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2022 - 2024 CODE OF POINTS

Seniors and Juniors



TEAMGYM

Edition 2022

EURO(VISION)
OPERATED BY EBU

SMARTSCORING

Introduction

This Code of Points applies to both Junior and Senior Competitions.

This version of the code has been substantially changed in an attempt to make the judging easier and fairer. It takes into account the following aspects:

- Revised difficulties to balance the three apparatus
- Increased clarification of requirements
- Increased element specification
- Recent developments
- Feedback from the Technical Discussions
- Feedback from various Federations and individuals

The code is divided into four parts:

- Part I The CoP and Rules for Participants
- Part II Evaluation of the Exercises
- Part III Apparatus
- Part IV Appendices

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All members of European Gymnastics TeamGym Committee (TC-TG) contributed to this CoP revision.

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Thanks also to Keith Hughes and Sólveig Jónsdóttir who were members of the TC up to December 2017.

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ABBREVIATIONS

The following abbreviations will appear throughout the Code of Points:

A	Acrobatic Elements
C Score	Composition Score
CD Panel	Composition and Difficulty Panel
CF	Moving Curved Formation
CoP	Code of Points (Code)
D Score	Difficulty Score
DB	Dynamic Balance
DD	Difficulty Distribution
DV	Difficulty Value
DS	Difficulty Element in Moving Sequence
E Panel	Execution Panel
E Score	Execution Score
EC	Executive Committee
F	Flexibility Element
G	Group Element
HB	Hand Supported Balance
J	Jumps, Hops and Leaps
JoA	Jury of Appeal
LOC	Local Organizing Committee
RS	Rhythmic Sequence
SB	Standing Balance
SEC	Secretary
SJ	Superior Jury
TC-TG	European Gymnastics TeamGym Technical Committee
TR	Technical Regulations

EUROPEAN GYMNASTICS CODE UPDATES

After the Official European Gymnastics Competition, the European Gymnastics/TC-TG publishes a Code Update

- This will include any new elements and variations with code numbers and illustrations
- The Code Update will be sent by the European Gymnastics Office to all affiliated Federations together with the effective date from when it is valid



PART I

THE CoP AND RULES FOR PARTICIPANTS SECTIONS 1-5

PART I - THE CoP AND RULES FOR PARTICIPANTS

SECTION 1 – THE TEAMGYM CODE OF POINTS (CoP)

Art 1 TeamGym and the CoP

1.1 What is TeamGym?

TeamGym is a gymnastic discipline developed by European Gymnastics from a competition format that originated in Scandinavia.

It is a competition for teams, which must present performances to music, on three apparatus: Floor, Tumble and on Trampet (mini-trampoline).

There are Male teams, Female teams and Mixed teams (half male and half female), in both Junior and Senior categories. Each team may consist of between 8 and 10 gymnasts.

1.2 Purposes of the Code of Points (CoP)

The purposes of the Code of Points are to:

- Provide the basis of an objective means of evaluating TeamGym exercises, at all levels of regional, national, and international competitions
- Standardize the judging of the official competitions
- Assure the identification of the best teams in any competition
- Guide coaches and gymnasts in the composition of competition exercises

1.3 Configuration of the CoP

This code is divided into 4 parts, which cover:

- The CoP and Rules for Participants
- Evaluation of the Exercises
- Rules per Apparatus
- Appendices

The parts are divided into 10 Key Sections, which are subdivided into 32 Articles.

1.4 Technical Regulations (TR)

The Technical Regulations contain additional information covering such things as delegation composition, number of gymnasts, reserves, inquiries, juries, etc. The TR are not part of the CoP and are available via European Gymnastics.

1.5 Directives for Equipment

The Directives for Equipment contain the minimal requirements for the gymnastic apparatus used for European Gymnastics TeamGym European Championships. These are available via European Gymnastics.

SECTION 2 – REGULATIONS FOR GYMNASTS

Art 2 Rights of the Team

2.1 The Team is Guaranteed the Right to:

- a) Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points
- b) Receive in writing the evaluation of the difficulty rating for a submitted new element within a reasonable time
- c) Have their score publicly displayed, following their performance or in accordance with the specific regulations governing that competition
- d) Repeat their entire exercise, if it has been interrupted for reasons beyond their control or responsibility, with permission of the Superior Jury. They may repeat the entire exercise at the end of the rotation, or if they are the last Team in the rotation, at a time at the discretion of the SJ
- e) Receive, through their delegation leader, the correct result output, showing all their scores received in the competition

2.2 The Team has the Right to:

- a) Have identical apparatus and mats in the warm-up hall and in the competition hall, that conforms to the specifications and norms for European Gymnastics official competitions
- b) Use magnesium (chalk) on all apparatus
- c) Have the coach check the settings of the Trampet and Vault
- d) Have the coach move the additional safety mat during their performance on Trampet or Tumble

2.3 Warm-up in Qualifying & Final

- a) Each competing team (including reserves) is entitled to a warm-up period, in the warm-up hall, prior to the competition
- b) The end of the warm-up period is signalled by an announcement of the next team on each apparatus. If at this time, a gymnast is still on the apparatus, they may complete the single element or series started. Gymnasts may not start another run

2.4 Award Ceremony Attire

To participate in the respective Award Ceremony, dressed in competition attire (leotards/unitards) according to European Gymnastics Protocol.

Art 3 Responsibilities of the Gymnasts

3.1 Know the Code

Gymnasts should be fully aware of the Code of Points and other relevant documents and to conduct themselves accordingly.

Art 4 Duties of the Gymnasts

4.1 General

- a) One gymnast from the Team may present to the E1 judge, in the proper manner (arm/s up), when the green flag (or light) is shown
- b) To refrain from changing the height of any apparatus
- c) To refrain from speaking with active judges during the competition
- d) To refrain from delaying the competition by not being responsive to the instructions of the competition director
- e) Refrain from discussions with active judges or other persons outside the competition area, during the competition (except team doctor, delegation leader, team leader, physiotherapist, doctor)
- f) To refrain from any other undisciplined or abusive behaviour or adversely altering the competition setting for any other participants (i.e. marking the floor/run up, damaging any apparatus surface)

4.2 Competition Attire

4.2.1 Gymnasts

Gymnasts must wear sportive, non-transparent attire. All parts of the competition attire must be non-transparent. A neat and proper athletic appearance should be the overall impression, with the clothing being identical for members of the same team, with some exceptions for mixed teams (see 4.2.4). Clothing must not be baggy or loose.

Deductions applied by the E1 judge for a) to e) are marked with (E1) and by the Superior Jury for f) and g) marked with (SJ).

- a) The wearing of gymnastic footwear is optional for each gymnast for tumble/trampet. However, if footwear is chosen for floor the whole team must wear the same (E1)
- b) Bandages (including joint supports) are permitted but must be securely fastened and of a non-intrusive colour. Bandages can also be hidden under the competition clothing. Visible bandages shall always have the same colour as the area they cover (E1)
- c) No jewellery of any kind may be visible. Decorated hair grips (slides), ear studs and piercings are classed as jewellery (E1)
- d) Body paint is not allowed (tattoos are not deductible) (E1)
- e) Loose items such as belts, suspenders/braces and laces are not allowed (E1).
 - Hair grips must be secure and safe (E1)
 - Competition numbers must not be loose or missing (E1)
- f) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent FIG Publicity Rules (SJ)
- g) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG Publicity Rules (SJ)

4.2.2 Women

Gymnasts must wear a leotard or unitard (one-piece leotard) with no loose parts. Wearing leggings of any length is optional. Deductions by the SJ as shown by (SJ).

- a) The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades (SJ)
- b) Leotards/unitards may be with or without sleeves. Shoulder strap width must be minimum 2 cm (SJ)
- c) The leg cut of the leotard may not extend beyond the hip bone (maximum) (SJ)
- d) The length of arms is optional, as well as the length of legs of unitards and leggings. They must be skin tight over whole leg – not baggy at all (SJ)
- e) The leggings may be worn under or over the leotard (SJ)

4.2.3 Men

Gymnasts must wear a leotard, unitard or a gymnastic sports shirt, with fitted long trousers (gymnastics shorts are also an option) (SJ).

The top of the men's attire must not have an open cut below half of the sternum at the front or below the shoulder blade at the back (SJ).

4.2.4 Mixed

The women and men must follow the rules in 4.2.2 and 4.2.3 respectively (SJ).

Women's and men's clothing do not have to be identical, or even similar, but all women must wear identical clothing, as do all men e.g., women can wear one colour and men a different one (SJ).

4.2.5 Competition Numbers

Competition numbers are used to identify the gymnasts for the audience, the press and especially for the All Stars selection. The team must provide and wear numbers (1 to 20) to identify their gymnasts. If the whole team have no numbers, the deduction is made by the SJ. Individual missing or loose numbers are covered by the E1.

- a) Numbers must be the same size and same font. The numbers must be clear, from 8 mm to 10 mm thick and approximately 8 cm high (SJ)
- b) Placing the numbers (SJ):
 - When wearing long trousers, leggings or unitard, the numbers must be placed on both thighs, at the side, on the upper part of the thigh
 - When wearing shorts, the numbers must be placed at both sides, as low as possible
 - When wearing only a leotard (no trousers, shorts or leggings) the numbers must be placed at both sides, above the hipbone
- c) Numbers must differentiate clearly from the background (e.g. white numbers on black trousers) (SJ)

Art 5 Penalties for Unacceptable Behaviour

- a) The penalty for a violation of the rules and expectations in Art 4 is -0.30 for behavioural violations and apparatus related violations (SJ)
- b) The penalty is deducted by the Chair of the Superior Jury, from the Final Team Score (SJ)
- c) In extreme cases, the gymnast, team or coach may be expelled from the competition hall, by the SJ, in addition to suffering the specified penalty (SJ)

Gymnast Behaviour Related Violations covered by Superior Jury (May be notified by the E1)	
Violation	Penalty
Unauthorised remaining in the Competition Hall	0.30 per item from the Final Team Score
Other undisciplined or abusive behaviour	
Missing national identification or emblem and/or wrong placement	
Incorrect advertising	
Incorrect competition attire	
Whole team missing/incorrect competition numbers	

All other penalties are covered by the E1	
Violation	Penalty
Violations of attire <ul style="list-style-type: none"> ▪ Missing a number ▪ Incorrect attire – jewellery, bandage colour, body paint or footwear, etc. 	Deductions are taken on the Final Apparatus Score. See 24.7, 28.6 and 32.6

Art 6 Gymnasts' Oath (FIG TR 7.12.2)

“In the name of all gymnasts I promise that we shall take part in their European Championships [or any other official European Gymnastics Event] respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of the gymnasts.”

SECTION 3 – RULES FOR COACHES

Art 7 Rights of the Coaches

7.1 The Coach is Guaranteed the Right to:

- a) Submit written requests related to the rating of a new element
- b) Have three coaches present on all apparatus, during training and warm up
- c) Submit written details of apparatus set up
 - Which Trampet required
 - Height of Trampet and Distance from the Vault
 - Height of Vault
 - Presence of additional mat
- d) Check the set-up of apparatus immediately prior to competition
- e) Have one coach present on tumble during the routine for reasons of safety
- f) Have two coaches present on trampet landing area, during the routine, for reasons of safety
- g) Move the additional safety mat during their performance in Trampet or Tumble
- h) Have their team's score publicly displayed following their performance or in accordance with the regulations governing that competition
- i) Inquire, via a nominated person, to the Superior Jury concerning the evaluation of the difficulty of the routines

Art 8 Responsibilities of the Coaches

8.1 General

- a) To know the Code of Points and other relevant documents and to conduct themselves accordingly
- b) Submit the names of the team members, the tariff forms and other information required in accordance with the Code of Points and/or the European Gymnastics Technical Regulations that govern that competition
- c) Refrain from changing the height of any apparatus without specific permission
- d) Refrain from delaying the competition, deliberately obstructing the view of the judges and from otherwise abusing or interfering with the rights of any other participant
- e) Refrain from speaking to the gymnasts or from assisting them in any other way (give signals, shouts or similar) during their performance (E1)
- f) Refrain from discussions with active judges or other persons outside the competition area, during the competition (except team doctor, delegation

leader, team leader, physiotherapist, doctor)

- g) Refrain from any other undisciplined or abusive behaviour
- h) Always conduct themselves in a fair and sportsmanlike manner
- i) Participate in a sportsmanlike manner in any applicable Award Ceremony

8.2 Coaches' Clothing

- a) Coaches must wear matching sportive attire when standing in (SJ)
- b) Coaches must wear a national identification or emblem in accordance with the most recent FIG Publicity Rules (SJ)
- c) Coaches must adhere to any FIG publicity rules with the display of any logos, advertising and sponsorship (SJ)
- d) Coaches must not wear items that can be a danger or disturb the overall impression, when standing in for catching or supporting (E1). This includes:
 - Insecurely fastened or intrusive bandages
 - Jewellery, watches and rings etc.
 - Loose items such as belts, suspenders or braces
 - Unsecure hair grips
 - Lanyards (Accreditation or other)

Coaches' Clothing Violations covered by Superior Jury (May be notified by the E1)	
Violation	Penalty
Incorrect coaches' attire	0.30 per item from the Final Team Score by Superior Jury
Incorrect advertising	
Missing national identification or emblem	

Other penalties are covered by the E1	
Violation	Penalty
Jewellery, bandage colour, loose items, lanyards, etc.	Deductions are taken on the Final Apparatus Score. See 28.6 and 32.6

8.3 Catching or Supporting

- a) Safety spotting for the Tumble and Trampet is required during the whole team performance. This should include training and warming up
- b) The Execution Head Judge (E1) on Tumble/Trampet will only signal the start of the program when the safety spotting is in place
- c) Catching or supporting will always result in deductions (E panel)
- d) Failure to react in dangerous situations will also result in deductions (E panel)
- e) Coaches are not allowed to give any instructions to the gymnasts and/or disturb them during the performance (E1)
- f) Number of Coaches permitted in the Competition Area: Qualifying Competition and Final Competition:
 - Floor No coach
 - Tumble 1 coach
 - Trampet 2 coaches
- g) An area will be provided for other coaches, medical staff and reserves during the performance

8.4 Declaration of the Elements

- a) The proposed elements of the Floor, Tumble and Trampet exercises are to be entered on the electronic system, access to which will be notified by the organiser
- b) The Tariff Forms must be completed electronically prior to accreditation.
- c) Corrections, on Tariff Forms, can be made before the time stated in the Work Plan
- d) If a team qualifies for the Finals, new Tariff Forms must be re-entered in the system as stated in the Work Plan

8.4.1 Floor Tariff Forms

How to mark elements on the tariff form.

a) Composition

- Composition elements/requirements must be marked beside the formation where they are to be performed and in the correct order of performance
- A minimum of eight formations (different shape) to be shown, in the order they are to be performed so that each gymnast's position is clearly marked. Only different shapes are to be marked, not different locations of the same shapes. The Rhythmic sequence should be shown in one box unless the shape changes during the sequence
- Small Formation SF
- Large Formation LF
- Moving Curved Formations are marked CF
- Difficulty Element in Moving Sequence DS
- Rhythmic sequence RS →, RS ←
- Planes ↑, ↔

b) Difficulty

- A maximum of ten difficulty elements can be marked on the tariff form
- Difficulty elements must be marked beside the formation where they are to be performed and in the correct order of performance
- Symbols and code numbers for the elements that are to be counted towards the D score
- Letters DS in front of the element's code number, which is performed in the Difficulty Element in Moving Sequence
- Values of difficulty elements counted
- Difficulty distribution DD and marked with a horizontal line

8.4.2 Tumble Tariff Forms

- Symbols for all elements in the series
- Values of difficulty elements counted

8.4.3 Trampet Tariff Forms

- Symbols for the elements
- Values of difficulty elements counted

8.5 Penalties for Coach Behaviour

By Chair of Superior Jury	Warning System
Behaviour of Coach <u>with no direct impact</u> on the result/performance of the team	
Unsportsmanlike conduct	1 st time – verbal warning
	2 nd time – removal of coach from the competition
Other flagrant, undisciplined, and abusive behaviour	Immediate removal of coach from the competition
Behaviour of Coach <u>with direct impact</u> on the result/performance of the team	
Unsportsmanlike conduct	1 st time – 0.50 from final score of the team and verbal warning to coach
Other flagrant, undisciplined, and abusive behaviour	
Coach speaks aggressively to active judges	2 nd time – 1.00 from final score of the team and removal of coach from the competition area

Art 9 Inquiries (TR)

General procedures to request a review of marks (Inquiry) is included in the European Gymnastics Technical Regulations, (See Art 1.4 in this document). For the detailed procedure, please refer to the Work Plan for that Championships.

Art 10 Coaches' Oath (FIG TR)

“In the name of all Coaches and other members of the athlete’s entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is fully adhered to and upheld in accordance with the fundamental principles of Olympism. We shall commit ourselves to educating the gymnasts to adhere to fair play and drug free sport and to respect all European Gymnastics Rules governing the European Championships.”

SECTION 4 - RULES FOR THE TECHNICAL COMMITTEE

At official European Gymnastics Competitions, the members of the European Gymnastics TeamGym Technical Committee will constitute the Superior Jury and act as Apparatus Supervisors at the different apparatus.

Art 11 The Technical Committee

11.1 The President of the TC-TG

The President of the TeamGym Technical Committee or his representative will serve as Chair of the Superior Jury. The responsibilities include:

- a) The overall Technical Direction of the competition as outlined in the Technical Regulations
- b) To call and chair all judging meetings and instruction sessions
- c) To apply the stipulations of the Judging Regulations relevant to that competition
- d) To make sure that the time schedule published in the Work Plan is respected
- e) To control the work of the Apparatus Supervisors and intervene if deemed necessary. Except in cases of difficulty inquiries, generally, no change of score is allowed after the score has been shown on the score board
- f) To deal with inquiries as outlined herein
- g) In cooperation with the members of the Superior Jury, to issue warnings to or replace any person, in any judging role, who is considered to be unsatisfactory or to have broken their oath
- h) To conduct an analysis, with the TC, to assess judging errors and bias and if required, submit the results to the European Gymnastics Disciplinary Commission
- i) To supervise the checking of the apparatus measurement specifications according to the TeamGym Equipment Directives
- j) To supervise the validation of the scoring system
- k) In unusual or special circumstances may nominate a judge for the competition
- l) To submit a report to the European Gymnastics Executive Committee, which must be sent to the European Gymnastics Office as soon as possible, but no later than 30 days after the event, which contains the following:
 - General remarks about the competition including special occurrences and conclusions for the future
 - Analyses of the judge's performance
 - Detailed list of all interventions and score changes
 - Technical analyses of the D judges' scores

11.2 The TC-TG Members

During each phase of the competition, the members of the TeamGym Technical Committee or their representatives will serve as members of the Superior Jury and as Apparatus Supervisors.

Their responsibilities include:

- a) Participating in the direction of the judging meetings and instruction sessions and guiding the judges to perform the correct work on their respective apparatus
- b) Applying the Judges' Charter with fairness, consistency and completely in accordance with the currently valid regulations and criteria
- c) Overseeing the total evaluation and the Final Scores for each team
- d) Checking the apparatus used at training, warm-up and competition with the European Gymnastics Equipment Directives, prior to the start of the competition
- e) Checking and validating the scoring system
- f) Checking and validating the video recording systems
- g) Checking and approving the judges' seating arrangements, including refreshments etc.

SECTION 5 – RULES FOR JUDGES AND JURIES

Art 12 Judges' Responsibilities

12.1 General

Every Judge is fully and solely responsible for their scores.

All members of the Apparatus Juries have the responsibility to:

- a) Have a thorough knowledge of:
 - The European Gymnastics Technical Regulations
 - The European Gymnastics Code of Points
 - The European Gymnastics Judges' Charter
 - Any other technical information necessary to carry out their duties during a competition
- b) Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule
- c) Be in possession of the international Judge's Brevet valid for the current Cycle and produce the Judge's Log Book
- d) Attend all scheduled instruction sessions and meetings of judges before the respective competition
- e) Follow any special organizational or judging related instruction given by the governing authorities (e.g., Scoring system instructions)
- f) Attend competition hall training whenever possible
- g) Be capable in fulfilling the various necessary duties, which include:
 - Correctly completing any required score sheets
 - Using any necessary score entry system
 - Facilitating the efficient running of the competition
 - Communicating effectively with other judges
- h) Be well prepared, rested, vigilant, and punctually present before the start of competition, according to the instructions in the Work Plan
- i) Men wear the European Gymnastics prescribed competition uniform (dark blue/black suit or trousers and white shirt and tie. Women have the option to wear a dark blue/black skirt, white blouse and could also choose to wear a scarf/tie.
- j) Every judge confirms the scores by entering their scores into the computer (electronic submission) or when using score slips by signing the secretary's form, before leaving the panel, after each competition

12.2 Judges' Behaviour

During the Championships all judges must:

- a) Behave at all times in a professional ethical manner
- b) Fulfil the functions outlined as specified in Art 12 above
- c) Evaluate each exercise accurately, consistently, quickly, objectively, and fairly and when in doubt, give the benefit of that doubt to the team
- d) Maintain a record of their personal scores
- e) Remain in assigned seat, except with permission of E1 (or CD1 on floor)
- f) Refrain from having contact or discussions with gymnasts, coaches, delegation leaders or other judges, during the competition

Penalties for inappropriate evaluation and behaviour by judges will be in accordance with the current version of the European Gymnastics Judges' Charter and/or the TR that apply to that competition.

Art 13 Composition of the Apparatus Juries

13.1 The Apparatus Juries (Judging Panels)

For the official European Gymnastics European Championships, the Apparatus Jury will consist of the following panels:

- CD Panel (Composition and Difficulty) and
- E Panel (Execution)

The CD1 and E1 Judges are the panel Head Judges who are appointed by the European Gymnastics Technical Committee in accordance with the most current European Gymnastics Technical Regulations.

The supplementary positions for the panels will be drawn under the authority of the TC, in accordance with the current Technical Regulations or Procedure that govern that competition.

The structure of the Apparatus Juries for the European Championships is:

European Championships Panel Judges	
Floor Jury	Tumble and Trampet Juries
E Panel – E1, E2, E3 & E4	E Panel – E1, E2, E3 & E4
CD Panel – CD1, CD2, CD3 & CD4	CD Panel – CD1 & CD2

On Floor, the E panel and CD1 sit together (front panel) and CD2, CD3 and CD4 will be positioned separately around the floor area to achieve the best possible view (side panels). On Tumble and Trampet, the panels sit together at a single table.

Modifications to the Judging Panels are possible for other international competitions and for national and local competitions.

Art 14 Duties of the Judges

14.1 The CD Panel

- a) The CD Panel Judges evaluate independently, without bias and determine the C score content and the D score content
- b) The C score allows for Composition Requirements
- c) The D score content includes the Difficulty Value of the approved elements

14.1.1 The CD Panel Duties

- a) For the D score: During the competition, check the value of difficulty elements, which comply with the norms
 - On Floor, each judge evaluates the outcome for each skill and notes which they award, which they half, and which they do not give
 - On Tumble and Trampet, the average of the difficulty of all three rounds is the Judge's D Score
- b) For the C score: During the competition, check the content of the composition requirements
 - On Floor, Tumble and Trampet each judge evaluates the composition requirements and deducts from 2.0 marks if some requirement is missing
- c) Complete the score slips for the C and D panels with a legible signature or enter the results into the computer
- d) On Floor, there are no tolerances or discussions. However, on occasion CD judges may need to confer on the interpretation of the Code or the tariff sheets
- e) On Tumble and Trampet, if the panel scores are out of tolerance, the CD judges are allowed to discuss their scores and if required, amend their individual C score and/or D score

14.1.2 The CD1 Duties

- a) On Floor, timing provision should be made available for the CD judges
- b) Submit their own judgement before they see the other judges' results
- c) On Floor:
 - D panel score: evaluate/check the outcome of each skill based on the judgement of the panel. See 0 on how to calculate D panel scores. Judges' input are submitted without any reference to tolerances
 - C panel score: calculate/check the panel score for composition and enter it into the computer. Judges' scores are submitted and accepted without any reference to tolerances

- d) On Tumble and Trampet, review the tolerances between the judges' composition and difficulty scores
 - Call the judges to a meeting in the case of an unacceptable score difference
 - If scores remain out of tolerance, calculate the base score for difficulty or for composition
- e) Calculate the Final Composition and Difficulty Scores for their apparatus
- f) Complete separate score slips for the panel C score and the panel D score or enter them into the computer
- g) To be consulted by the Superior Jury to review any inquiries of the D score
- h) After the competition, submit a written competition report as directed by the TC-TG President, with the following information:
 - Forms listing violations, ambiguities, and questionable decisions with the identification of the Team
 - The DVs and changes in difficulty

14.2 The E Panel

- a) The E Panel Judges evaluate independently, without bias and determine their E score. Discussion is not allowed
- b) The secretary (or individual judge) enters the individual judge's E scores into the computer to an accuracy of 1 decimal place

14.2.1 The E Panel Duties

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges
- b) Record the execution deductions
- c) Complete the score slip with a legible signature or enter their score into the computer
- d) After delivering their individual scores, if the panel scores are out of tolerance, the E judges are allowed to discuss their scores and if required, amend their individual E scores
- e) Be able to provide a personal written record of their evaluation of all exercises

14.2.2 The E1 Duties

- a) Take the role of Lead Head Judge in the respective apparatus
- b) Display the green flag, light, or other signal, when the team must begin their routine
- c) Ensure that the routine's time is recorded by E2
- d) Calculate and submit their score before they see the other judges scores
- e) Note Execution Head Judge deductions
- f) Review the tolerances between the E judges' scores
- g) Call a judging meeting in the case of an unacceptable score difference
- h) Calculate the base score for Execution, if needed
- i) Calculate the Final Panel Execution Score and submit it and the HJ deductions to the secretary
- j) Inform the panel, if there are any Head Judge Deductions, after the judges submit their score
- k) Link with the Apparatus Supervisor
 - Inform of any errors in clothing (Art 4.2 and 8.2)
 - Inform of any behaviour faults (Art 5 and 8.5)
 - Inform if an interruption of the program was caused by the team or a technical matter
- l) Apply deductions as per Art 24.7, 28.6 and 32.6

14.3 Function of the Reference Judges

There are no Reference Judges in TeamGym.

14.4 Rights of Judges

In the case of any action taken against a judge, they have the right to file an appeal to the:

- a) Superior Jury, if the action was initiated by the Apparatus Supervisor or
- b) Jury of Appeal, if the action was initiated by the Superior Jury

14.5 Functions of the Secretaries

- a) The Secretaries need to know the CoP and the scoring system. They are usually appointed by the Organizing Committee
- b) The Secretaries support the judges in using the scoring system. They should also be in contact with the Organizing Committee for a smooth running of the competition

Art 15 Seating Arrangements of the Judges

The judges will be seated at a location and distance from the apparatus which permits an unobstructed view of the total performance, and which permits them to fulfil all their evaluation duties.

Floor – Front panel	E4	E3	E2	E1	Sec	CD1
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The front panel shall be situated in line with the centre of the floor area and shall be elevated approximately 3 to 4 metres as shown in the Equipment Directives.

Floor – Side panels	CD2	CD3	CD4
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The Floor CD2, CD3 and CD4 judges shall be situated around the floor area to achieve the best possible view (side panels).

Tumble/Trampet	E4	E3	E2	E1	Sec	CD1	CD2
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On Tumble and Trampet, the panels shall be situated together at a single table.

Variations in the seating arrangement are possible depending on the conditions available in the competition hall.

Art 16 Judges' Oath (TR 7.12)

At the European Championships, and other important international events, juries and judges pledge to respect the terms of the Judges' Oath.

“In the name of all the judges and officials, I promise that we shall officiate in these European Championships (or any other official European Gymnastics Event) with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship.”



PART II

EVALUATION OF THE EXERCISES

SECTIONS 6-7

PART II - EVALUATION OF THE EXERCISES

SECTION 6 - RULES GOVERNING THE SCORES

Art 17 Content of the C Score

The maximum C Score is 2.00. The composition Requirements are described in the respective apparatus Sections.

Art 18 Content of the D Score

The maximum D Score is open ended and restricted by the number of elements that may be performed. The D Score is the sum of all the Difficulty Values of approved elements from the Table of Difficulty for the specific apparatus.

The DVs are the values from the Table of Difficulty in the Appendices.

18.1 Recognition of the DV of Elements

- a) The CD panel will recognise the difficulty value of the element unless there is a failure to meet the technical requirement. On Floor, only elements marked on the Tariff form will be considered
- b) To reward DV an element must be performed according to the description of the body position in the Table of Difficulty

18.2 Recognition of Elements Performed

- a) On Floor
 - Elements will be recognised if they meet the requirements in the Appendix A1
 - DV consist of maximum ten different elements from the following groups:
 - Balance elements
 - Jumps/leaps/hops
 - Acrobatic elements
 - Group element
 - Flexibility element
 - All recognised elements must be marked on the tariff form
- b) On Tumble and Trampet
 - Elements will be recognised if they meet the requirements in the Appendices A3, A4 and A5

18.3 New Elements

Federations are encouraged to submit new elements that have not yet been performed and/or do not yet appear in the Table of Difficulty.

Send New elements to the TC-TG by electronic mail, via European Gymnastics, at any time during the year.

- a) The request for evaluation must be accompanied with technical drawings, as well as with a video
- b) In principle, only those elements which have been performed in a TeamGym European Championships will appear in the Code of Points
- c) In order to be recognized as a new element, the element must be successfully performed at a European Gymnastics Championships
- d) The new elements must be presented no later than two months before the championships
- e) The TC-TG will evaluate the Difficulty Value of new elements
- f) The decision will then be communicated as soon as possible in writing to the Federation
- g) The judges will be informed immediately before the respective competition

Art 19 Content of the E Score

The maximum E score is 10.0 for perfection of execution. Bonus (0.1) can be added to each judge's execution score, but the score cannot exceed 10.0.

The execution deductions are described in the respective apparatus Sections.

SECTION 7 - CALCULATING THE SCORES

Art 20 Rules for Calculating the Score

20.1 General

The rules governing the evaluation of the exercises and the determination of the Final Score are identical for both Qualification and Finals.

20.2 Division of Points

	Floor/Tumble/Trampet
Composition (C)	2.0
Difficulty (D)	Open
Execution (E)	10.0

20.3 Calculation of the Final CD Panel Scores on Floor

20.3.1 C Score

- After each performance, the judges calculate their score to one decimal place and submit this to the HJ (CD1)
- Judges' scores are submitted and accepted without any reference to tolerances
- The final panel C score is the average of the two middle scores (to two decimal places)

20.3.2 D Score

- During the performance, the judges give their input (Full, Half, No) of each difficulty element, and enter it into the computer. If computers are not used, judges deliver their input to the CD1 on paper
- To calculate the D score, the CD1 will check the input from all 4 judges to determine the outcome of each skill, according to the table below
- The final panel D score is the sum of the awarded values of the difficulty elements. Each element is calculated with two decimal places and so is the final D panel score

Determination of Floor D scores				Awarded value
Input from individual judges per element				
CD#	CD#	CD#	CD#	
Full	Full	Full	Full	1.0x
Half	Full	Full	Full	1.0x
No	Full	Full	Full	1.0x
Half	Half	Full	Full	0.75x
No	Half	Full	Full	0.75x
Half	Half	Half	Full	0.5x
Half	Half	Half	Half	0.5x
No	Half	Half	Full	0.5x
No	No	Full	Full	0.5x
No	Half	Half	Half	0.5x
No	No	Half	Full	0.25x
No	No	Half	Half	0.25x
No	No	No	Full	0
No	No	No	Half	0
No	No	No	No	0

20.4 Calculating the Final CD Panel Scores on Tumble and Trampet

- After each performance, the judges calculate their C and D scores to one decimal place and submit these to the HJ (CD1)
- For Tumble and Trampet (2 judges), the tolerance for C and D scores between judges is 0.2
- If they are in tolerance, the Final Panel Score is the average of the C and D scores (as two separate scores)
- If they are not within tolerance the CD1 will call a meeting
- If judges are unable to agree, the base score is used

20.4.1 Calculation of the CD-panel Base Score

Base Score for a two-judge panel in Tumble and Trampet

$$\text{Base Score} = \frac{(\text{Average of the 2 scores} + \text{Score of the Head Judge})}{2}$$

20.5 Calculating the Final E Panel Scores

- After each performance, the judges calculate their score to one decimal place and submit this to the HJ (E1)
- The E1 reviews the scores, to see if they are in tolerance
- If they are in tolerance, the Final Panel Score is the average of the two middle scores
- If they are not within tolerance the E1 will either call a meeting or will discuss a concern with one judge
- If judges are unable to agree, the base score is used

20.5.1 Tolerance Between Judges for Final E Scores

- The difference between all the allowable judges' scores and the two middle scores, for Floor, Tumble and Trampet, are as shown in the table:

Final E Score between	Allowable Tolerances for middle scores	Allowable Tolerances for all judges' scores
9.00 - 10.00	0.2	0.6
8.00 - 8.95	0.3	0.6
7.00 - 7.95	0.4	1.0
6.00 - 6.95	0.5	1.0
< 6.0	0.6	1.0

- The E1 judge needs to calculate the preliminary Final E Score before checking the tolerance
- If the difference among all the judges is too large or the difference between the middle scores is not in tolerance, the Head Judge (E1) calls a meeting to discuss the score
- At the meeting, the following actions may be taken:
 - The judges may adjust their scores so that they are in allowable toleranceor
 - The Base Score is used as the Final E Score, if the judges cannot agree

20.5.2 Calculation of the E-panel Base Score

Base Score for a four-judge panel

$$\text{Base Score} = \frac{(\text{Average of the 2 scores} + \text{Score of the Head Judge})}{2}$$

Example for a 4 judge E panel:

Head Judge 8.3*

Judge E2 8.9

Judge E3 8.3

Judge E4 8.8*

The Final Score would be 8.55, but the middle two scores remain out of allowable tolerance, so the Base Score will be used.

$$\text{The Final Score} = \text{The Base Score} = \frac{(8.55 + 8.3)}{2} = \mathbf{8.425} \text{ (to 3 decimal places)}$$

20.6 Calculating the Final Score for Each Apparatus

- a) The Final Score on each apparatus will be established using the three separate scores from the judging panels - a C score, a D score and an E score
- b) The CD panel establishes the C score and the D score
 - The C score is based on the Composition requirements
 - The D score is an assessment of the difficulty content of the exercise
- c) The E panel assess the E score based on the execution of the routine
- d) The HJ (E1 and CD1) calculates the Panel Scores to an accuracy of 0.005 (rounded down)
- e) The Final Score of an apparatus is the addition of the C score, the D score and the E score, less any Head Judge E1 deductions, to an accuracy of 0.005 (rounded down)

Example for a Floor Jury:

Final Apparatus Score = C Score + D Score + E Score – HJ deductions

C Score	Composition	0.2 deductions from 2.0	1.800
D Score	Difficulty	Sum of all agreed elements	5.700
E Score	Execution	1.6 deductions from 10.0	8.400
Head Judge (E1) deductions			-0.000
Final Apparatus Score			15.900

20.7 Calculating the Final Score for Each Team

- a) The Final Score for each Team will be established using the three separate scores from the three apparatus – Floor, Tumble and Trampet, less any penalties applied by the Superior Jury
- b) Example Final Score calculation

Final Score = Floor Score + Tumble Score + Trampet Score – SJ penalties

Floor	15.900
Tumble	15.700
Trampet	18.400
Superior Jury (SJ) penalties	-0.000
<hr/>	
Final Team Score	50.000



PART III
THE APPARATUS
SECTIONS 8 - 10

PART III - THE APPARATUS

SECTION 8 - FLOOR

Art 21 Apparatus Requirements

21.1 General Requirements

- a) The Floor Program is a routine for the whole team, performed to instrumental music
- b) Time limit for floor program is from 2 minutes and 15 seconds to 2 minutes and 45 seconds
- c) All competing gymnasts of the team must participate in the floor program
- d) The whole program must be performed inside the floor area (14 m x 16 m)
- e) The team must jog into the competition arena when the competition organisers direct them. The team lines up at the edge of the floor area where they wait for the green flag/light. After the green flag, the team jog to their starting position on the floor. They start their program when the music starts

21.2 Composition Requirements (2.0)

The Composition score consists of seven different composition requirements. These requirements are:

- Difficulty element in moving sequence (DS)
- Rhythmic sequence (RS)
- Two (2) Planes (\uparrow , \leftrightarrow)
- Formations
 - 8 different formations
 - A moving curve formation (CF)
 - A large formation (LF)
 - A small formation (SF)

For each missing requirement there will be a 0.2 deduction. All these components must be marked on the tariff form's Composition column.

21.3 Difficulty Requirements (Open value)

The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts.

The Difficulty score consists of the judges' evaluation of ten (10) different difficulty elements. These required elements are:

- Three (3) balances
- Three (3) jumps/leaps/hops
- Two (2) acrobatic elements
- One (1) group element
- One (1) flexibility element

These elements must all be marked on the tariff form. All element values and difficulty requirements are shown in the Table of Difficulty in Appendix A1.

21.4 Execution Requirements (10.0)

Execution deductions can be made under the following headlines:

- Synchronisation
- Uniformity
- Dynamic execution
- Amplitude and extension
- Balance and controlled execution
- Precision in formations
- Transitions
- Performance in difficulty elements
- Wrong number of gymnasts
- Fall
- Line violations
- Movements corresponding to music

All deductions are subtracted from 10.0.

Bonus (0.1) can be added to each judge's execution score.

Art 22 Composition (2.0)

22.1 General

- a) The composition score (C score) is calculated by the CD panel
- b) The composition score will be counted only from those C components marked on the tariff form. Each component must be marked only once, beside the formation where the component is performed. If more components are marked on the tariff form, only the first of each are considered
- c) The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit

22.2 Definitions for Composition Requirements

22.2.1 Difficulty Element in Moving Sequence (DS) (0.2)

- a) There is a requirement to perform one difficulty element as a part of a sequence of choreography. The difficulty element must be either a leap, a hop or an acrobatic element with take-off from one foot and landing on one foot
- b) There must be as a minimum three different choreographic movements into the difficulty element and minimum three different choreographic movements out of the element (a total of 6 different choreographic movements)
- c) The whole team must perform the same DS at the same time according to the choreography (mirroring is allowed)
- d) During the DS, all gymnasts must create a flowing and travelling movement pattern. One difficulty element must be performed inside the DS, where momentum is conserved and transferred between choreography and the difficulty element
- e) Flowing and travelling movement pattern means that each gymnasts' centre of gravity must continue to move across the floor area without pauses (or stops) in the sequence. Each gymnast can create a different pattern and e.g., change formation during the DS as far as the performed elements and movements are identical (mirroring is allowed). There must be continued movement of the centre of gravity
- f) The difficulty element must take off from one leg and also land on one leg to ensure the fluent connection to the choreographic elements before and after the difficulty element. The team needs to choose a difficulty element that fulfils this requirement. For example, elements with a handstand as a starting or ending position are not allowed
- g) It is allowed to take maximum one step before the difficulty element in the DS
- h) After the difficulty element, the gymnasts must already be prepared to execute the choreographed pattern as soon as both feet have touched the ground
- i) Deduction 0.2 if the DS is missing or it is not performed according to the definition
- j) The DS must be marked on the composition section on the tariff form, beside the formation where the DS starts

22.2.2 Rhythmic Sequence (RS) (0.2)

- a) There is a requirement to perform one RS, which is a continuous moving sequence spanning the floor
- b) During the sequence, all gymnasts must travel at the same time across the floor area. They can travel from side to side, back to front, front to back or diagonal
- c) Travelling means that each gymnasts' centre of gravity must continue to move across the floor area without pauses (or stops) in the sequence. There must be continuous movement of the centre of gravity
- d) The sequence must have at least one change of tempo
- e) Difficulty elements (elements from Appendix A1) are not allowed in the RS. However, the number of choreographic elements is optional
- f) The whole team must perform the same sequence (mirroring is allowed)
- g) The starting and ending positions, for each gymnast, must not be further than 3 m from the floor edge. For a diagonal RS, the distance is a maximum of 5 m from the floor corner measured as a radius of a circle with its centre in the floor corner
- h) The RS can be performed in one or two groups consisting of at least 3 gymnasts each. The groups may start from different positions on the floor and are allowed to choose different RS paths. Changing the formation during the sequence is allowed
- i) Deduction 0.2 if the RS is missing or it is not according to the definition
- j) The start and end of the RS must be marked on the floor tariff form with letters RS→ for start and RS← for end. The RS should be shown in one formation box unless the shape of the formation changes during the RS

22.2.3 Planes ↑, ↔ (0.4)

- a) The floor program must include the gymnasts moving in two different planes: backwards and sideways (left or right, this can vary within the team, some gymnasts can move to the right and some to the left, at the same time)
- b) In both planes, there must be at least one sequence of a combination of three different movements or elements
- c) In the backward plane, the elements need to be performed with the backside of the body leading. In the sideways plane, the side of the body is leading
- d) Turning ($>45^\circ$) is not allowed during planes. Intermediate steps are allowed
- e) Difficulty elements cannot be performed when moving in planes
- f) All gymnasts need to do each plane at the same time
- g) Deduction for missing plane (backwards or sideways) is 0.2/plane
- h) Planes must be marked on the tariff form with arrows ↑, ↔

22.2.4 Formations (2.0)

a) Eight Different Formations

- There must be at least eight (8) different formations in the Floor program
- Formations are counted as different if the shape is different. Changing only the size or the location of the formation does not make it different (e.g., small circle is counted same as a big circle and a circle on the left side of the floor is counted same as a circle on the right side of the floor)
- Formations can be static or moving, however they must be maintained long enough to be clearly identifiable
- Deduction 0.2 for each missing formation
- Each formation (different shape) must be marked on the tariff form

b) Large Formation (LF)

- There must be at least one large size formation where all gymnasts are placed in one shape (not in several small groups)
- The size of the formation must be at least from side to side and from back to front (no further than 1m from each floor edge)
- A diagonal line from corner to corner is not counted as a large formation
- Deduction 0.2 for missing large formation
- Large formation must be marked on the tariff form with letters LF

c) Small Formation (SF)

- There must be at least one small size formation (compact) where all gymnasts are placed in one shape (not in several groups)
- The size of the formation must not be bigger than 4 m x 4 m
- Deduction 0.2 for missing small formation
- Small formation must be marked on the tariff form with letters SF

d) Moving Curved Formation (CF)

- There must be at least one moving curved formation where all gymnasts take part
- A formation is counted as a moving curve if the path, along which the gymnasts are moving, is clearly curved and gymnasts follow each other along that curved shape
- The curve must be clearly visible and contain at least three elements or movements
- The size and the shape of the curve may change during the movement
- The whole team can perform one formation together or two separated curves in two groups. The minimum number of gymnasts in one moving curved formation is four gymnasts
- The start of the moving curved formation (the first shape) must be marked on the tariff form with letters CF
- Deduction of 0.2 for missing moving curved formation

22.3 Summary of Composition Requirements

Table of Composition Requirements	
1. Difficulty Element in Moving Sequence	0.2
2. Rhythmic Sequence	0.2
3. Planes	
- Backwards	0.2
- Sideways	0.2
4. Formations	
- 8 different formations	0.2/missing
- Large formation	0.2
- Small formation	0.2
- Moving curved formation	0.2

Art 23 Difficulty (Open value)

23.1 General

- a) The difficulty score (D score) is calculated by the CD panel
- b) The difficulty score will be counted only from those D elements found in Appendix A1 and marked on the tariff form. Each required element must be marked only once. If more elements are marked on the tariff form, only the first elements marked in each group are considered

23.2 Forming the Difficulty Value

- a) The difficulty value consists of ten different elements from the following groups:
 - Balance elements 3
 - Jumps/Hops/Leaps 3
 - Acrobatic elements 2
 - Group Element 1
 - Flexibility Element 1
- b) Element values and difficulty requirements are shown in the Table of Difficulty in Appendix A1
- c) The values of balance elements, jumps/leaps/hops, acrobatic elements, group element and the flexibility element are all summed up for the team's difficulty value. The difficulty score (D score) is formed by the CD panel. Example of counting DV for acrobatic elements: A601 + A408 = 1.0, DV of Acrobatic elements is 1.0
- d) At least three (3) of the difficulty elements must be performed after 1 minute 30 seconds to get the value for these last three elements. (See Art 23.5 e)

23.3 Marking the Difficulty Elements and Values

- a) The team must mark no more than ten difficulty elements on the tariff form. Only marked elements are counted towards the difficulty score. Elements must be marked in the right performing order, beside the formation (shape) in which the elements are performed
- b) The team can perform more than ten difficulty elements, but those additional elements must not be marked on the tariff for
- c) Difficulty elements must be marked correctly with the symbol and the code number. The difficulty element, which is performed in the DS, needs to be marked also with letters DS (e.g. DS J833)
- d) Difficulty elements, which are marked on the tariff form and counted towards the difficulty value, must have different code numbers

e) The letter in front of the code number explains the category of the element:

- DB = Dynamic Balance element
- SB = Standing Balance element
- HB = Hand Supportive Balance element
- J = Jump/Hop/Leap
- A = Acrobatic element
- F = Flexibility element
- G = Group element

The first code number tells the value of the element.

The last two numbers tell the row number in the difficulty table.

For example: The code number for Shushunova is J612, which means Shushunova is a jump/leap/hop (J), element's DV is 0.6 and the row number in Appendix A1 table of jumps is 12.

23.4 Performance Requirements

- a) The performance of each difficulty element must comply with the difficulty requirements (see Appendix A1), otherwise it will not be counted as a difficulty element
- b) All gymnasts in the team must perform the same difficulty elements, with the same code number and variation A/B/C. Mirroring is allowed (e.g. performing a pirouette with different legs). In the group element the gymnasts may choose different kind of elements, but the code number must be the same
- c) An element with the same code number can be counted only once even if performed with different variations. E.g. if a team performs JXXXA and JXXXB the value will be given only once
- d) The difficulty elements must be performed by all gymnasts at the same time, according to the choreography. "According to the choreography" means that the element is choreographed to be performed at the same time. If, for example, someone is late in the program but then performs the element correctly a bit later than the others, the team will still get the value of the element (although E deductions for being late)
- e) In elements with flexibility requirement (e.g., leg separation or hip/knee angle requirements in jumps/balances etc.) there is a general 15° tolerance for the leg separation and hip/knee angle requirements. Showing additional flexibility or smaller hip/knee angles does not affect the DV

23.5 Reduction of Element's DV

- a) The full DV of an element will be given only if all the gymnasts perform the element marked on the tariff form correctly
- b) If all gymnasts try to perform the element, but one or two gymnasts fail, the team will receive half of the element's DV. The only exception is the Group Element which needs to be correctly performed by all the gymnasts to get the DV
- c) If three or more gymnasts fail the element, then DV will be zero for the team
- d) No more than three steps (walking or running) are allowed before any difficulty element, according to the choreography. E.g., chassés and hurdle steps are not counted in the three-step limit. The only exception of this rule is in "Difficulty element in moving sequence", where it is allowed to have maximum one step before the difficulty element. If one or two gymnasts take too many steps, the DV will be divided by 2. If three or more gymnasts take e.g., 4 steps before a leap, the team does not get the DV
- e) A gymnast must initiate the element sufficiently to show commitment to achieving the DV. The outcome is not a factor when determining a legitimate 'attempt' at the skill. A legitimate attempt is evaluated according to the difficulty requirements. An illegitimate attempt (not a serious try) is a zero DV for the team for that element
- f) Difficulty elements must be spread evenly in the floor program
 - At least three difficulty elements must be performed after 1 minute 30 seconds
 - If three different difficulty elements are not performed after the time limit, the team will lose the value of those elements (even if the performance would be perfect) that are performed before the time limit
 - This difficulty distribution deduction concerns only the three last D-elements
 - The time of 1 minute 30 seconds must be marked on the tariff form with a horizontal straight line and letters DD (difficulty distribution), so it is clearly visible which difficulty elements that are performed after the time limit

23.6 Difficulty Elements

23.6.1 Balance Elements (DB, SB, HB)

- a) Three different balance elements (marked on the tariff form) may be counted towards the DV
- b) One balance must be the handstand (HB1001). One balance must be a standing balance. The third counted balance can be dynamic-, standing- or a hand supportive balance
- c) Additional balance elements can be performed as long as they are not marked on the tariff form

23.6.2 Jumps (includes Jumps, Leaps and Hops) (J)

- a) Three different jumps, leaps and hops (marked on the tariff form) may be counted towards the difficulty value
- b) Additional jumps, leaps or hops can be performed as long as they are not marked on the tariff form
- c) Leaps and hops starting and ending on one leg can be used as a part of DS composition requirement

23.6.3 Acrobatic Elements (A)

- a) Two different acrobatic elements from different rows in Appendix A1 (marked on the tariff form) may be counted towards the DV
- b) Acrobatic elements starting and ending on one leg can be used as a part of the DS composition requirement

23.6.4 Group Element (G)

- a) One Group Element from Appendix A1 (marked on the tariff form) may be counted towards the DV
- b) In the Group Element, all gymnasts must take part and play an active role in either a visible lift off the floor or a throw (i.e. lift, being lifted, throw and/or catch or being thrown) which can be done together with the whole team or in groups of at least three (3) gymnasts
- c) Lift means that the group must get at least one of the gymnasts totally off the floor by the active support of fellow gymnasts
 - The lifted gymnast(s) can be clearly lifted by the others, or the others can support them so that they will be able to stay off the floor during the Group Element. The lifted gymnast(s) must be off the ground for at least two (2) seconds
 - Active support means that the supporter needs to work to perform the lift or to keep their own position to really support the lifted gymnast (e.g., not just lying or 'balasana' on the floor). Standing support, kneeling on all four or similar, while others use them to lift, is acceptable
- d) The elements must be performed at the same time
- e) Different groups must perform Group Elements with the same code number, but the elements do not need to look the same
- f) In Group Elements with rotations and twists, the turn is always in reference to the gymnast(s) being lifted or thrown (no tolerance in rotation/twist). Rotation/twist during the lift is measured from ground to ground. Rotation/twist during the throw is measured during the free flight phase
- g) If the group element is not performed according to the definition, the value for Group Element is zero for the team (no half DV given)

23.6.5 Flexibility Element (F)

- a) One Flexibility Element from Appendix A1 (marked on the tariff form) may be counted towards the DV
- b) Additional Flexibility Elements can be performed as long as they are not marked on the tariff form
- c) The whole team must perform the same flexibility element, which they perform at the same time according to the choreography
- d) In the flexibility element, the position must be shown clearly but it does not have to stay still

Art 24 Execution (10.0)

24.1 General

- a) The execution score (E score) is calculated by the E panel
- b) To calculate the judge's E score all summarised deductions (Art 24.3) and any additional execution deductions (Art 24.4) are taken from 10.0
- c) The Floor routine is a team performance and judges make summarised execution deductions for the team. Additional execution deductions are either for the team or individual gymnasts
- d) Execution bonus (Art 24.6) 0.1 can be rewarded on each judge's own E-score
- e) Head Judge's (E1) deductions will be taken from the Final Floor score

24.2 Summarised Execution Deductions

24.2.1 General

- a) The main principle is to identify the individual execution faults, for any given point of the routine, as minor, moderate or major and then take the most appropriate deduction for the team based on the number of gymnasts who make the faults
- b) Any given point of the routine means for example:
 - Rhythmic sequence
 - Sequence in planes
 - Moving sequence with difficulty element
 - Transition
 - Difficulty element

Note that the maximum deduction for any given point of the routine must not exceed the "Major faults" column in the table below.

Table of Execution Deductions				
Number of faults ↓	Size of the fault →	Minor faults	Moderate faults	Major faults
One gymnast makes the fault		Very small 0.1	Small 0.2	Medium 0.4
Less than half of the team makes faults		Small 0.2	Medium 0.4	Large 0.7
Half or more of the team makes faults		Medium 0.4	Large 0.7	Very large 1.0

c) Guidelines for summarising:

- Identify all individual faults, at the given point of the routine, and classify them per gymnast, as either minor, moderate or major. In case there is more than one fault, they are added and rounded down to the nearest classified fault (0.2 for moderate, 0.4 for major) according to the first row in the table above (One gymnast makes the fault). All execution faults in CoP 24.2.2-24.2.9 are considered at the same time
 - E.g. one gymnast makes one minor and one moderate fault ($0.1 + 0.2 = 0.3$). This is rounded down to 0.2 and classified as a moderate fault for that gymnast
 - E.g. one gymnast makes one minor and two moderate faults ($0.1 + 0.2 + 0.2 = 0.5$), which is rounded down to 0.4 and classified as a major fault for that gymnast
 - Estimate the number of gymnasts making the minor, moderate and major faults as identified above. For each size of fault, it could be either one gymnast, less than half of the team or half or more of the team
 - E.g., two gymnasts (less than half of the team) make minor faults and one gymnast makes a major fault
 - Slightly bent arms and slightly bent legs are the same size even though they are different faults
 - Summarise the deductions for the team. The summarised execution deduction for the team is defined by the number of gymnasts making faults classified as minor, moderate or major. The available deductions at any given point of the routine are 0.1, 0.2, 0.4, 0.7 or 1.0. Combinations of different sizes of faults are added and rounded down to the nearest available deduction according to the table in CoP section 24.2
 - In case there are only minor faults, the maximum deduction can never exceed 0.4
 - In cases there are moderate faults, including any minor faults, the maximum deduction can never exceed 0.7
 - In case there are major fault(s) including any minor and/or moderate faults, the maximum deduction can never exceed 1.0
- d) Calculate the judge's E score. To calculate the judge's E score all summarised deductions and any additional execution deductions in CoP section 24.4 are taken from 10.0
- e) Each judge gives a score to an accuracy of 0.1. Summarised Execution deductions are explained more in detail in Appendix A2 'Summarised Execution Faults for Floor'- table

24.2.2 Synchronisation According to the Choreography

- a) The team must perform the elements at the same time when intended according to the choreography
- b) A gymnast deducted for a fall, Art. 24.4.2, is not also subject to deductions for synchronisation

24.2.3 Uniformity in Execution

- a) The team must perform the same movements and elements exactly the same way unless the choreography clearly states otherwise
- b) For the difficulty elements this deduction is only used in case there are no other specific execution deductions for those elements (Art 24.2.8)
- c) A gymnast deducted for a fall, Art. 24.4.2, is not also subject to deductions for uniformity

24.2.4 Dynamic Execution

- a) The team must perform the program with dynamic execution
- b) Dynamic execution includes good rhythm and sense of gravity with relaxation and extension. The movement phrases must show continuity with a logical and natural fluency. The momentum should be used from the past movement instead of creating 'new' force
- c) There must not be purposeless stops between movements or pauses to prepare for movements
- d) All movements and elements shall favour dynamic execution
- e) Sequences performed only with isolated arm and leg movements without the body being involved (frozen upper body) will always result in a deduction

24.2.5 Amplitude and Extension

- a) Elements and movements in the floor program must be performed with the optimal amplitude
- b) Extension must be visible in all elements through the whole program
- c) For the difficulty elements this deduction is only used in case there are no other specific execution deductions for those elements (Art 24.2.9)

24.2.6 Balance and Controlled Execution

- a) The floor program must be performed controlled with balance. For example, there will be a deduction for extra steps, jumps, arm and leg movements or a hand support, to keep the balance
- b) For the difficulty elements this deduction is only used in case there are no other specific execution deductions for those elements (Art 24.2.9)
- c) A gymnast deducted for a fall, Art 24.4.2, is not also subject to deductions for balance and controlled execution

24.2.7 Precision in Formations

- a) All gymnasts must be in the positions according to the formations on the tariff form. The formations must be exact (e.g., straight lines when that is intended)
- b) A gymnast deducted for a fall, Art. 24.4.2, is not also subject to deductions for precision in formations

24.2.8 Transitions

- a) Transitions mean those elements or movements included in changing one formation (shape) to another or in preparing to perform the Group Element
- b) Quality of Transitions: Transitions must have gymnastic and rhythmic quality and form a natural part of the floor program. The whole upper body, not only arms, must be included in the movement. Transitions done simply by walking, marching, or running without any gymnastic or rhythmic quality are deductible each time
- c) Easy Access: All transitions must be performed by easy access, without taking extra/large steps or squeezing into insufficient space. Not having easy access is deductible each time

24.2.9 Performance in Difficulty Elements

- a) The difficulty elements must be performed according to the defined requirements (see Appendix A1)
- b) These deductions concern only those difficulty elements that are marked on the tariff form and are counted towards the team's difficulty score

24.3 Table of Execution Deductions to be Summarised

Execution Deductions to be Summarised	Minor	Moderate	Major
1. Synchronisation	x	x	x
2. Uniformity in Execution	x	x	
3. Dynamic Execution	x		
4. Amplitude and Extension	x		
5. Balance and Controlled Execution	x	x	
6. Precision in Formations	x		
7. Transitions	x		
8. Performance in Difficulty Elements	x	x	x

24.4 Additional Execution Deductions

24.4.1 Wrong Number of Gymnasts

- a) In case there are too few or too many gymnasts performing, or there are not equal number of male and female gymnasts in a mixed team, there will be a deduction
- b) If after an interruption to the program, there are less than eight gymnasts on the floor, there will be no deduction for the wrong number of gymnasts
- c) Gymnasts may not be replaced during the floor routine (see Art 24.7.7)
- d) Deduction 1.0 once per missing or extra gymnast

24.4.2 Fall

- a) If a gymnast falls from a standing position to a land on stomach, side or seated on to the floor, or from hand supported balance to back, stomach or side, the deduction will always be 0.3 per gymnast per fall
- b) This deduction is only for a clear fall and is not taken when e.g., coming down from balance too early
- c) Other faults caused by the fall will not be deducted (e.g., synchronisation, uniformity, formations, line violations)
- d) Deduction 0.3 each time per gymnast

24.4.3 Line Violations

- a) Exceeding the prescribed Floor area (14 m x 16 m), that is touching the floor with any part of the body outside of the border marking, will result in a deduction of each time
- b) Border markings (the white line) are part of the performing area
- c) A gymnast deducted for a fall, Art. 24.4.2, is not also subject to deductions for line violations
- d) Deduction 0.1 each time

24.4.4 Movements Corresponding to the Music (0.2)

- a) There must be a relationship between the music and the movement. The program must give the feeling to “see what you hear and hear what you see”
- b) Deduction 0.2 once for not having relationship between movement and the music

24.5 Table of Additional Execution Deductions

Additional Execution Deductions	
1. Wrong number of gymnasts	1.0/gymnast
2. Fall	0.3/gymnast each time
3. Line Violations	0.1 each time
4. Movements Corresponding to the Music	0.2 once

24.6 Execution Bonus (max 0.1)

If the floor program or parts of it are performed with excellent skill and the program is especially well transmitted to the audience, the team can be awarded a bonus of maximum 0.1 on each judge's E score.

24.7 Head Judge (E1) Deductions

E1 deductions are taken from the final Apparatus score.

24.7.1 Interrupting the Floor Program (1.0/gymnast)

If a gymnast stops performing and leaves the floor area, there will be a deduction of 1.0/gymnast for interrupting the floor program.

24.7.2 Incorrect Timing (0.3/2.0)

- The time limit is between 2 minutes 15 seconds and 2 minutes 45 seconds
- Timekeeping starts with the music and ends when the last movement is performed
- Elements performed after the time limit will be recognized and evaluated
- E2 judge measures time
- HJ deduction 0.3 for time fault, will be taken for under/over timing
- HJ deduction 2.0 for very short program (less than 2 min)

24.7.3 Incorrect Music (0.3)

- The complete presentation is performed to optional music
- The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument. e.g. humming and whistling
- HJ deduction 0.3 for absence of music or music with lyrics

24.7.4 Incorrect Clothing (0.3)

- The following will cause deductions for incorrect clothing (other than SJ deductions)
 - Missing competition number (individual gymnasts)
 - Footwear (if not worn by entire team)

- Loose items (including loose competition numbers)
- Body painting
- HJ deduction 0.3 once for incorrect clothing

24.7.5 Wearing Jewellery (0.3)

- a) No jewellery of any kind may be visible according to Art 4.2.1
- b) HJ deduction 0.3 once

24.7.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

- a) The bandages (including joint supports) must be securely fastened and of a non- intrusive colour, according to Art 4.2.1. and 8.2
- b) HJ deduction 0.3 once for insecurely fastened or intrusively coloured bandages

24.7.7 Not Respecting the Apparatus or Competition Requirements (0.3/item)

- a) The deduction for not respecting the apparatus or competition requirements is used in the following cases:
 - Entering the arena against the competition requirements
 - Not jogging to the starting position on floor area
 - Changing gymnasts during the floor program
- b) HJ deduction 0.3 per item for not respecting apparatus/competition requirements

24.8 Table of Execution HJ Deductions

Execution HJ Deductions	
1. Interrupting the Floor program	1.0/gymnast
2. Timing <ul style="list-style-type: none"> • Under/over timing • Very short program 	0.3 2.0
3. Music <ul style="list-style-type: none"> • Absence of music • Music with clear lyrics 	0.3 once
4. Incorrect Clothing <ul style="list-style-type: none"> • Missing competition numbers • Footwear (if not worn by entire team) • Loose items (including loose competition numbers) • Body painting 	0.3 once
5. Wearing Jewellery	0.3 once
6. Wearing Insecure or Intrusively Coloured Bandages	0.3 once
7. Not Respecting the Apparatus/Competition Requirements <ul style="list-style-type: none"> • Entering arena against the competition requirements • Not jogging to the starting position on floor area • Changing gymnasts during the floor program 	0.3/item

SECTION 9 - TUMBLE

Art 25 Apparatus Requirements

25.1 General

- a) Each team performs three different tumble rounds, where each series must consist of a combination of at least three acrobatic elements without intermediate steps or pauses
- b) For juniors, one round may consist of only 2 acrobatic elements. The two other rounds must consist of at least three acrobatic elements as for seniors
- c) The program is performed to music, which must be instrumental without lyrics
- d) The time limit is 2 minutes and 45 seconds
- e) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round
- f) Mixed teams must have the same number of male and female gymnasts performing in each round
- g) All tumble performers must participate in the Floor Program unless excused by the European Gymnastics doctor due to injury (Penalty is disqualification of the team)
- h) The team must jog into the competition arena when the competition organizers direct them. The team lines up at the run up where they wait for the green flag/light. When the team is in position and they get the green flag from the Head Judge (E1) the music will begin, and the team may start their program
- i) Marking the run-up or the tumble track with clothes or other things is not allowed. A tape measure will be attached to the floor at the side of the run-up. It will measure distance from the start of the landing area
- j) All gymnasts must land their last element in the landing area
- k) After the first and second rounds, the gymnasts must return by jogging back together
- l) One coach (and only one) must be present for safety spotting on the landing mat, preferably on the far side from the judges. The coach is temporarily allowed to step onto the tumble track

25.2 Composition Requirements (2.0)

- a) First Round: All gymnasts perform exactly the same series (Team Round)
- b) Second Round: All gymnasts perform the same series or increase difficulty
- c) Third Round: All gymnasts perform the same series or increase difficulty
- d) At least one round must be backwards, where all performed element(s) in the series are backward

- e) At least one round must be forwards, where all performed element(s) in the series are forward
- f) In one other round, there are no requirements for element direction, and they may be forward, backward or a combination of forward and backward elements
- g) When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto
- h) The team must show a great variation in the chosen series (see Art 26.2)

25.3 Difficulty Requirements (Open value)

- a) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts
- b) The difficulty value for all valid basic elements is found in Art 27.4 with additional values in Art 27.5
- c) Triple saltos with blind landing are for safety reasons not recommended and will result in a composition deduction (see Art 26.2.7). A blind landing occurs when the gymnast lands the triple salto in the forward direction (+/-90°)

25.4 Execution Requirements (10.0)

- a) The execution (E) score for each round is calculated by taking deductions from 10.0 points according to Art 28.2. The execution faults are explained in more detail in the Table of General Faults and Penalties contained in Appendix A6
- b) Execution Bonus (+0.1) can be added to the execution score as explained in Art 28.5

Art 26 Composition

26.1 General

- a) All composition deductions are made under the composition score. The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit
- b) For composition all elements with a credited D value are considered. In the Team Round, this is also the case when a gymnast is not performing the exact same series as the majority and zero is given for the difficulty of the series
- c) Any element(s) performed after a pause, a fall or intermediate steps will not be counted under composition
- d) If not otherwise stated all composition requirements are taken into account, except when there are less than six gymnasts in the round. In this case, no composition deductions under Art 26.2 are taken for the missing gymnast

26.2 Definitions for Composition Deductions

The deduction is shown in brackets, in the header of the following items

26.2.1 Team Round (0.2 per gymnast)

- a) In the first round every gymnast must perform the exact same series. It is called the Team round. See Appendix A5 for the recognition of different elements
- b) Deduction 0.2 per gymnast not performing the Team Round

26.2.2 Correct Order in 2nd and 3rd Rounds (0.1 per gymnast each time)

- a) In the second and third rounds, increasing the difficulty is allowed within the series
- b) The series must be performed in difficulty order. However, within each round, single saltos must be performed before double saltos and double saltos before triple saltos
- c) Within the single salto, double salto and triple salto sections, the elements are performed in difficulty order
- d) Deduction 0.1 per gymnast for not ordered correctly

26.2.3 Repetition of the Last Element (0.2 per gymnast each time)

- a) If any gymnast performs exactly the same last element from another round, there will be a deduction of 0.2 per gymnast each time
- b) The round where the last element is performed the most times is free from deduction
- c) This deduction is not taken when performing the wrong series in the Team Round
- d) Deduction 0.2 per gymnast each time for repetition

26.2.4 Forward or Backward Rounds (0.2 per gymnast)

- a) The team must perform at least one round backwards and one round forwards. Deduction is based on the round that comes closest to fulfilling the requirement
- b) Deduction 0.2 per gymnast for missing forward or backward rounds

26.2.5 Twist Requirement (0.2 per gymnast)

- a) The team must perform one round where the gymnasts perform a series that contains an element with at least 360° twist in single saltos or at least 180° twist in double or triple saltos
- b) Deduction is based on the round where the twist is performed by the most gymnasts
- c) Deduction 0.2 per gymnast for not fulfilling twist requirement

26.2.6 Double Salto Requirement (0.2 per gymnast)

- a) Senior teams must perform one round where the gymnasts perform a series that contains at least double saltos (i.e., triple saltos also accepted)
- b) Deduction is based on the round where the double saltos are performed by the most gymnasts
- c) Deduction 0.2 per gymnast for not fulfilling the double salto requirement

26.2.7 Blind Landings in Triple Saltos (0.3 per gymnast each time)

Deduction 0.3 per gymnast and element for performing blind landings in triple saltos

26.2.8 Missing Element in the Series (0.3 per gymnast and missing element)

- a) In case a gymnast performs fewer elements in a series than required, there is a deduction. Only elements with a credited D value are counted
- b) This deduction is not taken when performing the wrong series in the Team Round
- c) Deduction 0.3 per gymnast and missing element

26.3 Summary of Composition Deductions

Composition Deductions	
1. Missing Team Round	0.2/gymnast
2. Not Correct Order in 2nd and 3rd Rounds	0.1/gymnast each time
3. Repetition of the Last Element	0.2/gymnast each time
4. Missing Forward or Backward rounds	0.2/gymnast
5. Not Fulfilling Twist Requirement	0.2/gymnast
6. Not Fulfilling Double salto Requirement (Senior Teams only)	0.2/gymnast
7. Blind Landings in Triple Saltos	0.3/gymnast and element
8. Missing Element in the Series	0.3/gymnast and element

Art 27 Difficulty (Open value)

27.1 General

- a) The difficulty of each series on Tumble is open
- b) The series difficulty value is calculated from the two different elements with the highest difficulty values
- c) The difficulty values of the most common valid elements and series are shown in the Table of Difficulty (Appendix A3). It is allowed to perform valid elements which do not have a code number or symbol, if the difficulty value can be counted by using the basic element value and add values for twisting

27.2 Forming the Difficulty Value

- a) The difficulty value for each round is calculated as the sum of the difficulty values for gymnasts' individual routines
- b) The difficulty values for the three rounds are averaged and rounded down to the nearest 0.1 for the team's difficulty value
- c) The difficulty value in doubles and triples is defined by the least difficult body position adopted by the gymnast. Example: The difficulty value for a double with straight in first salto and pike in second salto will be given the value for a double pike
- d) In case more than six gymnasts perform in a round, the difficulty value is based on the elements performed by the first six gymnasts

27.3 Performance Requirements

- a) All elements are re-evaluated on what is actually performed - except in the first round (Team Round). If a gymnast does not perform the exact same series as the majority in the first round the gymnast will be given zero for the difficulty
- b) Elements not landing feet first will be valued at zero for difficulty
- c) Landing on both feet means the sole of the feet. If a gymnast lands, but never shows a recognizable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, it is considered as not landing feet first
- d) Any element(s) performed after a pause, a fall or intermediate steps will not be counted for difficulty
- e) Run through will be re-valued at zero for difficulty
- f) Elements performed when the coach deliberately helps the gymnast to achieve the element will be re-valued at zero for difficulty. The other elements in the tumble are still used to calculate the difficulty for the series (except in the Team Round)

27.4 Basic Element Values - Tumble

Group	Basic element	Value
Group 1 – forwards	Cartwheel	0.10
	Handspring	0.20
	Flyspring	0.20
	Tucked salto	0.20
	Piked salto	0.30
	Straight salto	0.40
	Starting salto*	
	- Tucked	0.20
	- Piked	0.30
	- Straight	0.30
	- Straight full twist	0.40
	Double salto tucked	1.20
	Double salto piked	1.40
Double salto straight	1.60	
Group 2 – backwards	Round-off	0.10
	Flick Flack	0.20
	Tucked salto	0.20
	Piked salto	0.20
	Straight salto	0.30
	Whipback	0.30
	Double salto tucked	0.80
	Double salto piked	0.90
	Double salto straight	1.10
	Triple salto tucked	1.60
	Triple salto piked	1.90

* Some starting saltos have a reduced difficulty value

There are no plans to include quads at the European Championships at this time.

27.5 Additional Values for Twisting

- 0.1 for each half twist (180°) in single and double saltos
- 0.2 for each half twist (180°) in triple saltos
- 0.1 extra for twisting 1080° and for each further full twist.

Art 28 Execution (10.0)

28.1 General

- a) The execution score for each round is calculated as the sum of the execution faults (Art 28.2 and 28.3) for all gymnasts' individual routines taken from 10.0
- b) Some deductions refer to the entire series, while others are related to the execution of each element or the last element in particular
- c) Any element(s) performed after a pause, a fall or intermediate steps are not deducted for under execution
- d) Each E judge submits a single score that is the average of their three execution scores (one for each round) rounded to the nearest 0.1
- e) Execution bonus 0.1 (Art 28.5) can be rewarded on each judge's final E score
- f) Head Judge's (E1) deductions will be taken from the final Tumble score

28.2 Definitions of Execution Faults

The maximum deduction is shown in brackets, in the header of the following items.

28.2.1 Body Shape in Saltos (0.5)

- a) Tucked, piked and straight body positions in saltos must be performed with clear and defined body shape, with feet and legs kept together, as well as feet pointed. Arms close to the body
- b) Maximum shape deductions are for the whole element and not per salto
- c) Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults
- d) Deduction 0.1 per gymnast/element for split/crossed legs
- e) Deduction 0.1 per gymnast/element for head or feet errors
- f) Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists

28.2.2 Body Shape for Elements other than Saltos (0.4)

- a) Elements that are found in the Table of Difficulty (not the saltos) must be performed with a clear and defined body shape with feet and legs kept together where appropriate, as well as feet pointed
- b) Deduction 0.1, or 0.2 per gymnast/element for arms/shoulder, hip and knee angle faults
- c) Deduction 0.1 per gymnast/element for split/crossed legs, head or feet errors
- d) Deduction 0.1 per gymnast/element for only one hand support as a failure to meet element's technical requirement

28.2.3 Twisting (0.5)

- a) The take-off phase must be clearly shown, and the twist must be completed before landing
- b) Deduction 0.1 or 0.2 per gymnast/element for initiating the twist too early
- c) Deduction 0.1 per gymnast/element for under/over rotation of the twist 30°–45° at the landing
- d) Deduction 0.3 per gymnast/element for under/over rotation of twist >45° at the landing

28.2.4 Momentum (0.3)

- a) A tumble must maintain or increase momentum
- b) Deduction 0.1, 0.2 or 0.3 per gymnast for loss of momentum

28.2.5 Opening and Landing Positions in Saltos (0.5)

- a) Before landing the gymnast must open the salto and show an extended body position. Preparation for landing is allowed after horizontal (90° from vertical)
- b) Deduction 0.1 per gymnast for late opening (>90° - 135° from vertical) or early opening not kept until horizontal
- c) Deduction 0.2 per gymnast for opening after 135° from vertical or no opening before landing
- d) Twisting must be completed by horizontal. Deduction 0.1 per gymnast for twisting not completed at horizontal
- e) The body position at landing must be upright. Some bending of the knees ($\leq 90^\circ$) and some bending at the hips ($\leq 90^\circ$) is allowed to absorb the landing force. Deduction 0.1 – 0.3 per gymnast at landing for hips/knees bending >90° up to a deep squat

28.2.6 Height of the Final Salto (0.2)

- a) The final salto must be performed at appropriate height
- b) Deduction 0.2 per gymnast for too low final salto

28.2.7 Landing the Last Element inside the Landing Zone (0.3)

- a) Gymnast should land the last element in the landing area
- b) The first point of contact with the landing area, should be inside the coloured landing zone (1.5 x 3.0 m)
- c) If the landing area outside the landing zone is touched with any part of the body as first point of contact, there will be a small deduction. Deduction 0.1 per gymnast for touching outside of the landing zone
- d) If first point of contact is completely outside the landing zone, there will be a large deduction. Deduction 0.3 per gymnast for landing outside the landing zone
- e) It is allowed to step outside the landing zone after the initial contact with the landing area

28.2.8 Control in Landing (1.0)

- a) The landing must be controlled with both feet at the same time, but may continue moving in the direction of the tumble (stream) under control
- b) To gain control after landing it is allowed to take one small step ($\leq 60^\circ$ leg separation) or a small rebound from extended legs. Further steps (once balanced) to exit the landing zone are accepted without deduction
- c) Movement of other body parts (e.g. non supportive arm movement) are not deductible.
- d) There is no requirement to place feet together after control has been attained
- e) Deduction 0.1 per gymnast for one large step ($> 60^\circ$ leg separation), or for a large rebound jump (knees flex to maintain upright position), or not landing with both feet at the same time
- f) Deduction 0.2 per gymnast for multiple steps or corrections to gain control
- g) Deduction 0.5 per gymnast for light touching of the mat with hands/knees without supportive weight
- h) Deduction 0.8 per gymnast for falling due to over rotation
- i) Deduction 1.0 per gymnast for falling due to under rotation

28.2.9 Coaches' Actions (1.5)

- a) A compulsory coach standing in is only there to react in case of dangerous situations, not to draw attention to themselves
- b) The coach is there to avoid injury to the gymnasts and not to stop gymnasts from falling over
- c) All supportive actions that touch the gymnast are deductible
- d) Deduction 1.0 per gymnast for support
- e) Deduction 1.5 per gymnast for not acting in a dangerous situation

28.2.10 Streaming (0.1)

- a) Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time however the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element
- b) Deduction 0.1 each time per gymnast for irregular streaming

28.2.11 Jogging Back Together Between Rounds (0.4)

- a) Gymnasts must jog back to the run up after rounds one and two. They must return together
- b) Deduction 0.4 per team for each round for not jogging back
- c) Deduction 0.4 per team for each round for not returning together

28.3 Special Deductions

28.3.1 Running Through (3.0)

- In case a gymnast runs through without performing any valid elements there will be a deduction of 3.0 per gymnast
- No other execution deductions under Art 28.2 and 28.3.2 are taken for the gymnast

28.3.2 Wrong Number of Gymnasts (3.0)

- In case there are too few or too many gymnasts performing there will be a deduction of 3.0 per missing/extra gymnast
- In case there are not the same number of male and female gymnasts in a mixed team, there will be a deduction of 3.0 per missing/extra gymnast
- No other execution deductions under Art 28.2 and 28.3.1 are taken for the extra gymnast

28.4 Summary of Execution Deductions (E panel)

The following table gives a summary of all the possible execution deductions.

Table of Execution Deductions (10.0)	0.1	0.2	0.3 or more
1. Unclear Body Shape in Saltos (0.5) - Hip and knee angle faults - Split, crossed legs - Head or feet error - Arms not close to body/rotation axis	X X X X	X	X
2. Unclear Body Shape for Elements Other than Saltos (0.4) - Arms/shoulder, hip and knee angle faults - Split/crossed legs, head or feet errors - One hand support	X X X	X	
3. Unclear Twisting (0.5) - Initiating the twist too early - Under/over rotation when landing (30°-45°) - Under/over rotation when landing (>45°)	X X	X	X
4. Loss of Momentum (0.3)	X	X	X
5. Incorrect Opening and Landing Positions in Saltos (0.5) - Late opening (90°- 135°) or early opening not kept until horizontal - Late opening (after 135°) or no opening before landing - Not completed twisting at horizontal - Hips/knees bending >90° up to a deep squat at landing	X X X	 X X	 X
6. Too Low Final Salto (0.2)		X	

7. Landing the Last Element Outside the Landing Zone (0.3) - Touching outside of the landing zone - Landing outside the landing zone	X		X
8. Lack of Control in Landing (1.0) - One large step (>60° leg separation), or for a large rebound jump, or not landing with both feet at the same time - Multiple steps or corrections to gain control - Light touching of the mat with hands/knees without supportive weight - Falling due to over rotation - Falling due to under rotation	X	X	0.5 0.8 1.0
9. Coaches' Actions (1.5) - Support - Not acting in dangerous situation			1.0 1.5
10. Irregular Streaming (0.1)	X		
11. Not Jogging Back or Together Between Rounds (0.4) - Not Jogging Back - Not returning together			0.4 0.4
12. Special Deductions (3.0 per gymnast and item) - Running through - Wrong number of gymnasts			3.0 3.0

28.5 Execution Bonus (max 0.1)

- a) Execution Bonus is only rewarded if the following criteria are fulfilled in at least one round:
 - Identical technique, between all gymnasts
 - All landings in that round must be upright and under control
- b) Bonus 0.1 per team on each judge's final E score

28.6 Head Judge (E1) Deductions

E1 deductions taken from the final apparatus score.

28.6.1 Incorrect Timing (0.3)

- a) The time limit is 2 minutes 45 seconds
- b) The timekeeping starts with the music and ends when the last element is performed in the third round
- c) Series performed after the time limit will still be recognized and evaluated
- d) The E2 judge measures the time
- e) HJ deduction for time fault is 0.3 and it will be taken for over timing

28.6.2 Incorrect Music (0.3)

- a) The complete presentation is performed to optional music
- b) The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument (e.g. humming and whistling)
- c) HJ deduction 0.3 for absence of music or music with lyrics

28.6.3 Incorrect Clothing (0.3)

- a) The following will cause deductions for incorrect clothing (other than SJ deductions):
 - Missing competition number (individual gymnast)
 - Loose items (including loose competition numbers)
 - Body painting
- b) HJ deduction for incorrect clothing 0.3 once

28.6.4 Coach Giving Verbal or Visual Instructions (0.3)

- a) Coaches are not allowed to give any visual or verbal instructions for the gymnast during the tumble program. In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, or to talk to an injured gymnast there won't be any deduction
- b) HJ deduction for coach giving instructions is 0.3 once

28.6.5 Wearing Jewellery (0.3)

- a) No jewellery of any kind may be visible on gymnasts or stand-ins according to the Art 4.2.1 and 8.2
- b) HJ deduction 0.3 once

28.6.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

- a) The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the Art 4.2.1 and 8.2
- b) HJ deduction for insecurely fastened or intrusively coloured bandages 0.3 once

28.6.7 Respecting Apparatus or Competition Requirements (0.3/item)

- a) The deduction for not respecting the apparatus or competition requirements is used in the following cases:
- Entering the arena against the competition requirements
 - Marking or extending the run-up with clothes or other things
 - Starting the performance before the green flag/light from the Head Judge (E1)
 - More than one coach in the landing area
 - Coach leaving the landing area/tumble track during the round. If leaving area due to supportive action or injury there is no deduction
- b) HJ deduction for not respecting apparatus/competition requirements 0.3 per item

28.7 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	Deduction
1. Incorrect Timing - Over timing	0.3
2. Incorrect Music - Absence of music - Music with lyrics	0.3 once
3. Incorrect Clothing - Missing competition numbers - Loose items (including loose competition numbers) - Body painting	0.3 once
4. Coach Giving Verbal or Visual Instructions	0.3 once
5. Wearing Jewellery	0.3 once
6. Wearing Insecure or Intrusively Coloured Bandages	0.3 once
7. Not Respecting the Apparatus/Competition Requirements - Entering the arena against the competition requirements - Marking or extending the run-up with clothes or other items - Starting the performance before the green flag/light from E1 - More than one coach in the landing area - Coach leaving the landing area/tumble track	0.3/item

SECTION 10 - TRAMPET

Art 29 Apparatus Requirements

29.1 General

- a) Each team performs three different trampet rounds
- b) The program is performed to music, which must be instrumental without lyrics. The time limit is 2 minutes and 45 seconds
- c) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round
- d) Mixed teams must have the same number of male and female gymnasts performing in each round
- e) All trampet performers must participate in the Floor Program unless excused by the European Gymnastics doctor due to injury (Penalty is disqualification of the team)
- f) The team must jog into the competition arena when the competition organizers direct them. The team lines up at the run up where they wait for the green flag/light. When the team is in position and they get the green flag/light from the Head Judge (E1) the music will begin, and the team may start their program
- g) Marking the run-up with clothes or other things is not allowed. A tape measure will be attached to the floor at the side of the run-up. It will measure distance from the start of the landing area
- h) Once the performance has started there should be no further adjustment of apparatus, unless there is a technical fault
- i) After the first and second rounds, the gymnasts must return by jogging back together
- j) Two coaches (and only two) must be present for safety spotting on the landing mat

29.2 Composition Requirements (2.0)

- a) First Round: All gymnasts perform exactly the same element (Team Round)
- b) Second Round: All gymnasts perform the same element or increase difficulty
- c) Third Round All: gymnasts perform the same element or increase difficulty
- d) At least one round must be performed on the vaulting table
- e) At least one round must be performed without the vaulting table
- f) When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto
- g) The team must show a great variation in the chosen series (see 30.2)

29.3 Difficulty Requirements (Open value)

- a) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts
- b) The difficulty value for all valid basic elements is found in Art 31.4 with additional values for twists in Art 31.5. There are separate allowed basic elements with and without the vaulting table
- c) Triple saltos with blind landing are for safety reasons not recommended and will result in a composition deduction (see Art 30.2.6). A blind landing occurs when the gymnast lands the triple salto in the forward direction (+/-90°)

29.4 Execution Requirements (10.0)

- a) The execution (E) score for each round is calculated by taking deductions from 10.0 points according to Art 32. The execution faults are explained in more detail in the Table of General Faults and Penalties contained in Appendix A6
- b) Bonus (+0.1) can be added to the execution score as explained in Art 32.5

Art 30 Composition

30.1 General

- a) All composition deductions are made under the composition score. The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit
- b) For composition all elements with a credited D value are considered. In the Team Round, this is also the case when a gymnast is not performing the exact same element as the majority
- c) If not otherwise stated all composition requirements are taken into account except when there are less than six gymnasts in the round. In this case, no composition deductions for the missing gymnast are taken under Art 30.2

30.2 Definitions for Composition Deductions

The deduction is shown in brackets, in the header of the following items.

30.2.1 Team Round (0.2 per gymnast)

- a) In the first round every gymnast must perform the exact same element. It is called the Team Round. See Appendix A5 for the recognition of different elements
- b) Deduction 0.2 per gymnast not performing the Team Round

30.2.2 Correct order in 2nd and 3rd Rounds (0.1 per gymnast)

- a) In the second and third rounds, it is allowed to increase the difficulty of each element
- b) The elements must be performed in difficulty order. However, within each round, single saltos must be performed before double saltos and double saltos before triple saltos
- c) Within the single salto, double salto and triple salto sections, the elements are performed in difficulty order
- d) Deduction 0.1 per gymnast not ordered correctly

30.2.3 Repetition of Elements (0.2 per gymnast each time)

- a) If any gymnast performs exactly the same element from another round, there will be a deduction of 0.2 per gymnast each time
- b) This deduction is not used when a gymnast performs the wrong element in the Team Round
- c) The round where the element is performed the most times is free from deduction
- d) Deduction 0.2 per gymnast each time

30.2.4 Twist Requirement (0.2 per gymnast)

- a) Senior teams must perform one round where the gymnasts perform an element with at least 540° twist in saltos (single/double/triple). Note: Tsukahara with 360° twist and Kasamatsu also fulfils this requirement
- b) Junior teams must perform at least one round where the gymnasts perform an element with at least 540° twist in single saltos or at least 180° twist in double or triple saltos
- c) Twist must be performed after hand touch if using the vault
- d) Deduction is based on the round where the twist is performed by the most gymnasts
- e) Deduction 0.2 per gymnast for not fulfilling the twist requirement

30.2.5 Double/Triple Salto Requirement (0.2 per gymnast)

- a) The team must perform at least one round that contains double or triple saltos
- b) Deduction is based on the round where the double/triple is performed by the most gymnasts
- c) Deduction 0.2 per gymnast for not fulfilling the double/triple requirement

30.2.6 Blind Landings in Triple Saltos (0.3 per gymnast each time)

Deduction 0.3 per gymnast and element for performing blind landings in triple saltos.

30.2.7 Round With and Without Vaulting Table (2.0 per team)

- a) The team must perform at least one round with the vaulting table and one round without
- b) Individual gymnasts running through (with or without vault) will not cause this deduction
- c) Deduction 2.0, if round with or round without vaulting table is missing

30.3 Summary of Composition Deductions

Composition Deductions	Deduction
1. Missing Team Round	0.2/gymnast
2. Not Correct Order in 2nd and 3rd Rounds	0.1/gymnast each time
3. Repetition of Elements	0.2/gymnast each time
4. Not Fulfilling Twist Requirement	0.2/gymnast
5. Not Fulfilling Requirement for Double or Triple Saltos	0.2/gymnast
6. Blind Landings in Triple Saltos	0.3/gymnast each time
7. No Round With or Without the Vaulting Table	2.0/team

Art 31 Difficulty (Open value)

31.1 General

- a) The difficulty of each element is open
- b) The difficulty values of the most common valid elements are shown in the Table of Difficulty (Appendix A4). It is allowed to perform elements which do not have a code number or symbol, if the difficulty value can be counted by using the basic element value and add values for twisting

31.2 Forming the Difficulty value

- a) The difficulty value for each round is calculated as the sum of the difficulty values for all gymnasts' individual routines
- b) The difficulty values for the three rounds are averaged and rounded down to the nearest 0.1 for the team's difficulty value
- c) Run through will be re-valued at zero for difficulty
- d) Double and triple saltos are counted from the trampet to landing. Tsukahara, Kasamatsu and handspring salto are considered as double saltos. Double Tsukahara, double Kasamatsu and handspring double salto are considered as triple saltos
- e) The difficulty value in doubles and triples is defined by the least difficult body position adopted by the gymnast. Example – the difficulty value for a double with straight in first salto and pike in second salto will be given the value for a double pike
- f) In case more than six gymnasts perform in a round, the difficulty is based on the elements performed by the first six gymnasts

31.3 Performance Requirements

- a) All elements are re-evaluated on what is actually performed - except in the first round (Team Round). If a gymnast does not perform the exact same element as the majority in the first round the gymnast will be given zero for difficulty
- b) Elements not landing feet first will be valued at zero for the difficulty
- c) Landing on both feet means the sole of the feet. If a gymnast lands, but never shows a recognizable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, it is considered as not landing feet first
- d) Not touching the vault with both hands will result in execution deductions, but will not affect the difficulty (valid element)
- e) Elements performed when the coach deliberately helps the gymnast to achieve the element will be re-valued at zero for the difficulty

31.4 Basic Element Values - Trampet

Group	Basic Element	Value
Group 1 – With vaulting table	¼ on – ¼ off	0.30
	Handspring	0.40
	Handspring ½ on	0.40
	Handspring salto tucked	0.80
	Handspring salto piked	0.90
	Handspring salto straight	1.00
	Handspring double tuck ½ out	1.70
	Handspring double piked ½ out	1.90
	Handspring double straight ½ out	2.10
	Tsukahara tucked	0.80
	Tsukahara piked	0.90
	Tsukahara straight	1.00
	Double Tsukahara tucked	1.60
	Double Tsukahara piked	1.80
	Double Tsukahara straight	2.00
Group 2 – Without vaulting table	Tucked salto	0.10
	Piked salto	0.10
	Straight salto	0.20
	Double salto tucked	0.60
	Double salto piked	0.70
	Double salto straight	0.80
	Triple salto tucked ½ out	1.50
	Triple salto piked ½ out	1.70
	Triple salto straight ½ out	1.90

31.5 Additional Values for Twisting

- 0.1 for each half twist (180°) in single and double saltos
- 0.2 for each half twist (180°) in triple saltos
- 0.1 extra for twisting 1080° and for each further full twist

There are no plans to include quads at the European Championships at this time.

Art 32 Execution (10.0)

32.1 General

- a) The execution score for each round is calculated as the sum of the execution faults (Art 32.2 and 32.3) for all gymnasts' individual routines taken from 10.0
- b) There are requirements on both the aerial phase as well as the landing, which includes height and an extended body position before landing
- c) Each E judge submits a single score that is the average of their three scores (one for each round) rounded to the nearest 0.1
- d) Execution bonus (Art 32.5) 0.1 can be rewarded on each judge's final E score
- e) Head Judge (E1) deductions will be taken from the final Trampet score

32.2 Definitions of Execution Faults

The maximum deduction is shown in brackets, in the header of the following items.

32.2.1 Contact with the Vault (0.6)

- a) Gymnasts must touch the table with both hands, leave the vaulting table in an extended body position through the vertical, and use the vaulting table to achieve a visible lift off the table
- b) Deduction 0.1 per gymnast for leaving the vaulting table too early (angle when leaving the vault outside the 45° to the trampet side)
- c) Deduction 0.2 per gymnast for leaving the vaulting table too late (angle when leaving the vault outside the 30° to the landing zone side)
- d) Deduction 0.1-0.2 per gymnast for not leaving the vaulting table with extended body position
- e) Deduction 0.2 per gymnast for not having straight arms when leaving the vaulting table
- f) Deduction 0.6 per gymnast for not touching the vaulting table with both hands

32.2.2 Body Shape (0.5)

- a) Tucked, piked and straight body positions must be performed with clear and defined body shape, with feet and legs kept together, as well as feet pointed. Arms close to the body
- b) Maximum shape deductions are for the whole jump and not per salto
- c) Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults
- d) Deduction 0.1 per gymnast/element for split/crossed legs
- e) Deduction 0.1 per gymnast/element for head or feet errors
- f) Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists

32.2.3 Twisting (0.5)

- a) The take-off phase must be clearly shown, and the twist must be completed before landing
- b) Deduction 0.1 or 0.2 per gymnast/element for initiating the twist too early
- c) Deduction 0.1 per gymnast/element for under/over rotation of the twist 30°–45° at the landing
- d) Deduction 0.3 per gymnast/element for under/over rotation of the twist >45° at the landing

32.2.4 Height of the Salto (0.2)

- a) The salto must be performed at appropriate height
- b) The salto can be performed without vaulting table or with vaulting table (Tsukahara, Kasamatsu, Handspring salto)
- c) Deduction 0.2 per gymnast for too low salto

32.2.5 Opening and Landing Positions (0.5)

- a) Before landing the gymnast must show an extended body position. Preparation for landing is allowed after horizontal (90° from vertical)
- b) Deduction 0.1 per gymnast for late opening (>90° - 135° from vertical) or early opening not kept until horizontal
- c) Deduction 0.2 per gymnast for opening after 135° from vertical or no opening before landing
- d) Twisting must be completed by horizontal. Deduction 0.1 per gymnast for twisting not completed at horizontal
- e) The body position at landing must be upright. Some bending of the knees ($\leq 90^\circ$) and some bending at the hips ($\leq 90^\circ$) is allowed to absorb the landing force. Deduction 0.1 – 0.3 per gymnast at landing for hips/knees bending >90° up to a deep squat

32.2.6 Landing zone (0.3)

- a) The first point of contact with the landing area, should be inside the coloured landing zone (1.5 x 3.0 m)
- b) If the landing area outside the landing zone is touched with any part of the body as first point of contact, there will be a small deduction. Deduction 0.1 per gymnast for touching outside of the landing zone
- c) If first point of contact is completely outside the landing zone, there will be a large deduction. Deduction 0.3 per gymnast for landing outside the landing zone. Deduction 0.3 per gymnast for landing outside the landing zone
- d) It is allowed to step outside the landing zone after the initial contact with the landing area

32.2.7 Control in Landing (1.0)

- a) The landing must be controlled with both feet at the same time, but may continue moving in the direction of stream under control
- b) To gain control after landing it is allowed to take one small step ($\leq 60^\circ$ leg separation) or a small rebound from extended legs. Further steps (once balanced) to exit the landing zone are accepted without deduction
- c) Movement of other body parts (e.g. non supportive arm movement) are not deductible
- d) There is no requirement to place feet together after control has been attained
- e) Deduction 0.1 per gymnast for one large step ($> 60^\circ$ leg separation), or for a large rebound jump (knees flex to maintain upright position), or not landing with both feet at the same time
- f) Deduction 0.2 per gymnast for multiple steps or corrections to gain control
- g) Deduction 0.5 per gymnast for light touching of the mat with hands/knees without supportive weight
- h) Deduction 0.8 per gymnast for falling due to over rotation
- i) Deduction 1.0 per gymnast for falling due to under rotation

32.2.8 Coaches' actions (1.5)

- a) Compulsory coaches standing in are only there to react in case of dangerous situations and not to draw attention to themselves
- b) The coaches are there to avoid serious injury to the gymnasts and not to stop gymnasts from falling over
- c) All supportive actions that touch the gymnast are deductible
- d) Deduction 1.0 per gymnast for support
- e) Deduction 1.5 per gymnast for not acting in a dangerous situation

32.2.9 Streaming (0.1)

- a) Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time
- b) Deduction 0.1 each time per gymnast for irregular streaming

32.2.10 Jogging Back Together Between Rounds (0.4)

- a) Gymnasts must jog back to the run up after rounds one and two
- b) Gymnasts must return together
- c) Deduction 0.4 per team for each round for not jogging back
- d) Deduction 0.4 per team for each round for not returning together

32.3 Special Deductions

32.3.1 Running Through (3.0)

- In case a gymnast runs through without performing any valid elements there will be a deduction of 3.0 per gymnast
- No other execution deductions under Art 32.2 and 32.3.2 are taken for the gymnast

32.3.2 Wrong Number of Gymnasts (3.0)

- In case there are too few or too many gymnasts performing there will be a deduction of 3.0 per missing/extra gymnast
- In case there are not the same number of male and female gymnasts in a mixed team, there will be a deduction of 3.0 per missing/extra gymnast
- No other execution deductions under Art 32.2 and 32.3.1 are taken for the extra gymnast

32.4 Summary of Execution Deductions (E panel)

The following table gives a summary of all the possible execution deductions.

Execution Deductions (10.0)	0.1	0.2	0.3 or more
1. Contact with the Vault (0.6) - Not being vertical (-45° - +30° from the vertical line) - Not leaving the vaulting table in an extended body position - Not having straight arms - Not touching the vault with both hands	X X	X X X	0.6
2. Unclear Body Shape (0.5) - Hip and knee angle faults - Split, crossed legs - Head or feet error - Arms not close to body/rotation axis	X X X X	X	X
3. Unclear Twisting (0.5) - Initiating the twist too early - Under/over rotation when landing (30°-45°) - Under/over rotation when landing (>45°)	X X	X	X
4. Too Low salto		x	
5. Incorrect Opening and Landing Positions (0.5) - Late opening (90° - 135°) or early opening not kept until horizontal - Late opening (after 135°) or no opening before landing - Not completed twisting at horizontal - Hips/knees bending >90° up to a deep squat at landing	X X X	X	X

6. Landing outside the Landing Zone (0.3) - Touching outside of the landing zone - Landing outside the landing zone	X		X
7. Lack of Control in Landing (1.0) - One large step (>60° leg separation), or for a large rebound jump, or not landing with both feet at the same time - Multiple steps or corrections to gain control - Light touching of the mat with hands/knees without supportive weight - Falling due to over rotation - Falling due to under rotation	X	X	0.5 0.8 1.0
8. Coaches' Actions (1.5) - Support - Not acting in dangerous situation			1.0 1.5
9. Irregular Streaming (0.1)	X		
10. Not Jogging Back or Together Between Rounds (0.4) - Not Jogging Back - Not returning together			0.4 0.4
11. Special Deductions (3.0 per gymnast and item) - Running through - Wrong number of gymnasts			3.0 3.0

32.5 Execution Bonus (max 0.1)

- a) Execution Bonus is only rewarded if the following criteria are fulfilled in at least one round
 - Identical technique, between all gymnasts
 - All landings in that round must be upright and under control
- b) Bonus 0.1 per team on each judge's final E score

32.6 Head Judge (E1) Deductions

E1 deductions taken from the final Apparatus score.

32.6.1 Incorrect Timing (0.3)

- a) The time limit is 2 minutes 45 seconds
- b) The timekeeping starts with the music and ends when the last element is performed in the third round
- c) Series performed after the time limit will still be recognized and evaluated
- d) E2 judge measures the time
- e) HJ deduction for time fault is 0.3 and it will be taken for over time

32.6.2 Incorrect Music (0.3)

- a) The complete presentation is performed to optional music
- b) The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument (e.g. humming and whistling)
- c) HJ deduction 0.3 for absence of music or music with lyrics

32.6.3 Incorrect Clothing (0.3)

- a) The following will cause deductions for incorrect clothing (other than SJ deductions):
 - Missing competition numbers (individual gymnast)
 - Loose items (including loose competition numbers)
 - Body painting
- b) HJ deduction for incorrect clothing 0.3 once

32.6.4 Coach Giving Verbal or Visual Instructions (0.3)

- a) Coaches are not allowed to give any visual or verbal instructions for the gymnast during the trampet program
- b) In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, or to talk to an injured gymnast there won't be any deduction
- c) HJ deduction for coach giving instructions is 0.3 once

32.6.5 Wearing Jewellery (0.3)

- a) No jewellery of any kind may be visible on gymnasts or stand-ins according to the Art 4.2.1 and 8.2
- b) HJ deduction 0.3 once

32.6.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

- a) The bandages (including joint supports) must be securely fastened and of a non- intrusive colour according to the Art 4.2.1 and 8.2
- b) HJ deduction for insecurely fastened or intrusively coloured bandages 0.3 once

32.6.7 Respecting Apparatus/Competition Requirements (0.3 per item)

- a) The deduction for not respecting the apparatus or competition requirements is used in the following cases:
- Entering the arena against the competition requirements
 - Marking or extending the run-up with clothes or other items
 - Starting the performance before the green flag/light from the Head Judge (E1)
 - More than two coaches in the landing area
 - Both coaches leaving the landing area during the round. If leaving area due to supportive action or injury there is no deduction
- b) HJ deduction for not respecting apparatus or competition requirements 0.3 per item

32.7 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	Deduction
1. Incorrect Timing - Over timing	0.3
2. Incorrect Music - Absence of music - Music with lyrics	0.3 once
3. Incorrect Clothing - Missing competition numbers - Loose items (including loose competition numbers) - Body painting	0.3 once
4. Coach Giving Verbal or Visual Instructions	0.3 once
5. Wearing Jewellery	0.3 once
6. Wearing Insecure or Intrusively Coloured Bandages	0.3 once
7. Not Respecting the Apparatus/Competition Requirements - Entering the arena against the competition requirements - Marking or extending the run-up with clothes or other items - Starting the performance before the green flag/light from E1 - More than two coaches in the landing area - Both coaches leaving the landing area	0.3/item



PART IV

THE APPENDICES

PART IV - THE APPENDICES

- A1 Floor - Table of Difficulty**
- A2 Floor - Summarised Execution Faults**
- A3 Tumble - Table of Difficulty**
- A4 Trampet - Table of Difficulty**
- A5 Tumble and Trampet - Element Recognition**
- A6 Tumble and Trampet - General Faults and Penalties**

Appendix A1

Floor - Table of Difficulty

To get the Difficulty value for the element it must fulfil all the difficulty requirements for the specific element

1 Balances

The text contains the definition of the element and the picture is a guideline

1.1 A Dynamic Balances - Pirouettes

The Pirouette must be performed on one foot, on toes. The turn must not be done by jumping, but a slight hop to maintain balance during the pirouette is allowed. The rotation must be totally fulfilled, measured at the hips. The tolerance for any under or over rotation at the start and/or the end of an element is 45° in total.

Optional placement of the free leg and arms. The free leg can be straight or bent but must be same for the whole team. The position of the supporting leg, bent/straight, does not change the DV, but must be the same for the whole team. The number of turns and height of the free leg define the value of the element.

















A pirouette starts when the free leg and the heel is lifted from the ground and is finished when the rotation is over, the heel of the supporting leg touches the floor or the free leg touches the floor.

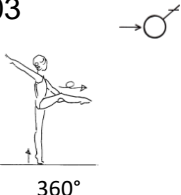
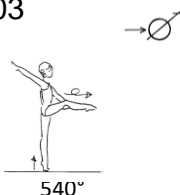
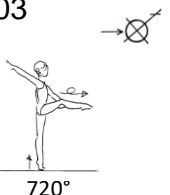
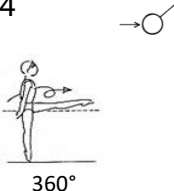
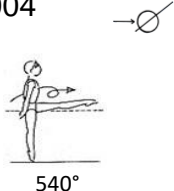
The body shape must be correct, no leaning/arching (15° tolerance). The leg separation requirement must be fulfilled (15° tolerance) and the free leg must be held in the correct position for at least ¾ of the rotation. Showing additional flexibility does not affect the difficulty value. All gymnasts must start the turn facing the same direction, according to the choreography.

No need to perform pirouettes with the same leg.

A forward pirouette means turning in the same direction to the supporting leg.

A backward pirouette means turning in the opposite direction to the supporting leg.

Pirouettes	0.2	0.4	0.6	0.8	1.0
Forwards	DB201   360°		DB601   540°	DB801   720°	DB1001   900°
Backwards	DB202   360°		DB602   540°	DB802   720°	DB1002   900°

Pirouettes continued	0.2	0.4	0.6	0.8	1.0
<p>Forwards Free leg with hand support 90°. When the free leg is bent the heel is used to define the angle to the hip.</p>		<p>DB403 </p> <p>360°</p>		<p>DB803 </p> <p>540°</p>	<p>DB1003 </p> <p>720°</p>
<p>Forwards Free leg without hand support 90°. When the free leg is bent the heel is used to define the angle to the hip.</p>			<p>DB604 </p> <p>360°</p>		<p>DB1004 </p> <p>540°</p>

1.1 B Dynamic Balances - Power Elements

Handstand as a starting or ending position must have straight arms (45° tolerance), straight legs together (15° tolerance) and straight hips.



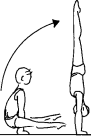
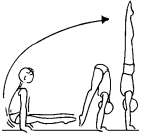
There must be a controlled and continuous movement showing dynamic strength. The movement must be performed by using muscle power, not by the gravity (not too fast lowering).

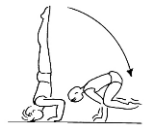


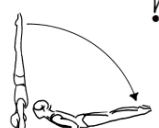
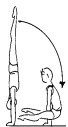





No pause ≥3 sec allowed. No fall or more than one step allowed. E.g. in lowering from the handstand to straddle pike sitting must be slower than just gravity taking the gymnast down.

Starting and ending positions must be clearly visible, but do not need be held for two seconds. All gymnasts perform the same power element with arms and legs in the same position.

The body position must be according to the definition of the element, e.g. straight arms and legs together when required.





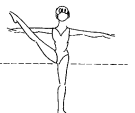







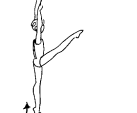
No supportive weight on the legs during the power elements.

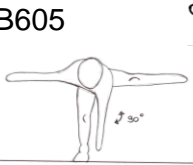
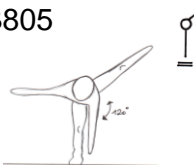
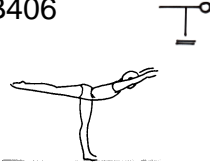
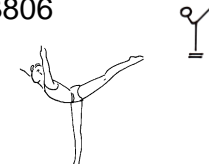
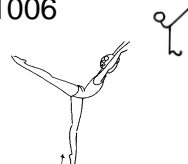
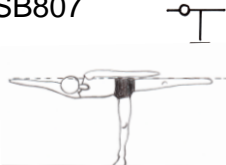
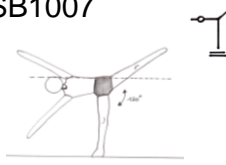
Power Elements	0.2	0.4	0.6	0.8	1.0
Press up to handstand With split legs (DB805). Starting position is optional.				DB805 	
Press up to handstand With straight legs together (DB1006). Starting position is optional.					DB1006 
Press up to handstand from straddle pike sitting support From a straddle pike sitting support press to handstand with straight legs.					DB1007 
Press up to handstand from pike sitting support From a pike sitting support press to handstand. Bending legs in the first part is allowed, after passing the hands, press to handstand is performed with straight legs together or straight split legs.					DB1008 

Power Elements continued	0.2	0.4	0.6	0.8	1.0
Headstand to planche From a controlled headstand, body straight, lowering to a planche on elbows. Legs together and straight (not in DB409).		DB409  headstand to frog	DB609  headstand to planche		
From handstand to support From a controlled handstand, to a "frog"/ a planche (body straight) on elbows/ a planche with straight arms. Legs straight (not in DB610). Legs may be separated.			DB610  handstand to frog		DB1010  handstand to planche
From handstand to straddle pike or pike sitting support Lowering from handstand to straddle pike/ pike sitting support. Legs must be straight the whole way.				DB811 	DB1011  legs together
Circles The turn is measured from the legs. The tolerance for any under or over rotation at the start and/or the end of an element is 45° in total. Legs and feet must be off the ground.			DB612  double leg circles 1 round	DB812  double leg circles ≥2 rounds	DB1012  flared leg circles 2 rounds
Russian wendel-swing The full turn (360°) is measured from the shoulders. The tolerance for any under or over rotation at the start and/or the end of an element is 45° in total. Legs and feet must be off the ground.					DB1013 

1.2 Standing Balances

There must be a recognised shape when performing balances on one leg. The whole body must be held in a static position for at least two seconds without any additional choreographed movements. In case the body or part of the body like an arm is moving slightly, but the elevated leg is kept in the required position and the supporting leg is not moving, the difficulty is still given. Leg separation and legs straight (not applicable to lifted leg in SB404) requirements need to be fulfilled (15° tolerance). Showing additional flexibility does not affect the difficulty value. For upright body position the tolerance is 30°. For straight body position the tolerance is 20°. For horizontal body position the tolerance is 15°. When the free leg is bent (forward/side) the heel is used to define the angle to the hip. If not otherwise mentioned the placement of arms is optional for the team. The supporting leg needs to be straight (15° tolerance). The body position must be according to the definition of the element, e.g. upright body position, upper body at horizontal, straight body position, straight legs and standing on tiptoes when required.

Standing Balances	0.2	0.4	0.6	0.8	1.0
Side balance with help of hand Free leg on the side with help of hand. Body in upright position. Leg separation/tiptoes position defines the element. SB1001: holding the free leg is optional (one hand, two hands, arm)			SB601  120°	SB801  120° on tiptoes	SB1001  180°
Side balance without help of hands Free leg on the side without help of hand. Body in upright position. Leg separation/ tiptoes position defines the element.		SB402  90°		SB802  120°	SB1002  120° on tiptoes
Frontal balance Free leg in front with help of hand/hands. Leg separation/ tiptoes position defines the element.			SB603  120°	SB803  120° on tiptoes	
Frontal balance Free leg in front without help of hand/ hands. Leg separation/ tiptoes position defines the element. In SB404 the toe is placed on the knee.	SB204  90°	SB404  on tiptoes	SB604  90° on tiptoes	SB804  120°	SB1004  120° on tiptoes

Standing Balances continued	0.2	0.4	0.6	0.8	1.0
<p>Side balance Upper body at horizontal, free leg to the side. Heel defines the angle to the hip. Leg separation defines the element.</p>			<p>SB605</p>  <p>90°</p>	<p>SB805</p>  <p>120°</p>	
<p>Scale Upper body must be horizontal or above. Leg separation/tiptoes position defines the element.</p>		<p>SB406</p>  <p>90°</p>		<p>SB806</p>  <p>120°</p>	<p>SB1006</p>  <p>120° on tiptoes</p>
<p>Scale sideways without help of hand Upper body must be horizontal (body position is measured from the upper side of the torso, 15° tolerance) In SB807 the upper body and the leg must stay in the frontal plane. Leg separation defines the element (measured from the heel). The hip must be extended, upper body not twisted. (15° tolerance)</p>				<p>SB807</p>  <p>90°</p>	<p>SB1007</p>  <p>120°</p>



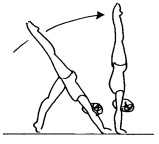










1.3 Hand Supportive Balances







In a hand supportive balance, the body is held in a static position for at least two seconds. Only the hands are touching the floor (except in headstand HB201 and forearm balance HB601). There must be a recognised shape without any additional movement. The hip angle, straight legs and leg separation/legs together requirement must be fulfilled (15° tolerance). Showing smaller hip angle does not affect the difficulty value. Body must be straight according to the definition of the element (30° tolerance). The body line must be horizontal according to the definition of the element (20° tolerance).

In case the body or part of the body like the legs are moving slightly, but the hands are not moving, the difficulty is still given.

Leaning on the arms is not allowed in pike sitting supports where the legs are lifted over the horizontal level.

In handstand HB1001, the team need to have the legs in the same position and above hip level. No need to have straight legs together.

Hand Supportive Balances	0.2	0.4	0.6	0.8	1.0
Headstand/Handstand In HB201 head is allowed on floor, straight legs together. In HB601 no leaning on head, straight legs together. In HB1001 the arms must be straight (45° tolerance) and the placement of legs must be the same for the whole team and above hip level.	HB201 		HB601 		HB1001 
Planche on elbows/straight arms, legs separated Straight legs (except HB202). Leg separation 45°. The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal (not in HB202). When performing HB802, arms must be straight (15° tolerance).	HB202 	HB402 		HB802 	
Planche on elbows/straight arms, legs together Straight legs together (except HB403). The body is supported on both hands (except HB403) on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line horizontal. When performing HB1003, arms must be straight (15° tolerance).		HB403 	HB603 		HB1003 
Straddle pike sitting-support Straight legs. Hands placed in front or back (HB404) or front and back (HB204), leg separation 45°. Leaning on arms is not allowed when legs are lifted higher than parallel to the floor. Both hands are placed at the side of the body, close to the hips. Body is supported with only the hands in contact with the floor.	HB204 	HB404 	HB604  45°	HB804  90°	

Hand Supportive Balances continued	0.2	0.4	0.6	0.8	1.0
<p>Pike sitting- support Straight legs together. When legs are lifted higher than parallel to the floor no leaning on the arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported only with the hands in contact with the floor.</p>		<p>HB405 </p> 		<p>HB805 </p>  <p>45°</p>	<p>HB1005 </p>  <p>90°</p>

2 Jumps (incl. Leaps and Hops)

The text contains the definition of the element and the picture is a guideline

A recognised body shape (position) must be shown in the air. E.g. straight arms and legs, straight shoulder angle and correct body line when required.

The shape during flight, twisting and landing must be according to the definition of the element. If not otherwise mentioned, the placement of the twist is optional, but all gymnasts must perform the same variation.

The leg separation/legs together and hip angle (15° tolerance). The tolerance for any under or over rotation at the start and/or the end of an element is 45° in total. Showing additional flexibility or smaller hip/knee angles does not affect the difficulty value. In the take-off and landing, the hip defines the degree of the turn/twist.

The whole team must perform the same jump with arms and legs in the same position. If not otherwise mentioned, the placement of arms is optional for the team.

When landing in front laying support the body must be horizontal before landing (20° tolerance). That means that shoulders, hips and heels are all on the same level.









When performing with the foot at shoulder/head height, the lowest part of the foot defines height. The whole foot (both heel and toes) must be at the required height.





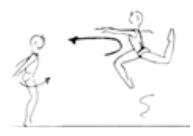


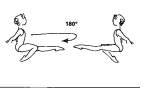

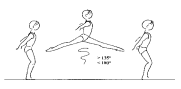
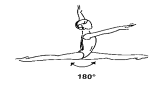
No more than three steps (walking or running) are allowed before any jump, according to the choreography.

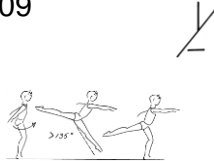


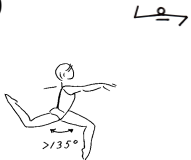
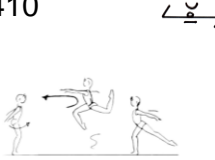

In jumps with twists all gymnasts must start the jump facing the same direction, according to the choreography. (Valid only in jumps, not in leaps and hops).










2.1 Jumps


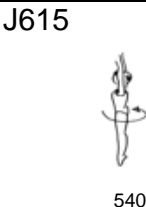



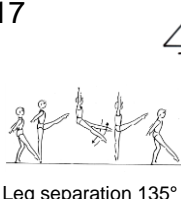
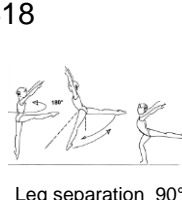


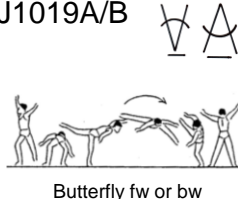
A Jump takes off from two feet and lands on two feet (a) or lands on one foot (b) or in front laying support c).

2.1 A Jumps starting and ending with 2 feet	0.2	0.4	0.6	0.8	1.0
Stretched jump with twisting Straight body during the flight. Twist finished in the air. Placement of arms is optional.		J401  360°	J601  540°	J801  720°	
Tuck jump with twisting Tucked position (hip and knee angle 90°, 15° tolerance) visible during the jump. Twist completed in the air. Placement of arms is optional.				J802  360°	J1002  540°
Straddle pike jump with or without twisting Leg separation 135° and clear pike 90° (15° tolerance in leg separation and hip angle) legs straight without a kick.			J603  180°	J803  360°	J1003  360°




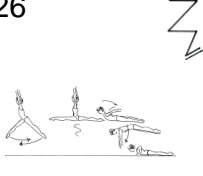
Jumps 2.1 A continued	0.2	0.4	0.6	0.8	1.0
Sheep jump Head back. Height of the feet defines the jump. Legs may be separated. No tolerance in feet high.				J804  Feet at shoulder height	J1004  Feet at head height
Sheep jump twisted The feet must reach the shoulder height somewhere during the jump. No tolerance in height of feet. Twist must be performed during the flight.					J1005  Twist 180°
Double stag jump with or without twisting Right 'stag'-position must be visible during the jump: both legs bent 90°, leg separation 135° (15° tolerance), height of the rear foot or twists defines the element. No tolerance in foot high. The turn must be fulfilled during the flight.	J206 	J406  180°			J1006  Double stag ring Foot at head height
Wolf jump with or without twisting One leg extended, other tucked. Hip and bent knee angles 90° (15° tolerance). When twisting, the turn must be performed during the flight.	J207 	J407  180°		J807  360°	
Split jump In J408 and J1008 both legs must be straight, no kick. Leg separation defines the jump.		J408  Leg separation 135°			J1008  Leg separation 180°


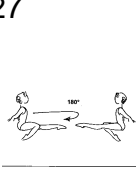




2.1 B Jumps starting with 2 feet and ending on one foot	0.2	0.4	0.6	0.8	1.0
Sissone Front leg minimum at 45° (no tolerance). In J1009 A/B no tolerance in foot high.		J409  Leg separation 135°		J809  Leg separation 180°	J1009 A/B  Foot at head height J1009A without twist J1009B with 180° twist
Double stag jump with or without twisting Right 'stag'-position must be visible during the jump: both legs bent 90°, leg separation 135° (15° tolerance), height of the rear foot or twists defines the element. No tolerance in foot high. The turn must be fulfilled during the flight.	J210 	J410  180°			J1010  Double stag ring Foot at head height

2.1 C Jumps ending in front laying support	0.2	0.4	0.6	0.8	1.0
<p>Tuck jump with or without twisting to front laying support Tucked position (hip and knee angle 90°, 15° tolerance) visible during the jump. When twisting 180° turn must be completed before tucked position. When twisting 360° or more turn must be ready before landing. Body must be horizontal before landing.</p>		<p>J411</p> 	<p>J611</p>  <p>180°</p>	<p>J811</p>  <p>360°</p>	
<p>Shushunova with or without twisting Leg separation 135° and clear pike 90° (15° tolerance in leg separation and hip angle) before landing in front laying support. Body must be horizontal before landing. When twisting the turn must be performed during the flight.</p>			<p>J612</p> 	<p>J812 A/B</p>  <p>J812A=180° J812B=360°</p>	
<p>Pike jump to front laying support with or without twisting Clear pike 90° (15° tolerance) before landing in front laying support, straight legs together. Body must be horizontal before landing. When twisting, the turn must be performed during the flight.</p>			<p>J613</p> 	<p>J813 A/B</p>  <p>J813A= twist 180° J813B= twist 360°</p>	
<p>Split jump landing to front laying support Legs must be straight, no kick. Leg separation defines the jump. Body must be horizontal before landing.</p>			<p>J614</p>  <p>Leg separation 135°</p>	<p>J814</p>  <p>Leg separation 180°</p>	

2.2 Leaps A Leap takes off from one foot and lands on the other (a) or both feet (b) or front laying support (c) (exceptions: switch leaps in rows 23 and 24)					
2.2 A Leaps starting on one foot and landing on the other	0.2	0.4	0.6	0.8	1.0
Stretched hop with twisting Body straight during the flight. Twist finished in the air. Placement of arms is optional.		J415  360°	J615  540°		
Cat leap twisting Bent legs. Leg change during the flight. Thighs must be horizontal (no tolerance) somewhere during the flight. The turn must be fulfilled in the air.			J616  360°	J816  540°	J1016  720°
Scissors leap Straight legs. Leg change during the flight. First leg must reach horizontal (no tolerance).			J617  Leg separation 135°		
Scissors leap 180° (Entrelacé) Straight legs. Leg change during the flight. First leg must reach horizontal (no tolerance). Twisting during the flight. Leg separation after the turn defines the element.		J418  Leg separation 90°		J818  Leg separation 135°	J1018  Leg separation 180°
Butterfly legs separated, upper body at horizontal, legs above horizontal level (no tolerance) A stomach upwards B stomach downwards					J1019A/B  Butterfly fw or bw

Leaps 2.2 A continued		0.2	0.4	0.6	0.8	1.0
<p>Double stag leap Right 'stag'-position must be visible during the leap: both legs bent 90°, leg separation 135° (15° tolerance), height of the rear foot or twists defines the element. No tolerance in foot high.</p>		<p>J420</p>			<p>J820</p> <p>Double stag ring Foot at head height</p>	
<p>Split leap to straddle pike position with twisting Leg separation 135°, clear pike 90° and legs straight without a kick.</p>			<p>J621</p> <p>Leg separation 135° twist 90°</p>	<p>J821</p> <p>Leg separation 135° twist 180°</p>		
<p>Split leap forward In J222, J422 and J822 both legs must be straight, no kick. Leg separation defines the leap. In J1022 horizontal ring-leap: first leg straight and horizontal, foot at shoulder level or higher (no tolerance).</p>	<p>J222</p> <p>Leg separation 90°</p>	<p>J422</p> <p>Leg separation 135°</p>		<p>J822</p> <p>Leg separation 180°</p>	<p>J1022</p> <p>Leg separation 180°</p>	
<p>Switch leap In J623 and J823 both legs must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. In J1023 first leg must be straight. Foot must be at shoulder level or higher (no tolerance).</p>			<p>J623</p> <p>Leg separation 135°</p>	<p>J823</p> <p>Leg separation 180°</p>	<p>J1023</p> <p>Foot at shoulder height leg separation 180°</p>	
2.2 B Leaps landing on 2 feet		0.2	0.4	0.6	0.8	1.0
<p>Switch leap twisting Both legs must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Twist must be finished during the flight.</p>			<p>J624</p> <p>Leg separation 135° twist 90°</p>	<p>J824</p> <p>Leg separation 135° twist 180°</p>	<p>J1024</p> <p>Leg separation 180° twist 180°</p>	

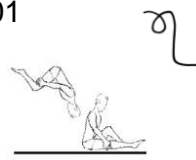
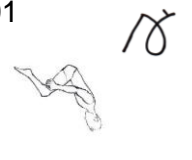

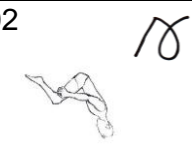
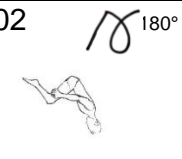
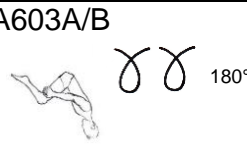

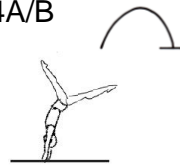

2.2 C Leaps starting with one leg and landing in front laying support	0.2	0.4	0.6	0.8	1.0
Split leap forward landing to front laying support Legs must be straight, no kick. Leg separation defines the value of the leap. Body must be horizontal before landing.			J625  Leg separation 135°	J825  Leg separation 180°	
Switch leap to front laying support Both legs must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Body must be horizontal before landing.			J626  Leg separation 135°	J826  Leg separation 180°	

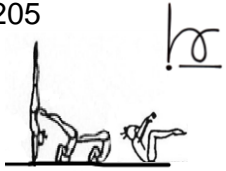
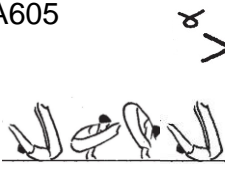
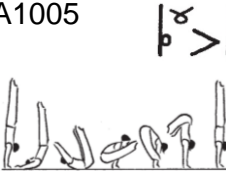
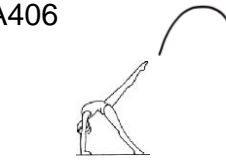
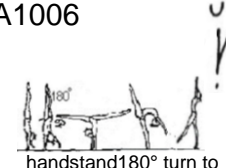
2.3 Hops A Hop takes off from one foot and lands on the same					
	0.2	0.4	0.6	0.8	1.0
Wolf hop with or without twisting One leg extended, other tucked. Hip and bent knee angles 90° (15° tolerance). When twisting, the turn must be performed during the flight.	J227 	J427  180°			J1027  360°
Stretched hop with twisting Body straight during the flight. Twist finished in the air. Placement of arms is optional.				J828  360°	J1028  540°
Tuck hop with twisting Tucked position (hip and knee angle 90°, 15° tolerance) visible during the jump. Twist finished in the air. Placement of arms is optional.					J1029  360°

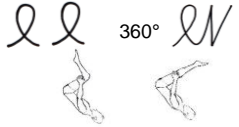




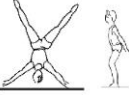



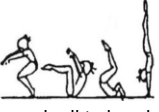




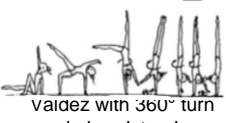
3 Acrobatic Elements


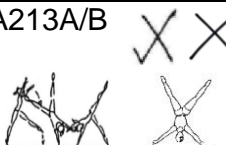
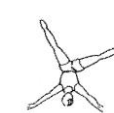
The text contains the definition of the element and the picture is a guideline




Acrobatic elements must comply with norms of TeamGym. Arms, legs and shoulder angle must be straight when required. Body shape must be according to the elements definition. Different landing positions are allowed as long as they are feet first (in absence of any other description). In elements with a twist the tolerance is 45° from the nominal twist rotation. Some elements have different variations (A/B/C). No more than three steps (walking or running) are allowed before any difficulty element, according to the choreography. In elements with turns in handstand the team needs to show the handstand (with straight arms, straight hips and straight legs together) before turning. When turning, legs can be separated (above hip level, whole team the same position). There is no need for the team to perform the turn to the same direction. The turn is measured at the hips, 45° tolerance.

3.1 Forward Elements	0.2	0.4	0.6	0.8	1.0
<p>Forward saltos from one foot to one foot exception: A601 - landing in sitting position</p> <p>In A601 the landing in sitting position must be with hands and foot before any other part of the body.</p>			<p>A601 </p> <p>sitting salto</p>	<p>A801 </p> <p>tucked salto fw</p>	<p>A1001 </p> <p>piked salto</p>
<p>Forward saltos from one foot to two feet</p>				<p>A802 </p> <p>tucked salto fw</p>	<p>A1002 </p> <p>tucked salto fw.</p>
<p>Forward saltos from 2 feet</p> <p>A version: from two feet to two feet B version: from two feet to two feet with half twist</p>			<p>A603A/B </p> <p>tucked salto/ tucked salto 180°</p>	<p>A803A/B </p> <p>piked salto/ piked salto 180°</p>	
<p>Forward handspring elements A version: from one foot to one foot B version: from one foot to two feet</p>			<p>A604A/B </p> <p>handspring</p>		<p>A1004 </p> <p>free handspring</p>

Forward Elements 3.1 continued	0.2	0.4	0.6	0.8	1.0
<p>Forward roll elements Bending arms when rolling is optional for the team.</p> <p>In A605 and A1005: Feet must not touch the floor. Momentum from the forward roll is used all the way through the element. (no stop, no head on the floor)</p>	<p>A205</p>  <p>handstand to forward roll</p>		<p>A605</p>  <p>endo roll</p>		<p>A1005</p>  <p>endo roll to handstand</p>
<p>Forward walkover elements</p>		<p>A406</p>  <p>walk over forwards</p>			<p>A1006</p>  <p>handstand 180° turn to walk over fw</p>

3.2 Backward Elements	0.2	0.4	0.6	0.8	1.0
Backward saltos take-off and landing on two feet A version: tucked/straight salto without twisting B version: tucked/straight salto with full twist C version: piked salto			A607A/B/C  Tucked/piked salto bw		A1007A/B  Straight salto bw
Backward gainer saltos A608 and A808: take-off from 1 leg, landing on 2 legs A1008: take-off from one leg, landing on the other leg			A608  Gainer salto tucked	A808  Gainer salto piked	A1008  Gainer layout
Backward elements A609 passes through handstand to finish in front support. In A809 take-off is from one leg to land on the other leg	A209  Roundoff	A409  Flic flac	A609  Flic flac to front support	A809  Gainer flic flac	
Backward roll elements Elbow flexion is optional.		A410  Backward roll to handstand		A810  Bw roll to handstand with 180° turn	A1010  Bw roll to handstand with 360° turn
Backward walkover elements		A411  Walk over bw	A611  Walk over bw from sitting (valdez)		A1011  valdez with 360° turn in handstand

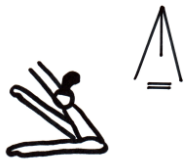
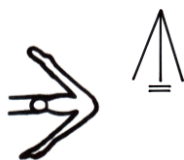
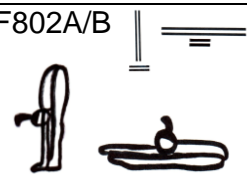
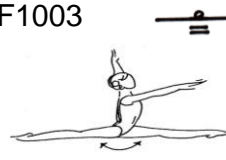
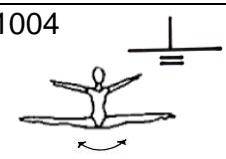
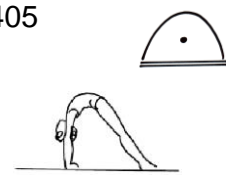
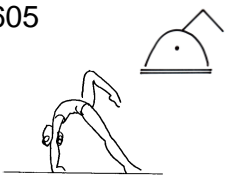
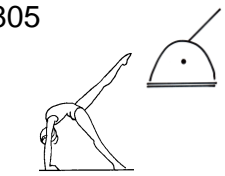
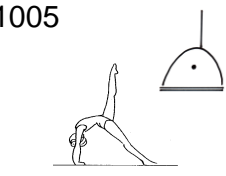
3.3 Sideways Elements	0.2	0.4	0.6	0.8	1.0
Sideways salto					A1012  Sideways salto
Sideways elements A version: cartwheel with one hand B version: cartwheel with two hands	A213A/B  Cartwheel with one or two hands				A1013  Free cartwheel

3.4 Mixed Elements	0.2	0.4	0.6	0.8	1.0
Mixed walkover elements			A614  Walk over fw - bw (tic toc)		A1014  Walk over bw with 180° turn to walkover fw
Mixed elements					A1015  Flic flac with 180° twist to handstand with walkover fw or to handspring

4 Flexibility Elements

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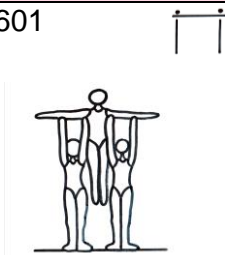
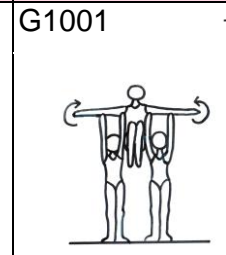
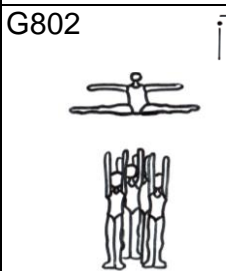
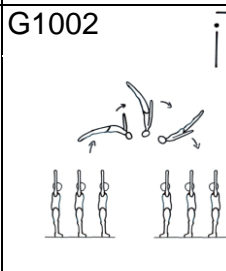
All gymnasts of the team have to do the same flexibility element, which must be performed at the same time according to the choreography. In the flexibility element, the position must be clearly shown, but does not have to stay still. The legs must be straight and the leg separation requirement must be fulfilled (15° tolerance). Showing additional flexibility or smaller hip/knee angles does not affect the difficulty value. The upper body fold requirement must be totally fulfilled, no tolerance.

Flexibility elements	0.2	0.4	0.6	0.8	1.0
Straddle pike sitting fold leg separation must be at least 90° F401: upper body folded 45° F801: upper body folded all the way down, chest on the floor		F401  Japana 45°		F801  Japana	
Piked fold A version: Standing B version: Sitting In piked fold the chest/shoulders must touch straight legs. Legs must be together (15° tolerance).				F802A/B  Standing/sitting pike fold	
Split with 180° leg separation The position of the upper body is optional for the team.					F1003  180° Split
Side Split with 180° leg separation The position of the upper body is optional for the team.					F1004  180° Side split
Bridge Position and angle of the free leg defines the element. Shoulders must be at least on top of the hands (as defined by a vertical straight line through the centre of the shoulders). No tolerance in free leg height.		F405 	F605  Thigh vertical	F805  Leg 45° from vertical	F1005  Leg vertical

5 Group Elements

The text contains the definition of the element and the picture is only for an example

All gymnasts of the team have to take part in the group element and play an active role in either a visible lift off the floor or a throw which can be done together with the whole team or in groups of at least 3 gymnasts. The group element must be performed at the same time according to the choreography, in groups or as a whole team. Different groups must perform group elements with the same code number but the elements do not need to be the same. Rotations and twists are always in reference to the gymnast(s) being lifted or thrown. (no tolerance in rotation/twist)

Group elements	0.2	0.4	0.6	0.8	1.0
<p>Lift The lifted gymnast(s) must be off the ground for at least 2 seconds. G1001 Rotation/twist during the lift is measured from ground to ground.</p>			<p>G601</p>  <p>Lift</p>		<p>G1001</p>  <p>Lift with rotation or twist (≥180°)</p>
<p>Throw The thrown gymnast(s) must show clear flight, free of supporting gymnasts. G802 Rotation/twist during the throw is measured during the free flight phase.</p>				<p>G802</p>  <p>Throw</p>	<p>G1002</p>  <p>Throw with rotation or twist (≥90°)</p>

Appendix A2

Floor - Summarised Execution Faults

1 Floor

Floor Execution Faults	Minor	Moderate	Major
1.1 Synchronisation			
Deduction if a gymnast is not synchronised with the rest of the team when intended	Gymnast about one beat ahead/after	Gymnast about two beats ahead/after (e.g. coming earlier down from a balance element)	Gymnast "lost"; performing totally different or not performing at all
1.2 Uniformity in execution			
Deduction if there are differences in performing elements meant to be the same	Small differences	Very visible differences	
1.3 Dynamic execution			
Deduction when purposeless pauses, new energy created for next elements, no gravity and relaxation used. Missing flow in the program. NOTE: When minor faults are done by the whole team the deduction will be 0.4 each time	Purposeless pauses Creating a new force for the element instead of using momentum from the previous element No flow		
Deduction if isolated arm and leg movements are performed or "frozen upper body"	Isolated arm and leg movements, "frozen upper body"		
1.4 Amplitude and extension			
Deduction if missing amplitude and/ or extension	Element performed constricted Not optimal extension in elements, e.g. not pointed feet		

Floor Execution Faults	Minor	Moderate	Major
1.5 Balance and controlled execution			
Deduction if lack of balance or control. For the specific deduction in Difficulty elements see section 1.8. Performance in difficulty elements	Extra/ contra movements, slight stepping/ hopping/ jumping to maintain balance during the element/ movement	Significant correction hop/ step to maintain balance during the element several steps or hand support	
1.6 Precision in formations			
Deduction if all gymnasts are not on exact places according to the tariff form	Gymnast out of formation		
1.7 Transitions			
Quality			
Deduction if a transition is performed simply by walking, marching or running without the whole upper body included in the movement	Missing gymnastic quality in transition		
Easy access			
Deduction if a transition between formations is not performed by easy access	Not having easy access to a formation		

Floor Execution Faults	Groups	Minor	Moderate	Major
1.8 Performance in Difficulty Elements				
Definition of the element in this table means how the technique of the element is defined in gymnastics (e.g. cartwheel performed with straight arms and legs)				
1.8.1 Deductions for the whole Body				
Body shape must be correct according to the definition of the element				
Deduction if errors in body shape	all elements	Minor errors in body shape	Errors in body shape	Significant errors in body shape
Body must be straight according to the definition of the element				
Deduction if the body is not straight (arched/bent)	DB, HB, SB, A		Body exceeding/bending >20°	
The whole body must be held in a static position for at least two seconds				
Deduction if gymnast is moving during the element	SB, HB	Gymnast is slightly moving, supporting leg/hands not moving	Gymnast clearly moving or taking a step/hop	Taking several steps/hops
Body must be upright according to the definition of the element				
Deduction if body position is not upright	DB, SB, HB	Body leaning forward/arched/sideways ≥15°	Body leaning forward/arched/sideways >30°	
Body line must be horizontal according to the definition of the element				
Deduction if the body line is not horizontal	HB		Body line exceeding horizontal >20°	
1.8.2 Deductions for the upper body				
Upper body must be horizontal according to the definition of the element				
Deduction if upper body is not horizontal (Side balance, SBX05) or if body is above 90° (Scale sideways, SBX07)	HB, SB, J	Upper body above/below horizontal, ≤15°	Upper body above/below horizontal, >15°	
Upper body must be sideways, and hip extended according to the definition of the element				
Deduction if upper body is not sideways or hip not extended (Scale sideways, SBX07)	SB	Upper body twisted, not sideways ≤15° Hip not extended ≤15°	Upper body twisted, not sideways >15° Hip not extended >15°	

Floor Execution Faults	Groups	Minor	Moderate	Major
1.8.3 Deduction for Hips				
Hip angle must be according to the definition of the element				
Deduction for mistake in hip angle	DB, SB, HB, J	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $>15^\circ$ up to 45°	Major mistake in hip angle $>45^\circ$
1.8.4 Deductions for Legs/Knees/Feet				
Legs must be straight according to the definition of the element				
Deduction if legs are not straight	all elements	Slightly bent legs $\leq 15^\circ$	Bent legs $>15^\circ$ up to 45°	Bent legs $>45^\circ$
Legs/knees must be together according to the definition of the element				
Deduction when legs are separated	all elements	Leg/knee separation $\leq 15^\circ$	Leg/knee separation $>15^\circ$ up to 45°	Leg/knee separation $>45^\circ$
Legs must be off the ground according to the definition of the element				
Deduction if legs touch the floor	DB1007, DB1008, DBX11, DBX12 and DB1013	Legs touching the floor with no supportive weight		Legs touching the floor with supportive weight
Leg separation requirement must be fulfilled according to the definition of the element				
Deduction if the leg separation requirement is not fulfilled	DB, HB, SB, J, F	Missing $\leq 15^\circ$ of required leg separation	Missing $>15^\circ$ up to 45° of required leg separation	Missing $>45^\circ$ of required leg separation
Height of the free leg must be according to the definition of the element				
Deduction if free leg is too low	DB, SB	Missing $\leq 15^\circ$ of required leg height	Missing $>15^\circ$ up to 45° of required leg height	Missing $>45^\circ$ of required leg height
Elements must be performed on toes according to the definition of the element				
Deduction if not on toes when required	DB, SB	Heel is touching the floor (no weight on the heel)	Standing on whole foot (weight on the heel)	

Floor Execution Faults	Groups	Minor	Moderate	Major
1.8.5 Deduction for Shoulders				
Shoulder angle must be straight according to the definition of the element				
Deduction if shoulder angle is not straight	HB, F	Shoulder angle >30° and up to 45°	Shoulder angle >45°	
1.8.6 Deductions for Arms/Hands				
Arms must be straight according to the definition of the element				
Deduction if arms are not straight	all elements	Slightly bent arms ≤15°	Bent arms >15° up to 45°	Bent arms >45°
No stepping with hands according to the definition of the element				
Deduction if stepping with hands during the element	DB, HB, A	One step on hands to maintain the balance	Two or more steps to maintain the balance	
1.8.7 Deductions for Landing				
Landing must be controlled according to the definition of the element				
Deduction if mistakes on landing	J, A, G	Slight mistakes on landing (e.g. a bit unbalanced with extra movements to continue)	Heavy landing (hard to continue to the next element)	
Landing in front laying support must be according to the definition of the element				
Deduction if mistakes in landing in front laying support	J		No controlled support before whole body touches the floor, bouncing back from the floor	Body not horizontal before landing in front laying support
1.8.8 Deduction for Rotation				
The rotation must be completed according to the definition of the element. Starting and ending positions are assessed from how the gymnasts are lined up before the execution of the element. (For Pirouettes and Jumps, Appendix A1 1.1A and 2.1, the starting position is assessed from how the team are lined up.)				
Deduction if the turn/twist is not completed according to the definition of the element. Deviation from the starting/ending positions.	DB, J, A	Under or/and over rotation 30-45°	Under or/and over rotation >45° up to 90°	Under or/and over rotation >90°

Floor Execution Faults	Groups	Minor	Moderate	Major
1.8.9 Special deductions, valid only in one element group				
Pirouettes must be performed on one foot				
Deduction if performed both feet on floor	DB			Pirouette performed both feet on floor somewhere during the turn
In Power elements the movement must be controlled				
Deduction if the movement is not controlled through the element	DB		Fast lowering from the handstand, still visible ending position	Fast lowering from the handstand, no clear ending position
Power elements must be performed without a pause or a stop during the element				
Deduction if there is a pause/stop during the power element	DB	Short pause during the element (<3 s)	Stop during the element (≥3 s)	
No more than 3 steps per half turn in a handstand				
Deduction if stepping more with hands during the element	A	Too many steps (more than 3)		
Showing flexibility according to the definition of the element				
Deduction if the flexibility requirements are not fulfilled	F	Hip not straight forward in splits Back is not straight when folding down in straddle pike sitting	Hip is clearly twisted in splits Insufficient fold in straddle pike sitting	Upper body (shoulders, chest, stomach) is not touching the floor during the straddle pike sitting fold. Chest not on straight knees in pike folds

Appendix A3

Tumble - Table of Difficulty

Diff Value	Group 1 Forward elements	Artistic Code	K Code	Diff Value	Group 2 Backward elements	Artistic Code	K Code
0.10	Cartwheel	X	X	0.10	Round off	⤴	R
0.20	Handspring	⤴	H	0.20	Flick Flack	⤴	F
0.20	Flyspring	⤴	FS	0.20	Tucked salto	⤴	O
0.20	Tucked salto (At start)	★ ⤴	O	0.20	Piked salto	⤴	<
0.20	Tucked salto	⤴	O	0.30	Whipback	⤴	W
0.30	Piked salto (At start)	★ ⤴	>	0.30	Straight salto	⤴	/
0.30	Piked salto	⤴	>	0.30	Tucked salto ½	⤴ 180	O1
0.30	Straight salto (At start)	★ ⤴	\	0.30	Piked salto ½	⤴ 180	<1
0.40	Straight salto	⤴	\	0.40	Tucked salto 1/1	⤴ 360	O2
0.30	Tucked salto ½	⤴ 180	O1	0.40	Straight salto ½	⤴ 180	/1
0.40	Tucked salto 1/1	⤴ 360	O2	0.50	Straight salto 1/1	⤴ 360	/2
0.40	Piked salto ½	⤴ 180	>1	0.60	Straight salto 1½	⤴ 540	/3
0.50	Straight salto ½	⤴ 180	\1	0.70	Straight salto 2/1	⤴ 720	/4
0.40	Straight salto 1/1 (At start)	★ ⤴ 360	\2	0.80	Straight salto 2½	⤴ 900	/5
0.60	Straight salto 1/1	⤴ 360	\2	0.80	Double salto tucked	⤴	OO
0.70	Straight salto 1½	⤴ 540	\3	0.90	Double salto piked	⤴	<<
0.80	Straight salto 2/1	⤴ 720	\4	1.10	Double salto straight	⤴	//
0.90	Straight salto 2½	⤴ 900	\5	1.00	Double salto tucked 1/1	⤴ 360	OO2
1.20	Double salto tucked	⤴	OO	1.20	Double salto tucked 2/1	⤴ 720	OO4
1.40	Double salto piked	⤴	>>	1.30	Double salto straight 1/1	⤴ 360	//2
1.60	Double salto straight	⤴	//	1.50	Double salto straight 2/1	⤴ 720	//4
1.30	Double salto tucked ½	⤴ 180	OO1	1.80	Double salto straight 3/1	⤴ 1080	//6
1.50	Double salto tucked 1½	⤴ 540	OO3	1.60	Triple salto tucked	⤴	OOO
1.50	Double salto piked ½	⤴ 180	>>1	1.90	Triple salto piked	⤴	<<<
1.70	Double salto straight ½	⤴ 180	//1	2.00	Triple salto tucked 1/1	⤴ 360	OOO2
1.90	Double salto straight 1½	⤴ 540	//3				
2.10	Double salto straight 2½	360 ⤴ 540	//5				

★ Note reduced value for some starting saltos

The difficulty value for other elements can be counted by adding the basic element value (marked in blue) and the additional value for twists.

Tumble - Table of Difficulty

Diff value	Series 1 - Forward with tucked/piked saltos	K Code	Series 2 - Forward with straight saltos Forward	K Code	Series 3 - Back with tucked/piked saltos	K Code	Series 4 - Back with straight saltos	K Code	Series 5 - Back with two multiple saltos	K Code	Series 6 combined	K Code
0.40		HFS O				RFO						
						RF<						
0.50		HFS>						RF/				>RFO
		\HO										>RF<
0.60												>RF/
		\H>										\RF/
0.70								RF/2				\2RF/
0.80				\H/1								
				\2H\1								
0.90				\2H\1				RF/4				\2RF/2
1.00				\2H\2		RFOO						
1.10				\2H\3		RF<<						\2RF/4
												\RFOO
1.20						RF002						\2RF00
												\RF<<
1.30								RF//				\2RF<<
1.40						RF004						\2RF002
1.50		\H00						RF//2				>RF004
												\2RF//
1.60		\2H00										\2RF004
1.70		\2H001						RF//4				\2RF//2
		\H>>										
1.80		\H003				RF000						
		\2H>>										
1.90		\2H003		>H\1						RF//WF00		\2RF//4
2.00				\2H\1				RF//6		RF//WF<<		
2.10				>H\3		RF<<<		RWF//6		RF//WF002		
2.20				\2H\3								\2RF//6
2.30				>H\5						RF//WF004		
2.40										RF//WF//2		
2.50										RF//2WF004		
2.60										RF//WF//4		
2.70												
2.80										RF//2WF//4		

Appendix A4

Trampet - Table of Difficulty

Diff value	Group 1 with Vaulting Table	Artistic Code	K Code	Diff value	Group 2 without Vaulting Table	Artistic Code	K Code
0.30	1/4 on 1/4 off	90 = 90	R	0.10	Tucked salto		O
0.40	Handspring 1/2 on	180 =	1H	0.10	Piked salto		>
0.40	Handspring	=	H	0.20	Straight salto		\
0.50	Handspring 1/2 on 1/2 off	180 = 180	1H1	0.20	Tucked salto 1/2	180	O1
0.50	Handspring 1/2 off	= 180	H1	0.20	Piked salto 1/2	180	>1
0.60	Handspring 1/2 on 1/1 off	180 = 360	1H2	0.30	Straight salto 1/2	180	\1
0.60	Handspring 1/1 off	= 360	H2	0.30	Tucked salto 1/1	360	O2
0.70	Handspring 1/2 on 1 1/2 off	180 = 540	1H3	0.40	Straight salto 1/1	360	\2
0.70	Handspring 1 1/2 off	= 540	H3	0.50	Straight salto 1 1/2	540	\3
0.80	Tsukahara tucked	TSU	TO	0.60	Straight salto 2/1	720	\4
0.90	Tsukahara piked	TSU V	T<	0.70	Straight salto 2 1/2	900	\5
1.00	Tsukahara straight	TSU /	T/	0.60	Double salto tucked		OO
1.20	Tsukahara straight 1/1 ★	TSU / 360	T/2	0.70	Double salto piked		>>
1.40	Tsukahara straight 2/1 ★	TSU / 720	T/4	0.80	Double salto straight		\
0.80	Handspring salto tucked	=	HO	0.70	Double salto tucked 1/2	180	OO1
0.90	Handspring salto piked	=	H>	0.80	Double salto piked 1/2	180	>>1
1.00	Handspring salto straight	=	H\	0.90	Double salto tucked 1 1/2	540	OO3
0.90	Handspring salto tucked 1/2	= 180	HO1	0.90	Double salto straight 1/2	180	\1
1.00	Handspring salto piked 1/2	= 180	H>1	1.10	Double salto straight 1 1/2	540	\3
1.10	Handspring salto straight 1/2	= 180	H\1	1.30	Double salto straight 2 1/2	900	\5
1.30	Handspring salto straight 1 1/2	= 540	H\3	1.60	Double salto straight 3 1/2	1260	\7
1.50	Handspring salto straight 2 1/2	= 900	H\5	1.50	Triple salto tucked 1/2	180	OOO1
1.60	Double Tsukahara tucked	TSU	TOO	1.70	Triple salto piked 1/2	180	>>>1
1.80	Double Tsukahara piked	TSU	T<<	1.90	Triple salto straight 1/2	180	\1
2.00	Double Tsukahara straight	TSU	T\	1.90	Triple salto tucked 1 1/2	360 180	OOO3
2.00	Double Tsukahara tucked 1/1	TSU 360	TOO2	2.30	Triple salto tucked 2 1/2	360 360 180	OOO5
1.70	Handspring double tucked 1/2	= 180	HOO1	2.80	Triple salto tucked 3 1/2	360 360 540	OOO7
1.90	Handspring double piked 1/2	= 180	H<<1				
2.10	Handspring double straight 1/2	= 180	H\1				
2.10	Handspring dbl. tucked 1 1/2	= 540	HOO3				
2.50	Handspring dbl. tucked 2 1/2	= 360 540	HOO5				

★ TSU (tucked/straight) 360 and Kasamatsu (KAS) (tucked/straight) are judged as the same element

★ TSU (tucked/straight) 720 and Kasamatsu 360 (KAS 360) (tucked/straight) are judged as the same element

The difficulty value for other elements can be counted by adding the basic element value and the additional value for twists

Appendix A5

Tumble and Trampet - Element Recognition

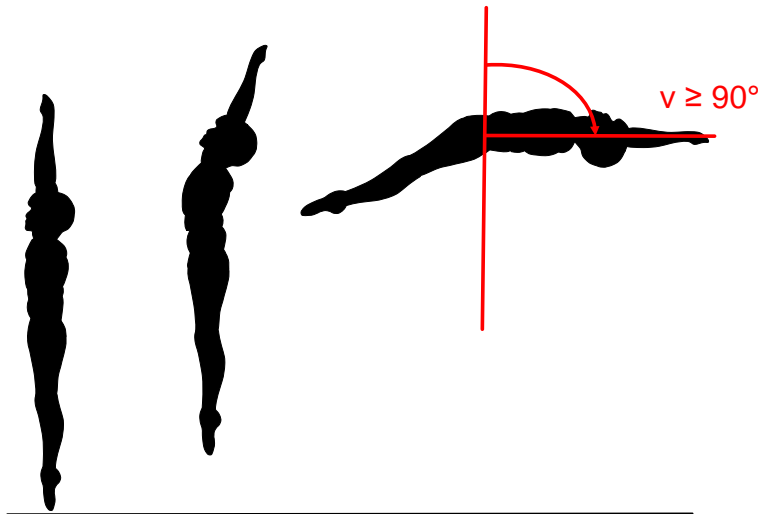
1 Required Body Positions in Saltos

Gymnasts can rotate in tucked/pucked, piked or straight shapes (as per the definitions below).

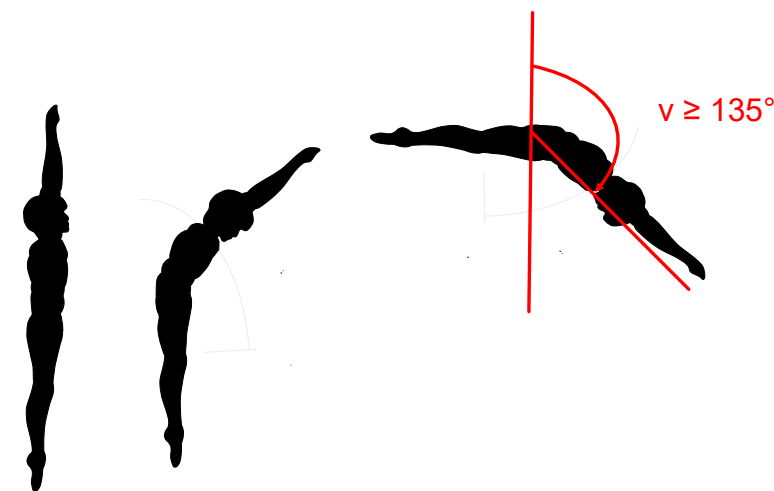
In double and triple saltos with more than half twist, the tucked position may be slightly modified (opened) and is then referred to as a pucked position. The pucked position is regarded as tucked in terms of difficulty.

For single saltos, the position of the element should be evaluated after the take-off from 90° up to the remaining 135° (before landing).

In backward multiple saltos, the body position is evaluated from 90° after the take-off (see the below picture) and up to the remaining 180° (before landing).



In forward multiple saltos the body position is evaluated from 135° after the take-off (see the below picture) up to the remaining 180° (before landing).

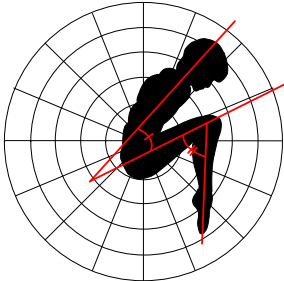

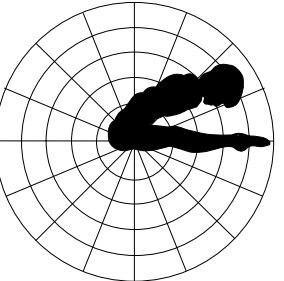
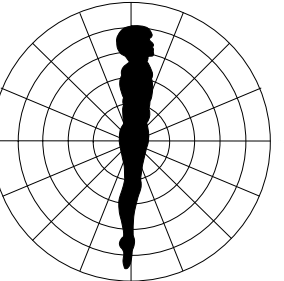


Preparation for landing is the last 90° of rotation for straight somersaults.

Between the take-off phase and the preparation for landing phase is the 'flight phase'. The lowest value shape shown during the flight phase defines the difficulty value of the element.

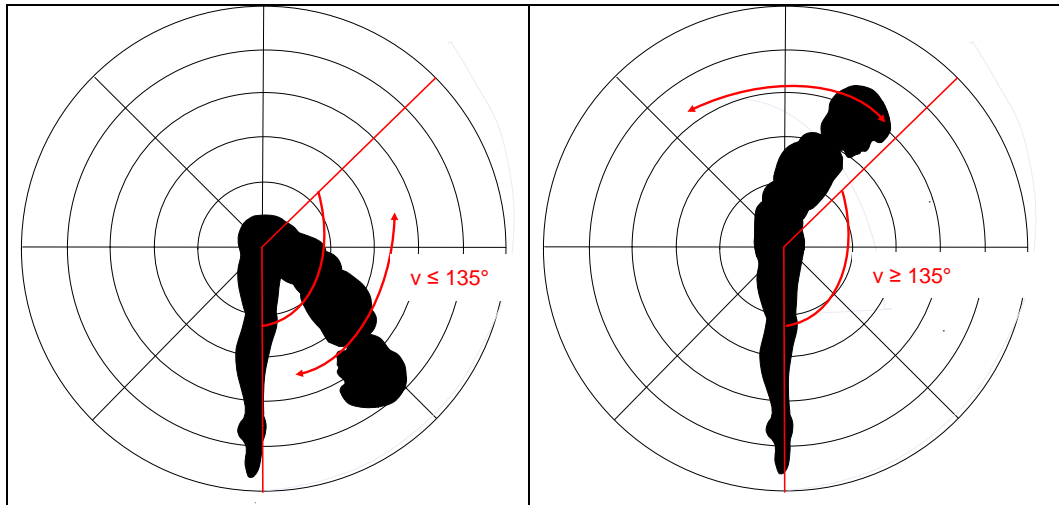
A straight somersault must be shown throughout the flight phase.

A tucked and piked somersault must be shown at some point during the flight phase.

Tucked position	Pucked position	Piked position	Straight position
			
<p>In a tucked body position the knees and hips are bent and drawn towards the chest.</p> <p>Equal to or less than 135° for the hips and 135° between the thighs and the lower legs are acceptable.</p>	<p>This is a modification of the tucked position for twisting multiple saltos.</p> <p>A pucked body position is typically 120° in the hips and 90°-120° in the knees.</p>	<p>In a piked body position the body is bent in the hips with the legs straight.</p> <p>Equal to or less than 135°* for the hips is acceptable.</p> <p>A slight bending (max 30° from straight) of the knees is accepted.</p>	<p>A straight body position is exactly 180° in both hips and knees.</p> <p>Equal to or more than 135°* for the hips are acceptable.</p>

* Body positions at exactly 135° are counted to the benefit of the team taking into account both composition deductions and difficulty. Values for body positions are only given when the gymnast clearly shows the body position in each salto. For execution deductions see Appendix A6.

All extended body positions where the knee angle is $\leq 90^\circ$ are counted as tucked (see definition of knee angle in the picture above).



Recognition of Piked (left) versus Straight (right). The pictures indicate the angle at the hips. Red lines show 135° between legs and upper body.

2 Twisting Requirements

The body position in any given salto with more than half twist will either be accepted as a tucked (pucked) or straight body but never piked.

Additional values for twists will be accepted when rotated up to at least 45° from the nominal twist rotation. If under rotated by more than 45° , the number of credited twists is reduced to the number of completed half twists. This position is measured at the hips. Any deviation from nominal twist rotation will be deducted by the execution judges.

Note that twisting doubles and triples with less than three twists in the Team Round will require the same number of twists in each salto for each gymnast. There is 90° of tolerance for division of twists.

Tsukahara without twisting in the somersault does not fulfil the twisting requirement.

3 Double and Triple Saltos

In Trampet, double and triple saltos are counted from the trampet to landing. This means that Tsukahara, Kasamatsu and handspring salto are considered as double saltos. Double Tsukahara, double Kasamatsu and handspring double are considered as triple saltos.

4 Whipback

A whipback in Tumble is defined as a single backward salto with arched body position and performed at shoulder height or lower. An element performed higher than shoulder height and without arched body position is counted as a straight salto.

5 Elements other than saltos

For round-off, handspring, flyspring and flick-flack there must be contact from hands and feet. The limit is light contact from at least one hand and foot.

6 Tsukahara 360° and Kasamatsu

Tsukahara (TSU) 360° in tucked or straight and Kasamatsu (KAS) in tucked or straight are judged as the same elements. This also applies to TSU 720° and KAS 360°.

7 Recognition of Different Elements

Elements based on the same basic element can be counted as different if the gymnast performs with different body positions or different number of twists. This implies that in double and triple saltos an element is different even if the gymnast has changed the body position in only one salto and the difficulty value remains the same.

A double piked salto with half twist vs a double salto with half twist performed with straight body position in the first and piked in the second are different elements from a composition point of view. Although both elements will be given the same difficulty value.

In doubles and triples the number of twists in each salto also makes different elements. E.g., a double salto with full twist in and half twist out is different from half twist in and full twist out.

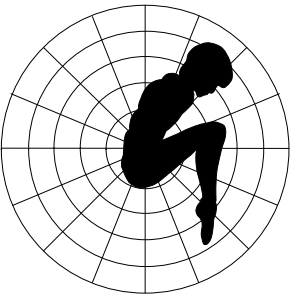
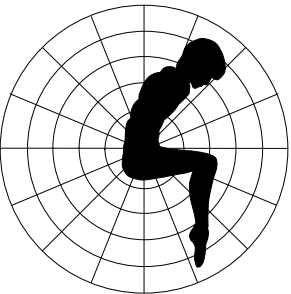
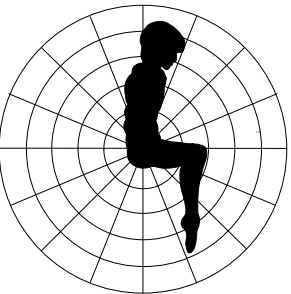
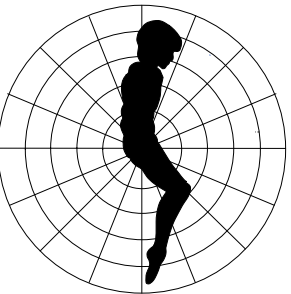
When performing double and triple saltos with three or more twists the exact placement of the twists is not considered. A double straight salto with 540° twist in the first and 720° twists in the second salto is thus recognised as the same element as a double straight with 720° twists in the first and 540° in the second salto.

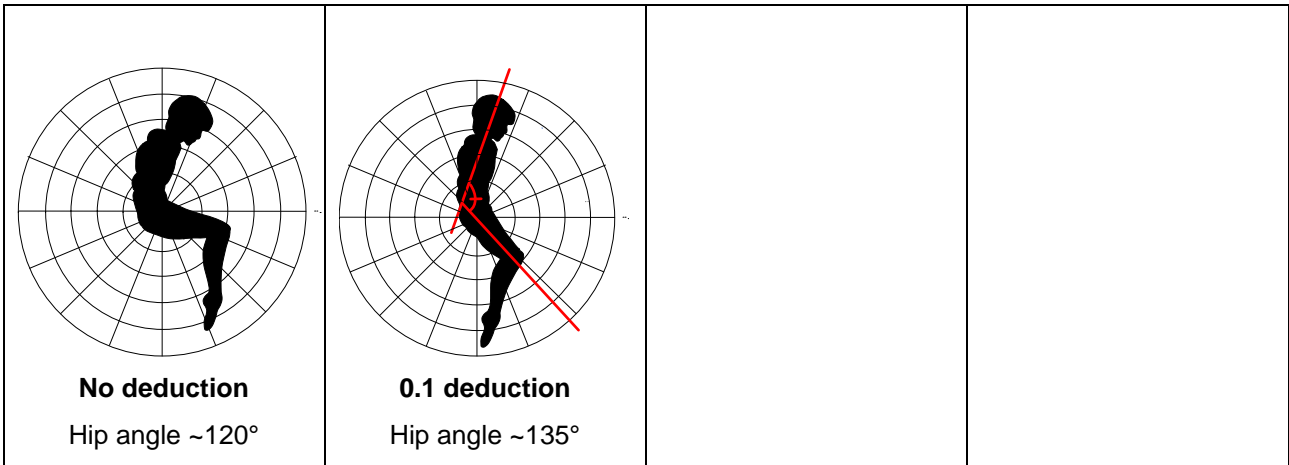
Appendix A6

Tumble and Trampet - General Faults and Penalties

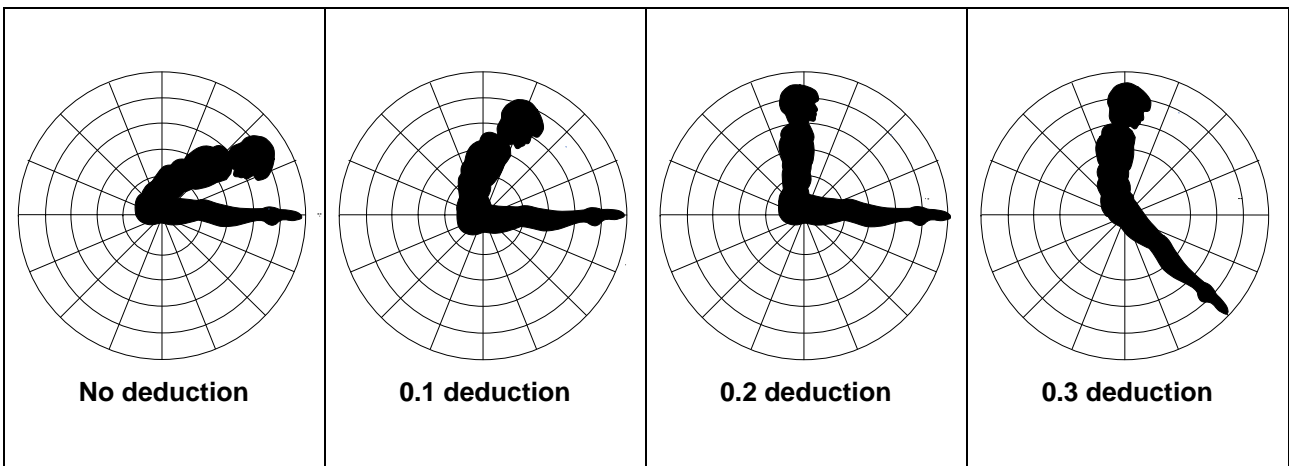
1 Tumble and Trampet

1.1 Body Shape in Saltos (0.5)				
<p>Gymnasts can perform saltos in tucked/pucked, piked or straight shapes (as per the definitions in Appendix A5). Deductions are taken in the flight phase (after take-off phase and before preparation for landing). There are no shape deductions during take-off or preparation for landing phases within the defined ranges.</p> <p>Tucked/pucked, piked and straight body positions must be performed with clear and defined body shape with feet and legs kept together and the feet and toes pointed. Both hip and knee angles must be considered for body position deductions. Arms should be close to the body in the salto. It is possible to deduct for both head and feet errors. Deductions for body position in multiple saltos are taken per element (not for each rotation of the element).</p> <p>The pucked position is allowed when twisting more than 180° in multiple saltos.</p>				
Execution Faults		0.1	0.2	0.3 or more
- Hip and knee angle faults	per gymnast/ element	X	X	X
- Split/crossed legs		X	-	-
- Head errors		X	-	-
- Feet errors		X	-	-
- Arms not close to body and axis of rotation in twists		X	-	-

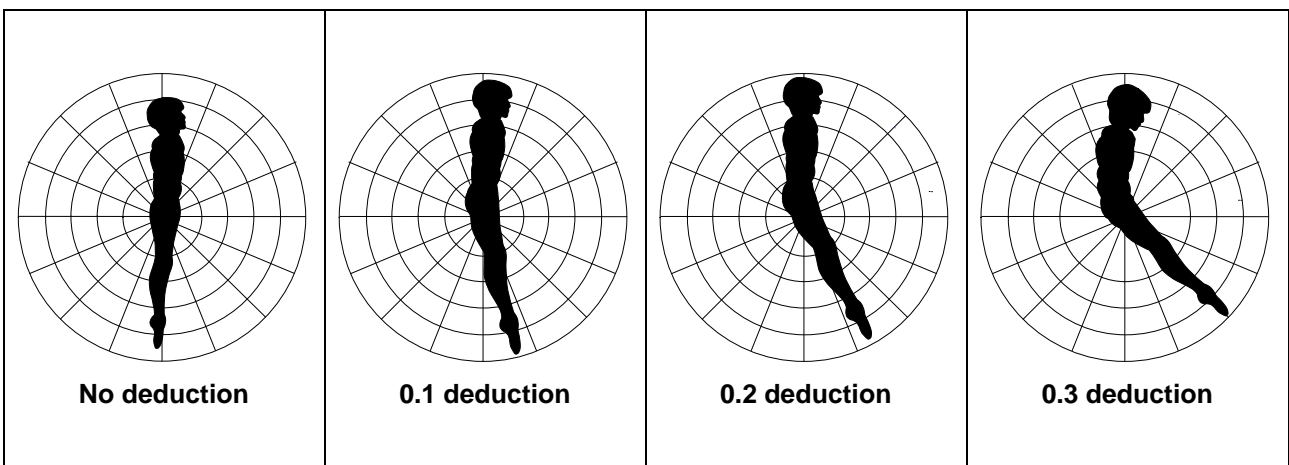
 <p>No deduction</p>	 <p>0.1 deduction</p>	 <p>0.2 deduction</p>	 <p>0.3 deduction</p>
Deduction guidelines - Tucked position			



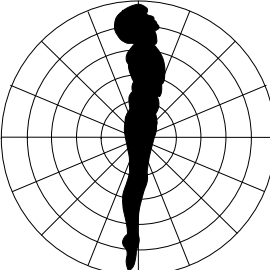
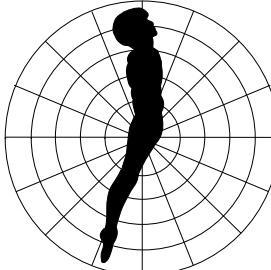
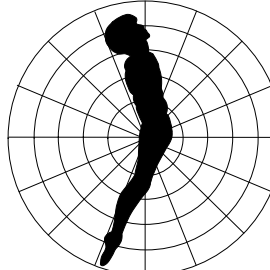
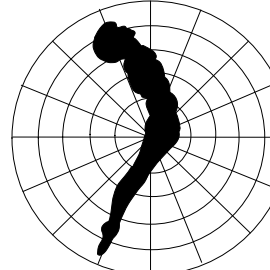
Deduction guidelines - Pucked position



Deduction guidelines - Piked position



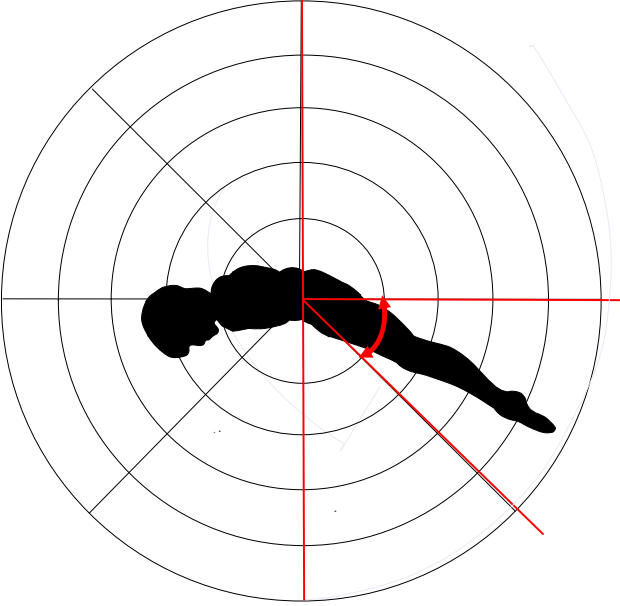
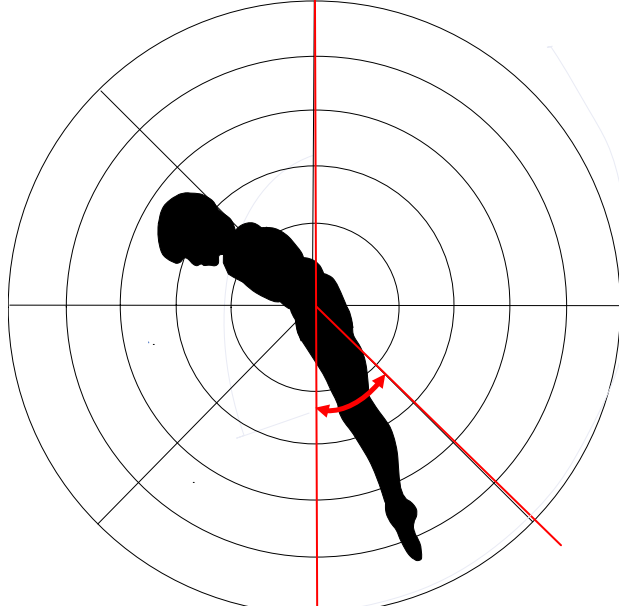
Deduction guidelines - Straight position

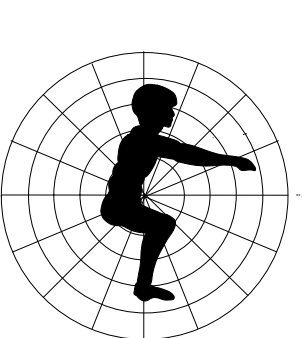
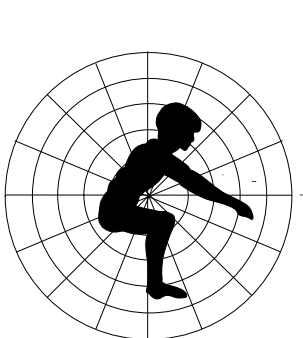
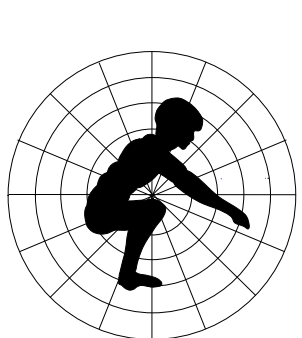
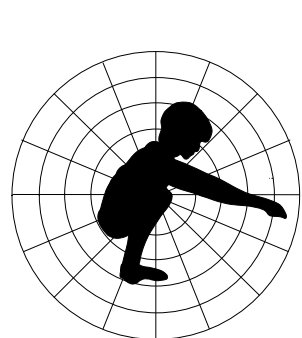
 <p>No deduction Open chest - straight line through the hips</p>	 <p>0.1 deduction</p>	 <p>0.2 deduction</p>	 <p>0.3 deduction</p>
Deduction guidelines - Straight position			

1.2 Twisting (0.5)				
The take-off phase must be clearly shown, and the twist must be completed before landing.				
Execution Faults		0.1	0.2	0.3 or more
<ul style="list-style-type: none"> - Initiating the twist too early - Under or over rotating the twist at the landing 	per gymnast / element	X X 30°-45°	X	- X >45°

1.3 Opening and Landing Positions in Saltos (0.5)				
<p>Before landing, the gymnast must open the salto and show an extended body position (last element in tumble). A clear opening/extension is required from tucked and piked positions. As a guide, no more than 30° bending (relative straight) in the hip/knees are allowed.</p> <p>The opening/extension is preferably performed at horizontal (90° from vertical) or earlier. If the extended body position is reached earlier, it must be kept until at least horizontal position. Preparation for landing is allowed after horizontal.</p> <p>Twisting must be completed by horizontal.</p> <p>The body position at the landing must be upright. Some bending of the knees ($\leq 90^\circ$) and some bending at the hips ($\leq 90^\circ$) is allowed.</p>				
Execution Faults		0.1	0.2	0.3 or more
<ul style="list-style-type: none"> - Late opening (>90° - 135° from vertical) or early opening but not kept until horizontal position - Opening after 135° from vertical or no opening before landing 	per gymnast	X -	- X	- -

- Execution Faults		0.1	0.2	0.3 or more
- Twisting not completed at horizontal		X	-	-
- Hips/knees bending >90° up to a deep squat		X	X	X

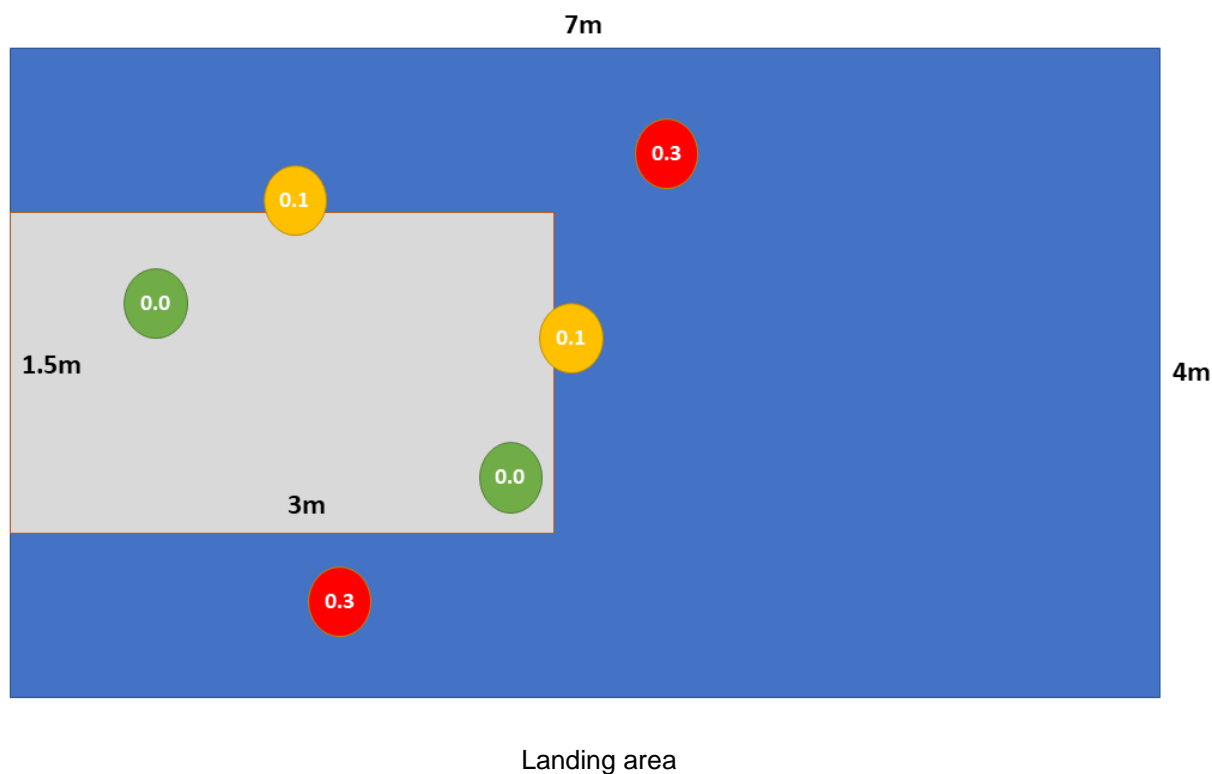
 <p>0.1 deduction Late opening (90° - 135° from vertical)</p>	 <p>0.2 deduction Opening after 135° from vertical or no opening before landing</p>
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 <p>No deduction</p>	 <p>0.1 deduction</p>	 <p>0.2 deduction</p>	 <p>0.3 deduction</p>
Deduction guidelines when bending in the hips and the knees at the landing			

1.4 Landing the last Element inside the Landing Zone / Landing zone (0.3)

Gymnast should land the last element on tumble in the landing area.
 The first point of contact with the landing area should be inside the coloured landing zone (1.5 x 3.0 m).
 If the landing area outside the landing zone is touched with any part of the body as first point of contact, there will be a small deduction.
 If the first point of contact is completely outside the landing zone, there will be a large deduction.
 It is allowed to step outside the landing zone after the initial contact with the landing area.

Execution Faults		0.1	0.2	0.3 or more
- Touching outside the landing zone	per gymnast/ each time	X	-	-
- Landing outside the landing zone / not landing last element on tumble in the landing area		-	-	X



1.5 Control in Landing (1.0)

The landing must be controlled with both feet at the same time but may continue moving in the direction of tumble (stream), under control.

To gain control after landing it is allowed to take one small step ($\leq 60^\circ$ leg separation) or a small rebound from extended legs. Further steps (once balanced) to exit the landing zone are accepted without deduction.

Movement of other body parts (e.g. none supportive arm movement) are not deductible. There is no requirement to place feet together after control has been attained.

Loss of Control MINOR - one large step $>60^\circ$ leg separation, or large rebound jump (knees flex to maintain upright position), or not landing with both feet at the same time.

Loss of Control MODERATE - multiple steps or corrections to gain control

Loss of Control MAJOR - light touching of the mat or apparatus with hands/knees without supportive weight.

Falls receive the highest deductions. Deduction is based on whether falling was due to over rotation or under rotation.

Execution faults		0.1	0.2	0.3 or more
- Loss of control MINOR		X	-	-
- Loss of control MODERATE		-	X	-
- Loss of control MAJOR	per gymnast	-	-	0.5
- Fall – over rotation		-	-	0.8
- Fall – under rotation		-	-	1.0

1.6 Coaches' Actions (1.5)

A compulsory coach standing in is only there to react in case of dangerous situations, not to draw attention to themselves. The coach is there to avoid injury to the gymnasts and not to stop gymnasts from falling over.

All supportive actions that touch the gymnast are deductible.

- Execution Faults		0.1	0.2	0.3 or more
- Support		-	-	1.0
- Not acting in a dangerous situation	per gymnast	-	-	1.5

1.7 Streaming (0.1)				
Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time. On Tumble the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element.				
Execution Faults		0.1	0.2	0.3 or more
- Irregular streaming/ lack of streaming	per gymnast each time	X	-	-

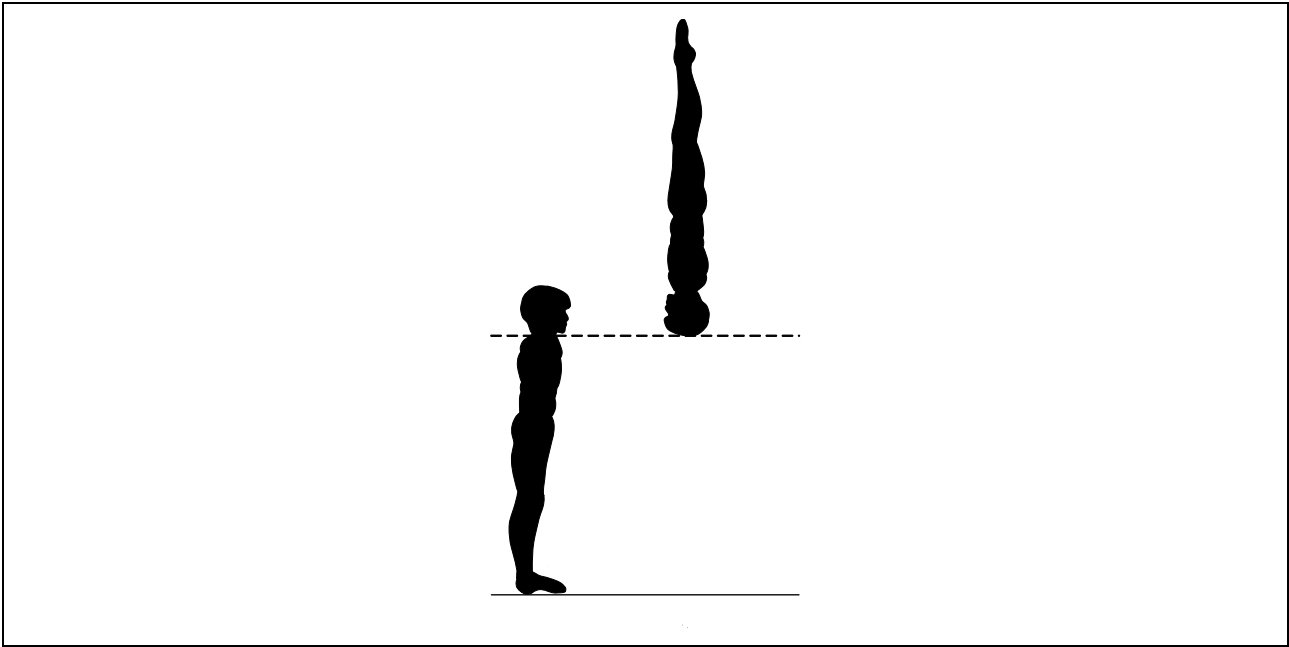
1.8 Jogging Back Together Between Rounds (0.4)				
Gymnasts must jog back to the run up after round 1 and 2. They must return together.				
Execution Faults		0.1	0.2	0.3 or more
- Not jogging back	per team for each round	-	-	0.4
- Not returning together		-	-	

1.9 Special Deductions				
1.9.1 Running through (3.0)				
In case a gymnast runs through without performing any valid elements there will be a deduction. No other execution faults or special deductions are taken for the gymnast.				
Execution Faults		0.1	0.2	0.3 or more
- Running through	per gymnast	-	-	3.0

1.9.2 Wrong number of gymnasts (3.0 per missing/extra gymnast)				
In case there are too few or too many gymnasts performing or there are not three male and three female gymnasts in a mixed team, there will be a deduction. No other execution faults or special deductions are taken for the extra gymnast.				
Execution Faults		0.1	0.2	0.3 or more
- More than 6 or less than 6 gymnasts	per wrong number of gymnasts	-	-	3.0
- More or less than 3 men and less or more than 3 women in the mixed team		-	-	
Examples: 2 men and 4 women will be deducted $1 \times 3.0 = 3.0$ (one woman should be replaced by a man) 5 men and 1 woman will be deducted $2 \times 3.0 = 6.0$ (two men should be replaced by two women) 3 men and 2 women will be deducted $1 \times 3.0 = 3.0$ (one gymnast/woman is missing)				

2 Tumble

2.1 Body Shape for Elements other than Saltos (0.4)				
Elements like round off, flic flack and handspring (not the saltos) must be performed with a clear and defined body shape, with feet and legs kept together when appropriate, as well as feet pointed. It is possible to deduct for both head and feet errors.				
Execution Faults		0.1	0.2	0.3 or more
- Arms / shoulder, hip, and knee angle faults	per gymnast / element	X	X	-
- Split/crossed legs, head, or feet errors		X	-	-
- One hand support		X	-	-
2.2 Momentum (0.3)				
The gymnast must keep the momentum until the final landing. The kinetic energy can be transferred between rotation, speed, and height. Loss of momentum is deducted from minor to major. The maximum deduction 0.3 is applied when the gymnast is almost standing still.				
Execution Faults		0.1	0.2	0.3 or more
- Loss of momentum	per gymnast	X	X	X
2.3 Height of the Final Salto Forwards (0.2)				
As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a straight salto. For double salto the same height applies for the centre of gravity of the gymnast.				
The height of the salto should be no lower than the shoulder height of the standing gymnast when the body is upside down at the highest point. The standing height is measured from the top of the landing mat.				
Execution Faults		0.1	0.2	0.3 or more
- Too Low	per gymnast / element	-	X	-

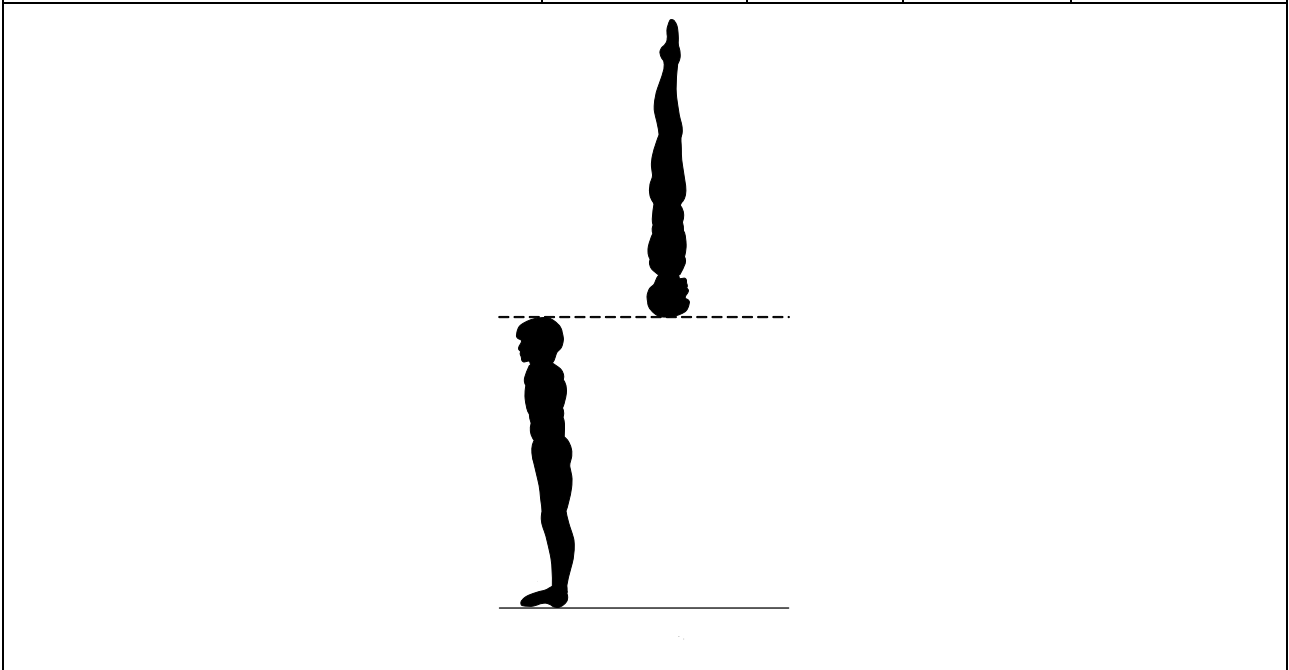


2.4 Height of the Final Salto Backwards (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a single straight salto. For double and triple saltos the same height applies for the centre of gravity of the gymnast.

Saltos should be 'one head's worth' above the top of the gymnast's standing head height. The standing height is measured from the top of the landing mat.

- Execution Faults		0.1	0.2	0.3 or more
- Too Low	per gymnast	-	X	-



3 Trampet

3.1 Contact with the Vault (0.6)

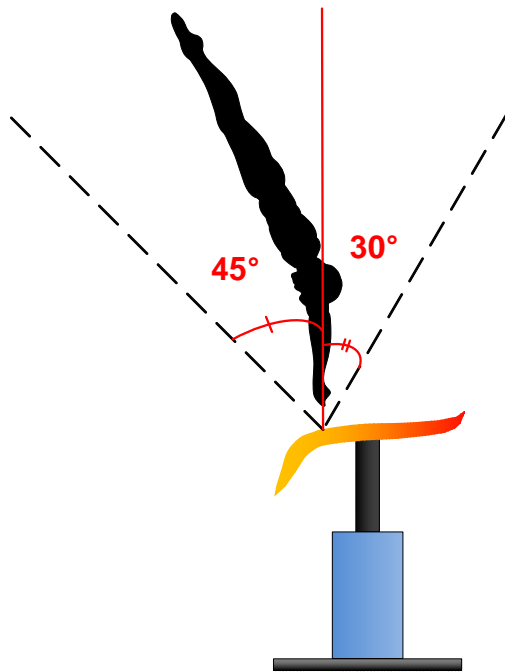
Gymnasts must touch the table with both hands, leaving** the vaulting table in an extended body position through the vertical*, and use the vaulting table to achieve a visible lift off the table.

When leaving the table, the gymnast should be vertical (-45° - +30° from the vertical line through the point of contact), and in an extended body position (knee, hips, shoulder angle >135°) with straight arms (>135° in the elbows).

There are no requirements for body position before touching the vaulting table (first flight).

* How to assess the vertical:

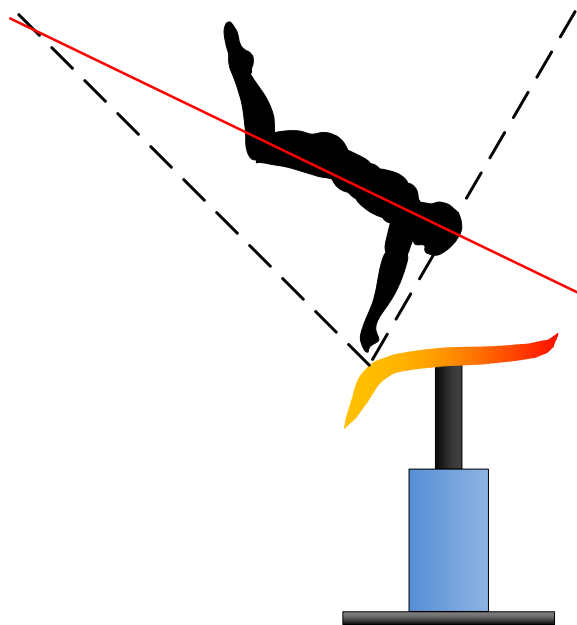
A vertical line from the point of hand contact establishes 'the vertical' with 45° to the trampet side of the vault and 30° to the landing zone side. This creates a cone shaped zone about the point of hand contact.



Assessing the vertical and angles of tolerance

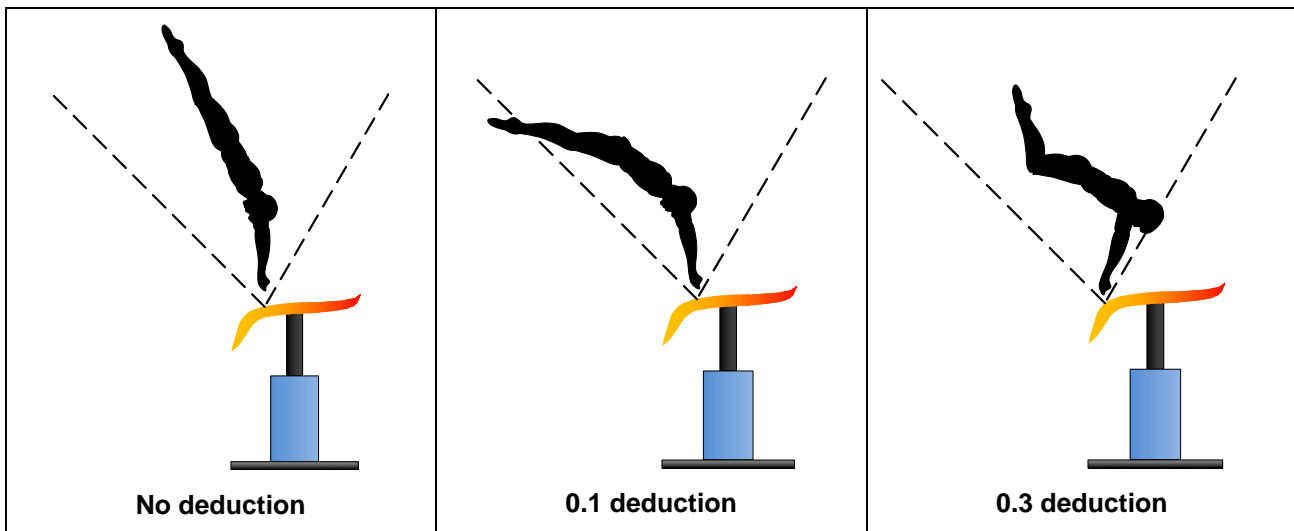
** How to assess the position upon leaving the vault:

At the point where the hands leave the vault, a straight line is assessed from shoulders to knees. This angle of leaving the vault should be within angle of tolerance about the vertical*.

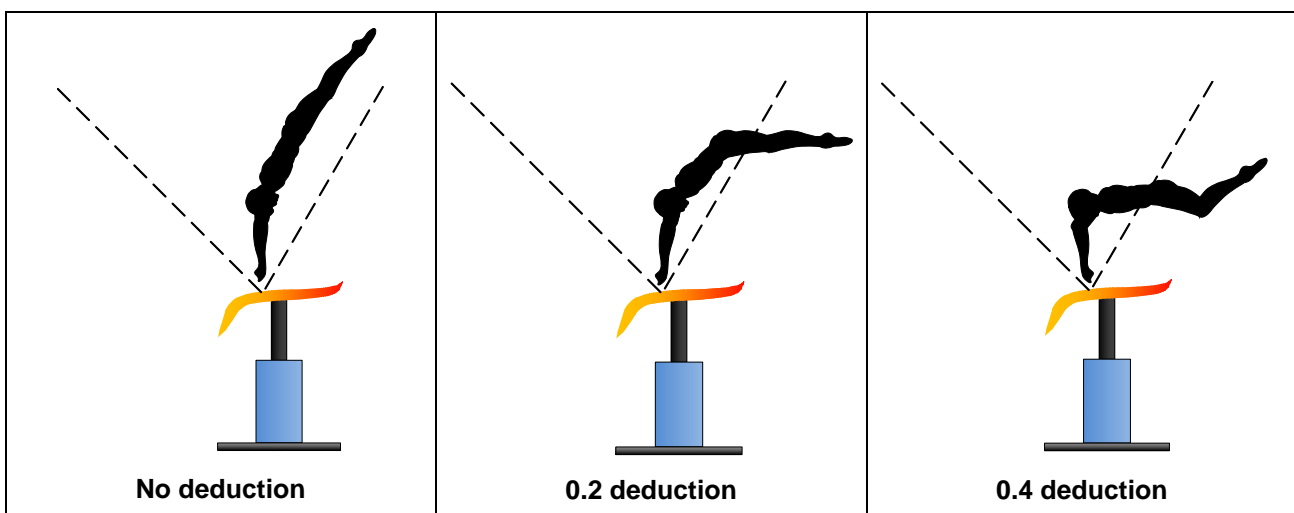


Angle when leaving the vault

Execution Faults		0.1	0.2	0.3
- Leaving the vaulting table too early (angle when leaving outside the 45° to the trampet side)	per gymnast	X	-	-
- Leaving the vaulting table too late (angle when leaving outside the +30° to the landing zone side)		-	X	-
- Not leaving the vaulting table with extended body position (>135°)		X	X	-
- Not having straight arms when leaving vaulting table		-	X	-
- Not touching with both hands		-	-	0.6



Deduction guidelines for Contact with the Vault - Handspring



Deduction guidelines for Contact with the Vault - Tsukahara

3.2 Height of the Salto (0.2)

As a guide, the equivalent height of the element would be measured at the top of the head when the gymnast is upside down, at the highest point during the performance of a single straight salto. For double and triple saltos the same height applies for the centre of gravity of the gymnast.

Saltos should be 'one head's worth' above the top of the gymnast's standing head height. The standing height is measured from the top of the landing mat.

The height requirement is valid for elements both with and without the vaulting table.

- Execution Faults		0.1	0.2	0.3
- Too Low	per gymnast	-	X	-

