## Stocksbridge Micro Level 6 and 5 TeamGym competition

## Skills and Tariff sheet – Level 5

**Requirements – Tumble**

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| --- | --- |
| **Key information** | * Performed to music without lyrics * Routines are to be a maximum of 2 minutes 45 seconds in duration * 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 * Skills can be repeated in each round, but must be in different combinations * No more than two gymnasts streaming at any one time – see handbook for further details * Gymnasts can be changed each round * All gymnasts must land within 1.5metres of the landing area * Mixed teams, both genders to compete in every round (equal number of each, not required) |
| **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 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 | Tuck jump  Straddle jump  Star jump  Stretch jump – 180° |
| **0.20** | Handspring  Flyspring\* | Forwards somersault – Tucked\* | Flic  Backwards somersault – Tucked\* | |
| **Restrictions** | Any roll after any type of somersault | | | |

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

**Requirements – Trampette**

|  |  |
| --- | --- |
| **Key information** | * Performed to music without lyrics * Routines are to be a maximum of 2 minutes 45 seconds in duration * 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 * The remaining round is to be performed using the team’s 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°  Forwards somersault – Tucked\*  Forwards somersault – Piked\* | | Squat on, stretch jump off  Squat on, tuck jump off |
| **0.20** | Forwards somersault – Straight\* | |  |
| **0.30** |  | | ¼ on, ¼ off\* |
| **0.40** |  | | Handspring |

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

**Deductions – Tumble**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |
| 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 in somersaults: | Hip and knee angle faults | X | X | X |  |  |
| Split, crossed legs, head or feet faults | X |  |  |  |  |
| Arms not close to body/rotation axis | X |  |  |  |  |
| Distance in somersault: | Too low |  | X |  |  |  |
| Too long (further then 1.5m) | X |  |  |  |  |
| 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 | | X | X | 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: | 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)** | Incorrect timing of the routine (going over the max time) | |  |  | X |  |  |
| Incorrect music: Absence of music/music with lyrics | |  |  | X |  |  |
| Element performed outside competition level requirements | |  |  | 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 one coach in the landing area |  |  | 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: | 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 |  |  |
| Element performed outside competition level requirements | |  |  | 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 – Tumble**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Club/team name:** | | | [Insert details] | | | | | | | | |
| **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) + 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] | | | | | |
| **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) + 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] |