown (see handbook for further details) * 4 X formations (minimum) performed within the routine Examples below (each ‘•’ represents a gymnast): | | | |
| • •  • •  • •  • • | • •  • •  • •  • • | • •  • •  • •  • • | • • • • •  •  •  • |
| **Head Judge Deductions**  (HD deductions) | * These are additional to the execution deductions * See Deductions – Floor section of this document for details of types of deductions | | | |
| **Scoring information** | * Difficulty Value (DV score) + Composition Score (C score) + Execution Score (E score) = Starting score * Starting Score – Execution Deductions – Head Judge Deductions = Final Score | | | |

**Skills – Floor**

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| **Difficult Value (DV) skills** | | | | | |
| **Jumps / hops** | **Leaps** | **Hand supported balances** | **Standing balances** | **Dynamic balances – Pirouettes** | **Acrobatic** |
| **Tariff: 0.10** | | | | | |
| Stretch jump – 180°  Tuck jump  Cat leap |  |  |  |  |  |
| **Tariff: 0.20** | | | | | |
| Double stag jump  Wolf jump  Cat leap – 180° | Split leap forwards – leg separation 90° | Headstand  Handstand  Planche – open tuck and on elbows  Straddle lever – one hand in front and one behind  Bridge | Side balance without help of hands – side leg at 90°  Frontal balance – base foot flat | Forwards – 360°  Backwards – 360° | Forwards roll  Backward roll  Cartwheel  Roundoff |
| **Tariff: 0.40** | | | | | |
| Stretch jump – 360°  Tuck jump to lay in front support  Sissone – leg separation 135°  Double stag jump – 180°  Wolf jump – 180°  Split jump – leg separation 180° | Scissors leap – leg separation 120°  Scissors leap 180° - leg separation 90°  Double stag leap  Split leap forwards – leg separation 135° | Planche – with straight body on elbows, legs slightly separated  Planche – with knees horizontal either side together  Straddle lever – both hands in front or behind  Pike lever | Frontal balance – base foot on tiptoes  Scale – upper body above 90° | Forwards – 540°  Backwards – 540°  Forwards – 360° with free leg with hand support 90° | Handspring – legs together or split  Walkover – forwards or backwards |

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| **Compositional (C score) Skills** | |
| **Flexibility element** | **Group element** |
| Gymnasts can choose from the following elements:   * Pike fold * Japana * Splits – Forwards or box   **Note:** All don’t have to perform the same element. | Level 6 and 5 competitions Group Element **must**:   * Be demonstrated at least once during the performance. * Involve everyone, either within small groups or together as a whole team. * Not involve pitching gymnasts or building high level ‘pyramid balances’, such as performed in cheerleading or acrobatics. * Only include skills which are covered by the coaches’ British Gymnastics qualification syllabi.   Examples include low level balances, counter balances, helping others to balance or jump |

**Requirements – Tumble**

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| --- | --- |
| **Key information** | * Routines are to be a maximum of 2 minutes 45 seconds in duration, performed to music without lyrics. * This is built up of three rounds of six gymnasts (Full TeamGym) or three gymnasts (Micro TeamGym) each performing one tumble run per round, moving in the same direction (forwards or backwards) towards the landing area * Individual skills can be repeated in each round but must not be in the same order or identical * No more than two gymnasts streaming at any one time – see handbook for further details * Gymnasts can be changed each round and the starting point is the same for all gymnasts * Mixed teams, both genders to compete in every round (equal number of each, not required) * Each tumble is to travel in the same direction e.g. Forwards roll, stretch jump – 180°, Backwards roll |
| **Difficulty Value**  (DV score) | * Score created from the skills chosen in each round * **Round one** – 2 X elements each (all gymnasts perform the same series) * **Round two** – 2 or 3 X elements each (gymnasts can each perform a different series)   + The two highest valued elements to count * **Round three** – 2 or 3 X elements each (gymnasts can each perform a different series)   + The two highest valued elements to count |
| **Compositional Score**  (C score) | * Scored out of 2.0 * Gymnasts must perform in the order written on the tariff sheets. Those with lower difficulty elements performing first * Gymnasts to jog back each time * One round must contain either a cartwheel or round-off * At least one round must use all forwards skills * At least one round must use all backwards skills * Only one jump can be used per run |
| **Execution Score**  (E score) | * Scored out of 10.0 * See deduction table included within this document for guidance of type of judge deductions |
| **Head Judge Deductions**  (HD deductions) | * These are additional to the execution deductions * See Deductions – Tumble section of this document for details of types of deductions |
| **Scoring information** | * Round one Difficulty Value (DV) is multiplied by the number of gymnasts within the team * Round two (and three) DV is found by adding all the gymnasts’ two highest elements together * All three rounds are added together and divided by three to provide the Average DV scored (Ave DV) For example: [Round one + Round two + Round three] / 3 = Ave. DV * The Ave DV + C score + E score = Starting value Round down the value to the nearest 0.1 for ease for all users at this level * Starting Score – Execution Deductions – Head Judge Deductions = Final Score |

**Skills – Tumble**

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| --- | --- | --- | --- | --- |
| **DV score** | **Forwards** | | **Backwards** | |
| **0.10** | Forwards roll  Forwards walkover  Cartwheel  Cartwheel – One handed | Tuck jump  Straddle jump  Star jump  Stretch jump – 180° | Backwards roll  Round-off  Backwards walkover  Cartwheel  Cartwheel – One handed | Tuck jump  Straddle jump  Star jump  Stretch jump – 180° |
| **0.20** | Handspring  Flyspring\* | |  | |

\*Must not be delivered by Lvl 2 General Gymnastics coaches as not covered within their syllabus.

**Requirements – Trampette**

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| **Key information** | * Routines are to be a maximum of 2 minutes 45 seconds in duration, performed to music without lyrics * This is built up of three rounds of six gymnasts (Full TeamGym) or three gymnasts (Micro TeamGym) each performing one vault per round. Gymnasts can be changed each round. * Each gymnast cannot repeat the same skill in each round. * No more than two gymnasts streaming at any one time – see handbook for further details * Mixed teams, both genders to compete in every round (equal number of each, not required) * Not all team members are required to perform on trampette if the team exceeds six members * A springboard or trampette can be used – See handbook for venue equipment details * Vault height can be varied between 100 – 135cm - See handbook for venue equipment details |
| **Difficulty Value**  (DV score) | * Score created from skills chosen each round * **Round one** – All gymnasts perform the same skill * **Round two** – Gymnasts can each perform a different skill * **Round three** – Gymnasts can each perform a different skill |
| **Compositional Score**  (C score) | * Scored out of 2.0 * Gymnasts must perform in the order written on the tariff sheets. Those with lower difficulty elements performing first * Gymnasts to jog back each time * At least one round must be performed using vaulting apparatus. For example: Table vault * At least one round must be performed using only the trampette/springboard * The remaining round is to be performed using the teams choice of apparatus |
| **Execution Score**  (E score) | * Scored out of 10.0 * See deduction table included within this document for guidance of type of judge deductions |
| **Head Judge Deductions**  (HD deductions) | * These are additional to the execution deductions. See Deductions – Tumble section of this document for details of types of deductions |
| **Scoring information** | * Round one Difficulty Value (DV) is multiplied by the number of gymnasts within the team * Round two (and three) DV is found by adding all the gymnasts’ elements together * All three rounds are added together and divided by three to provide the Average DV scored (Ave DV) For example: [Round one + Round two + Round three] / 3 = Ave. DV * The Ave DV + C score + E score = Starting value Round down the value to the nearest 0.1 for ease for all users at this level * Starting Score – Execution Deductions – Head Judge Deductions = Final Score |

**Skills – Trampette**

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| --- | --- | --- | --- |
| **DV score** | **Trampette only** | | **With vault** |
| **0.05** | Star jump  Straddle jump  Tuck jump | Pike jump  Stretch jump, 180° |  |
| **0.10** | Stretch jump – 360° | | Squat on, stretch jump off  Squat on, tuck jump off |
| **0.20** |  | | Squat through |

**Deductions –– Floor**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Composition Score**  (C score)  Max of 2.0 | Flexibility element:  (Max of 1.0) | Flexibility element not shown at the same time by team |  |  |  |  | X |
| One or two gymnasts fail to perform |  |  |  | X |  |
| Three or more gymnasts fail to perform |  |  |  |  | X |
| Group element:  (Max of 1.0) | Group element not shown |  |  |  |  | X |
| Elements performed outside syllabi |  |  |  |  | X |
| All gymnasts not having an active role |  |  |  | X |  |

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| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | Individual deductions: | Element (skill) fault (each gymnast) (max of 1.0 deduction) | X | X | X |  |  |
| Falls (each gymnast) |  |  | X |  |  |
| Wrong number of gymnasts (per extra/missing gymnast) |  |  |  |  | X |
| As a team deductions: | Formations must be exact | X |  |  |  |  |
| Missing a formation |  | X |  |  |  |
| Transitions done simply (walking, marching etc.) | X |  |  |  |  |
| Transitions with too much/little space for gymnasts (easy access) | X |  |  |  |  |
| Synchronisation within choreography | X |  | X | X |  |
| Uniformity in execution (arms/legs at same height/position) | X |  | X |  |  |
| Sequences performed only with isolated arm and leg movements (frozen upper body) | X |  |  |  |  |
| Amplitude an extension must be visible throughout | X |  |  |  |  |
| Additional leg/hand movements to maintain balance/control | X |  | X |  |  |

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| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Head Judge deductions**  (HJ deductions) | Interrupt the floor programme (exiting the performance) (each) | |  |  |  |  | X |
| Timings: | Going over the max time |  |  | X |  |  |
| Very short performance |  |  |  |  | 2.0 |
| Absence of music/music with lyrics (once) | |  |  | X |  |  |
| Incorrect clothing | |  |  | X |  |  |
| Gymnasts or coaches wearing jewellery | |  |  | X |  |  |
| Insecurely fastened or intrusive bandages | |  |  | X |  |  |
| Not respecting the apparatus/ competition requirements: | Not jogging to starting position on the floor area |  |  | X |  |  |
| Changing gymnasts during the floor performance |  |  |  |  | X |

**Deductions –– Tumble**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Composition Score**  (C score)  Max of 2.0 | Ordering and team round: | Missing team round (each) |  | X |  |  |  |
| If a third element is performed (round 1) (each) |  | X |  |  |  |
| Performing in incorrect order (rounds 2 and 3) (each) | X |  |  |  |  |
| Variation: | Repetition of series in another round (each) |  | X |  |  |  |
| Missing forwards or backwards series (each) |  | X |  |  |  |
| Missing cartwheel or round-off (each) | X |  |  |  |  |
| **Execution Score**  (E score)  Max of 10.0 | Unclear body shapes (non-somersaults): | Hip and knee angle faults | X | X |  |  |  |
| Head or feet faults | X |  |  |  |  |
| Unclear twisting: | Initiating the twist too soon/late | X | X |  |  |  |
| Finishing the twist too late | X |  |  |  |  |
| Under/over rotation |  | X | X |  |  |
| Loss of momentum | Moving slower than the sequenced technical model | X | X | X |  |  |
| Extra step (each time) | X |  |  |  |  |
| Body position before landing: | Late opening | X |  |  |  |  |
| No opening |  | X |  |  |  |
| Landing position: | Leaning position |  | X | X |  |  |
| Hips/knees bending |  | X | X |  |  |
| Lack of control on landing: | Extra step (each time) | X |  |  |  |  |
| Loss of control |  | X |  |  |  |
| Light touch with one hand/knee |  |  | X |  |  |
| Light touch with two hands/knees |  |  |  | X |  |
| Falling (sitting, rolling, etc.) |  |  |  |  | 0.8 |
| Not landing feet first |  |  |  |  | 1.5 |
| Not performing along the center line | | X | X |  |  |  |
| Coaches’ actions: | Supporting |  |  |  |  | 0.8 |
| Not acting in a dangerous situation |  |  |  |  | 0.8 |
| Helping the gymnast achieve element |  |  |  |  | 1.5 |
| Irregular streaming | | X |  |  |  |  |
| Not jogging back or together between Rounds | |  |  | 0.4 |  |  |
| Missing element in the series (each) | |  |  |  |  | X |
| Running through: Not performing any valid elements | |  |  |  |  | 3.0 |
| Too few or too many gymnasts performing in the round | |  |  |  |  | 3.0 |

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| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Head Judge deductions**  **(HJ deductions)** | Element performed outside competition level requirements | |  |  | X |  |  |
| Incorrect timing of the routine (going over the max time) | |  |  | X |  |  |
| Incorrect music: Absence of music/music with lyrics | |  |  | X |  |  |
| Gymnasts or coaches wearing jewellery | |  |  | X |  |  |
| Gymnasts wearing incorrect clothing | |  |  | X |  |  |
| Insecurely fastened or intrusive bandages | |  |  | X |  |  |
| Not respecting the apparatus/ competition requirements: | Marking/extending the run up with items |  |  | X |  |  |
| More than one coach in the landing area (level 5 only) |  |  | X |  |  |
| Coach leaving the landing area/tumble track |  |  | X |  |  |

**Deductions –– Trampette**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Composition Score**  (C score)  Max of 2.0 | Ordering and team round: | Missing team round (each) |  | X |  |  |  |
| Performing in incorrect order (rounds 2 and 3) (each) | X |  |  |  |  |
| Variation: | Repetition of series in another round (each) |  | X |  |  |  |
| No round performed with or without the vaulting table (e.g. all rounds performed with the Trampette) (each) |  | X |  |  |  |
| **Execution Score**  (E score)  Max of 10.0 | Unclear body shapes: | Hip and knee angle faults | X | X | X |  |  |
| Split, crossed legs, head or feet faults | X |  |  |  |  |
| Arms not close to body/rotation axis | X |  |  |  |  |
| Unclear twisting: | Initiating the twist too soon/late | X | X |  |  |  |
| Finishing the twist too late | X |  |  |  |  |
| Under/over rotation |  | X | X |  |  |
| Lift off the vault: | Lack of lift |  | X |  |  |  |
| No visible lift |  |  | 0.4 |  |  |
| Distance in element: | Too low |  | X |  |  |  |
| Too long | X |  |  |  |  |
| Body position before landing: | Late opening | X |  |  |  |  |
| No opening |  | X |  |  |  |
| Landing position: | Leaning position |  | X | X |  |  |
| Hips/knees bending |  | X | X |  |  |
| Lack of control on landing: | Extra step (each time) | X |  |  |  |  |
| Loss of control |  | X |  |  |  |
| Light touch with one hand/knee |  |  | X |  |  |
| Light touch with two hands/knees |  |  |  | X |  |
| Falling (sitting, rolling, etc.) |  |  |  |  | 0.8 |
| Not landing feet first |  |  |  |  | 1.5 |
| Not landing along the center line | | X | X |  |  |  |
| Coaches’ actions: | Supporting |  |  |  |  | 0.8 |
| Not acting in a dangerous situation |  |  |  |  | 0.8 |
| Helping the gymnast achieve element |  |  |  |  | 1.5 |
| Irregular streaming | | X |  |  |  |  |
| Not jogging back or together between Rounds | |  |  | 0.4 |  |  |
| Missing element in the series (each) | |  |  |  |  | X |
| Running through: Not performing any valid elements | |  |  |  |  | 3.0 |
| Too few or too many gymnasts performing in the round | |  |  |  |  | 3.0 |

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| **Deductions** | | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Head Judge deductions**  **(HJ deductions)** | Incorrect timing of the routine (going over the max time) | |  |  | X |  |  |
| Incorrect music: Absence of music/music with lyrics | |  |  | X |  |  |
| Incorrect clothing | |  |  | X |  |  |
| Gymnasts or coaches wearing jewellery | |  |  | X |  |  |
| Insecurely fastened or intrusive bandages | |  |  | X |  |  |
| Not respecting the apparatus/ competition requirements: | Entering performance area when un-scheduled to |  |  | X |  |  |
| Marking/extending the run up with items |  |  | X |  |  |
| More than two coaches in the landing area |  |  | X |  |  |
| Coach leaving the landing area/tumble track |  |  | X |  |  |

**Level 6 and 5 Tariff sheets – Floor** (Full TeamGym entries only)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Club/team name:** | | [Insert details] | | | | | | | | **Team number:** | | | [Insert no.] |
| **Category:** | **Level:** | **Six** | | |  | | **Five** | | | |  | | |
| **Age:** | **Primary** | | | **Youth** | | **Junior** | | | | **Senior** | | |
|  | | |  | |  | | | |  | | |
| **Difficulty Value** | | | | | | | | | | | | | |
| **Formation**  Hand draw gymnasts with an ‘X’ or a ‘•’ | | | **Skill name** | | | **Element category** | | | **Composition relation** | | | **Difficulty Value:** | |
|  | | | [Insert skill name] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name – Level 5 only] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
|  | | | [Insert skill name – Level 5 only] | | | [Select skill category] | | | [Select a category] | | | [Insert value] | |
| Add all Difficulty Value scores together | | | | | | | | **Total:** | | | | [Insert value] | |
| **Compositional Score** | | | | | | | | | | | | | |
| **Compositional categories** | | | | **Skill name** | | | | | | | | **C Score** | |
| **Flexibility** | | | | [Insert skill name] | | | | | | | | 1.0 | |
| **Group element** | | | | [Insert skill name] | | | | | | | | 1.0 | |
| **Rhythmic sequences** | | | | This is for level 5 only (C score will be 1.0) | | | | | | | | [Insert value] | |
| Add all Compositional scores together | | | | | | | | **Total:** | | | | 2.0 | |
| Starting Execution Score | | | | | | | | **Total:** | | | | 10.00 | |
| Difficulty Value + Composition Score + Execution Score | | | | | | | | **Start score:** | | | | [Insert value] | |

**Level 6 and 5 Tariff sheets – Tumble**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Club/team name:** | | | [Insert details] | | | | | | | **Team number:** | | | [Insert no.] |
| **Category:** | **Level:** | | **Six** | |  | | | **Five** | | |  | | |
| **Type:** | | **Full TeamGym** | |  | | | **Micro TeamGym** | | |  | | |
| **Age:** | | **Primary** | | **Youth** | | | **Junior** | | | **Senior** | | |
|  | |  | | |  | | |  | | |
| **Round One** | | | | | | | | | | | | | |
|  | | **Skill one** | | | | **Skill two** | | | | | | **Difficulty Value:** | |
| **Skills:** | | [Insert skill name] | | | | [Insert skill name] | | | | | | [Insert value] | |
| Difficulty Value (DV) X Number of gymnasts in team | | | | | | | | | **Total:** | | | [Insert value] | |
| **Round Two** | | | | | | | | | | | | | |
|  | | **Skill one** | | **Skill two** | | | **Skill three** | | | | | **Difficulty Value:** | |
| **Gymnast 1 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 2 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 3 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 4 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 5 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 6 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| Add the two highest values for each gymnast together | | | | | | | | | **Total:** | | | [Insert value] | |
| **Round Three** | | | | | | | | | | | | | |
|  | | **Skill one** | | **Skill two** | | | **Skill three** | | | | | **Difficulty Value:** | |
| **Gymnast 1 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 2 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 3 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 4 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 5 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| **Gymnast 6 skills:** | | [Insert skill name] | | [Insert skill name] | | | [Insert skill name] | | | | | [Insert value] | |
| Add the two highest values for each gymnast together | | | | | | | | | **Total:** | | | [Insert value] | |
| Round one + Round two + Round three | | | | | | | | | **Total DV:** | | | [Insert value] | |
| Total DV / 3 | | | | | | | | | **Actual DV:** | | | [Insert value] | |
| Actual DV + C score of 2.00 + E score of 10.00  Round the value down to the nearest 0.1 e.g. 5.15 becomes 5.10 | | | | | | | | | **Starting score:** | | | [Insert value] | |

**Level 6 and 5 Tariff sheets – Trampette**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Club/team name:** | | [Insert details] | | | | **Team number:** | | | [Insert no.] |
| **Category:** | **Level:** | **Six** |  | **Five** | | |  | | |
| **Type:** | **Full TeamGym** |  | **Micro TeamGym** | | |  | | |
| **Age:** | **Primary** | **Youth** | **Junior** | | | **Senior** | | |
|  |  |  | | |  | | |
| **Round One** | | | | | | | | | |
| **Skill:** | | [Insert skill name] | | | | | | | |
| Difficulty Value (DV) X Number of gymnasts in team | | | | | **Total:** | | | [Insert value] | |
| **Round Two** | | | | | | | | **Difficulty Value:** | |
| **Gymnast 1 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 2 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 3 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 4 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 5 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 6 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| Add all round two scores together | | | | | **Total:** | | | [Insert value] | |
| **Round Three** | | | | | | | | **Difficulty Value:** | |
| **Gymnast 1 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 2 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 3 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 4 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 5 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| **Gymnast 6 skill:** | | [Insert skill name] | | | | | | [Insert value] | |
| Add all round three scores together | | | | | **Total:** | | | [Insert value] | |
| Round one + Round two + Round three | | | | | **Total DV:** | | | [Insert value] | |
| Total DV / 3 | | | | | **Actual DV:** | | | [Insert value] | |
| Actual DV + C score of 2.00 + E score of 10.00  Round the value down to the nearest 0.1 e.g. 5.15 becomes 5.10 | | | | | **Starting score:** | | | [Insert value] | |