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EUROPEAN CHAMPIONSHIPS IN TEAMGYM

Seniors and Juniors

C O D E O F P O I N T S

October 2009

Including

Revision A - August 2010

Introduction

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

- Open Difficulty
- Revised difficulties to 'balance' the three disciplines
- Separate Judging panels for Difficulty, Execution and Composition
- Increased clarification of requirements
- Increased element specification
- Recent developments
- Following other FIG code formats
- Feedback from the Judging Seminar in Vienna 07
- Feedback from various Federations

The code has been divided into four parts which cover

- Part I The Competition Program
- Part II General Regulations
- Part III Specific Discipline Requirements and
- Part IV Appendices containing Tables of Difficulty

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This new code, which incorporates open difficulty, has gone through various development phases. It has been circulated to all member federations of UEG so that comments can be submitted. It has been trialled in several major competition in Denmark. All feedback has been considered. The committee wish to express their sincere thanks to everyone who put their time into submitting their comments.

This version includes Revision A - August 2010. It incorporates several minor corrections and many clarifications that were discussed at the Judging course in Frankfurt in December 2009. The pages and the structure have been kept the same – except for 16.3.2.9 and 17.3.2.9 - Team Round Error - which has been transferred to 16.4.2 and 17.4.2 under composition.

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- A1 - Table of Difficulty Floor
- A2 - Table of Difficulty Tumbling
- A3 - Table of Difficulty Trampet
- A4 - Element Recognition Examples
- A5 - Table of General Faults and Penalties

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 | V 12C-22/08/10A

Changes to Code of Points (Oct. 2009)

Revision A - 22nd August 2010

This Section contains a list of the changes in Revision A. They were presented at the UEG Judges Course 2009, plus the clarification of some items.

Where and What	New Text (Shown bold)
Cover	Including Revision A July 2010
All Headers	Add ' Plus Rev A '
All Footers	Add ' TG CoP 09 Revision A Jul 10.doc '
All Footers	Add ' A ' to amended pages
iv reference	Updated to ' V12C 22/7/10A '
v- ix Change Table	List of all changes
8.3 Coaches	Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes: <ul style="list-style-type: none"> ○ Jewellery, watches and rings ○ Loose items such as belts, suspenders or braces ○ Unsecure hair grips ○ Lanyards (Acreditation or other)
15.2.1 General Bullet 4	However , mirroring is allowed (e.g. performing with different legs).
15.2.3 Pirouettes (P) Last sentence about groups changesperform the pirouettes simultaneously or close in time. All gymnasts in the same sub group (more than 2 gymnasts) must perform the turn facing in the same direction. (A sub group is distanced from other sub groups by at least twice the distance between gymnasts.
15.2.6.3 Movements in Pairs: Clarrification on	If there is different number of male and female gymnasts, the difficulty for movements in pairs is still counted.
15.2.8.1 General First sentence changed.	A Combination of Elements can only be awarded for direct connections between two different elements with different code numbers , which are performed to the norms.
15.2.8.2 Combination of Pirouettes First sentence changed	A combination of a succession of 2 different pirouettes (with different code numbers)
15.2.8.3Combination of Jumps First sentence changed	A combination of a succession of 2 different jumps or leaps or hops (with different code numbers) with a maximum of one intermediate step.
15.2.8.4 Combination of Balance Elements First sentence changed	A combination of a succession of 2 different shapes of balances elements (with different code numbers).
15.3.2.8 Balance and Controlled Execution Added fall to list	There will be a deduction for example, for extra steps, jumps, arm and leg movements, hand support or a fall .
15.3.4.1 Coach giving Verbal or Visible Instructions Change last line	HJ deduction for coach giving instructions is 0.3 once , from the final score
15.3.4.3 Wearing Jewellery	HJ deduction for wearing jewellery 0.3 once , from the final score

Changed last line	
Where and What	New Text (Shown bold)
15.3.4.4 Wearing intrusive bandages Clarification	(For clarification, they should be the same colour as the area they cover)
15.3.4.4 Wearing intrusive bandages Changed last line	HJ deduction for wearing intrusive bandages 0.3 once , from final score
15.3.4.5 Not respecting the discipline Adding "For example" to show that other deductions possible.	This deduction is used if the team is not following the discipline or other competition requirements, For example:
15.4.1 General Reference corrected	15.4.2.5
15.4.2.8 Use of Floor Area Clarification of area to be "painted"	The whole floor area must be used during the program. If less than 90% is used, the deduction is 0.2 and a further 0.2 for each additional 10% (Gymnasts "paint" the floor with with a 2m brush as they move around the area).
15.4.2.8 Use of Floor Area Correct deductionsthe deduction will be 0.2 per levelsideways (left or right).deduction will be 0.2 per direction
15.4.2.8 Use of Floor Area Correct fronts	Elements/moves must be performed facing all 4 sides (fronts). Diagonal fronts are not demanded. Not all gymnasts need to be at the same time, but all gymnasts need to do all fronts . If some direction is missing, the deduction will be 0.2 per front .
15.4.2.8 Table	Corrections to table in line with above.
15.4.2 .8 Table Correction in Formations	The shape or the size of the formations not varying
15.4.3 Composition Deductions Table	Removed 0,3 from "Choice of elements and movements" Corrected "Use of floor area" deductions.
16.1.1 General 2nd bullet changed 3rd bullet changed	<ul style="list-style-type: none"> • add "exactly " to "the same series" • Second and Third Rounds - Different series can be performed, but the order is restricted bu intensification requirements,
16.2.2 Element Basic Values Added new forward element	Cartwheel 0.0 (but allowed)
16.2.2 Element Basic Values Added new backward element	Double Arabian 0.65
16.3.1 General Clarified rounding	The three scores are then averaged and rounded to nearest 0.1 .
16.3.2.1 Optimal Height and Length	Elements must be performed at appropriate height and length . In particular the centre of gravity of the final salto should be lifted approximately 1½ times the height of the gymnast The final salto should not be too long – approximately the height of the element. Deduction: Height 0.1, 0.2, 0.3 each time/gymnast. Length 0.1 each time/gymnast

16.3.2.3 Twist Technique Clarified straight twisting.	In straight salto the twist must be initiated in the air.
Where and What	New Text (Shown bold)
16.3.2.4 Defined Twist	Twisting doubles with less than 3 twists must clearly show the number of twists in each salto.
16.3.2.9 Team round error Removed	This has moved to 16.4.2
16.3.3 Execution Deductions Table	Line about teamround error removed
16.3.4.2 Incorrect Dress Clarification	If gymnast's or stand-in's dress is not according to the article 8.2 or 8.3 , there will be a deduction. The following items will also cause deduction - loose items, body paintings and advertising against FIG/UEG rules
16.3.4.3 Wearing jewellery Amend last line	HJ deduction for wearing jewellery 0.3 once from the final score
16.3.4.4 Wearing intrusive bandages Clarification	(For clarification, they should be the same colour as the area they cover)
16.3.4.5 Not respecting the discipline Adding "For example" to show that other deductions possible	This deduction is used if the team is not following the discipline or other competition requirements. For example:
16.3.4.5 Not respecting the discipline Change last bullet	Not all gymnasts landing last element in the landing area
16.3.4.5 Not respecting the discipline Final paragraph. Add clarification	HJ deduction 0.3 per item, from the final
16.4.2 Intensification Clarify deduction Line removed	In the first round every gymnast must perform the exact same series. It's called the "Team round" and there should be no difficulty intensification. Deduction 0.2 per gymnast Remove: "of elements with body positions (shape), turns and/or double saltos."
16.4.4 Table Add line	Missing Team Round 0.2 per gymnast
17.1.1 General 2nd bullet changed 3rd bullet changed	<ul style="list-style-type: none"> • add "exactly" to "the same element" • Second and Third Rounds - Different elements can be performed, but the order is restricted by intensification requirements,
17.2.2 Element Basic Values Table Add new element	Handspring 180° on 0.45
17.3.1 General Clarify how calculation is done	While calculating the judge's score, deductions are taken from 10 points for each of the three rounds. The three scores are then averaged and rounded to nearest 0.1.
17.3.2.1 Optimal Height and Length Separated height and length	Elements must be performed at appropriate height and length. The centre of gravity should be lifted approximately 1½ times the height of the gymnast and the length should not be greater than the height of the element. Deduction: Height 0.1, 0.2, 0.3 each time/gymnast. Length 0.1 each time/gymnast
17.3.2.3 Twist Technique Clarified straight twisting.	In straight salto the twist must be initiated in the air.
17.3.2.9 Team round error Removed	This has moved to 17.4.2
17.3.2.4 Defined Twist	Twisting doubles with less than 3 twists must clearly show the number of twists in each salto.
17.3.2.11 Special Deductions	Line about teamround error removed

17.3.3 Execution Deductions Table	Line about teamround error removed
Where and What	New Text (Shown bold)
17.3.4.3 Wearing Jewellery Amend last line	HJ deduction for wearing jewellery 0.3, once from the final score
17.3.4.4 Wearing intrusive bandages	(For clarification, they should be the same colour as the area they cover)
17.3.4.4 Wearing intrusive bandages	HJ deduction for wearing intrusive bandages 0.3, once from the final
17.3.4.5 Not respecting the discipline Adding "For example" to show that other deductions possible	This deduction is used if the team is not following the discipline or other competition requirements. For example:
17.4.2 Intensification Clarify deduction Line removed	In the first round every gymnast must perform the exact same element. It's called the "Team round" and there should be no difficulty intensification. Deduction 0.2 per gymnast Remove: "of elements with body positions (shape), turns and/or double saltos."
17.4.4 Table Add line	Missing Team Round 0.2 each time
Appendix A1 ToD for Floor Clarify example	If, for example , the leg separation requirement is not fulfilled the value will be lowered if possible. If there is no lower value for the element, it has no value.
Appendix A1 ToD for Floor Reposition abbreviations	1. Pirouettes The following abbreviations are used in Floor Difficulty Tables: Fwd = forward (Turning at the same direction as the supporting leg) Bwd = backward (Turning in the opposite direction as the supporting leg)
Appendix A2 & A3 Calculation corrections	Corrections shown 'clouded' in tables
Appendix A4 Pirouettes	If the free leg is bent (fw/side) the heel is used to define the angle with the hip.
Appendix A4 Pirouettes	If the turn is not completed e.g. P301 (but 360° is fulfilled) -> P201, if the leg separation requirement is not fulfilled (the leg is too low; P507-> P303)
Appendix A4 Jumps, Leaps and Hops Pike jump landing to front laying support	If the pike or legs straight requirement is not fulfilled, the jump can be valued e.g. as J410.
Appendix A4 Balance and Power Elements Bridge	If the free leg is lower than 45°, the value is counted to be B314 .
Appendix A5 Floor Wrong number of gymnasts	Once/team
Appendix A5 Tumbling and Trampet	Clarifications and corrections are marked with a change bar in the left hand margin.

Art 8 Dress

8.1 Judges

- Judges must wear grey/dark blue/black trousers/skirt, a white shirt and a jacket
- Men must wear ties

8.2 Gymnasts

8.2.1 Generally

- A neat and proper athletic appearance should be the overall impression
- The dress must be identical for members of the same team, with some exceptions for mixed teams (see 8.2.4)
- The wearing of gymnastic footwear is optional on each discipline, but if chosen must be worn by entire team on the Floor Program
- Bandages are permitted. They must be securely fastened and of a non-intrusive colour. (This includes joint supports)
- No Jewellery may be worn by gymnasts (This includes ear studs and piercings – taping to hide them is not allowed)
- Body paint is not allowed (Tattoos are not deductible)
- Loose items such as belts, suspenders/braces and laces are not allowed
- Hair grips must be secure and safe
- Decorated hair grips (slides) are classed as jewellery
- Advertising must follow valid FIG/UEG rules

8.2.2 Women

- Gymnasts must wear sportive, non transparent leotards with no loose parts
- The neckline of the front and back of the leotard must be proper, that is no lower (further) than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades at the back
- The leg cut may not extend beyond the hipbone (maximum)
- Leotards may be with or without sleeves and the shoulder strap width must be a minimum of two (2) cm and narrow straps are not allowed
- The length of arms is optional, as well as the length of legs of unitards and leggings (skin tight over whole leg – not baggy at all)
- The leggings may be worn under or over the leotard

8.2.3 Men

- Gymnasts must wear a leotard, unitard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long 'trousers' that are not baggy or loose
- The top of the men's attire must not have an open cut below the shoulder blade

8.2.4 Mixed

- The women and men must follow the rules in 8.2.2 and 8.2.3 respectively
- Women's and men's dresses do not have to be identical, or even similar, but all women have to be identical and all men have to be identical - for example women can be one colour and men can be another

8.3 Coaches

- Coaches must wear matching sportive attire
- Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes:
 - Jewellery, watches and rings
 - Loose items such as belts, suspenders or braces
 - Unsecure hair grips
 - Lanyards (Accreditation or other)

PART III THE DISCIPLINES

Art 15 Floor Program

15.1 Discipline Requirements

15.1.1 General

- This is a Floor Program without hand apparatus, to music
- The team must wait outside the competition area, ready to jog into the arena when competition organizers direct them
- They wait for the green flag at the edge of the floor area
- When the green flag is shown, they should jog to their starting position on the floor, with no additional movements

15.1.2 Difficulty

- The values of difficulty elements can be found in Appendix A1 - Tables of Difficulty

15.1.3 Execution

- The team may present from six to twelve gymnasts
- Mixed teams must have the same number of male and female gymnasts
- It is not allowed to change a gymnast during the Floor Program

15.1.4 Composition

- The Floor Program consists of a choreographed routine that is based on gymnastic elements
- Music is not allowed for entering or leaving the floor area
- The time limit is between 2:30 and 3:00 minutes

15.2 Difficulty (Open Value)

15.2.1 General

- All element values are shown in the table of difficulty in Appendix A1 and some examples of Element Recognition are shown in Appendix A4, where the picture is a guideline and the text takes precedent, if there is a difference
- The Difficulty Value is calculated by the A panel and it will be added to the B and C panel's scores to get the final score for the floor program
- The execution of each difficulty element must comply with norms (see appendix A4 for some norms), otherwise it will not be counted as a difficulty element or its difficulty value will be re-evaluated - the re-evaluation can be done for example in accordance with the "element families" in appendix A1
- The difficulty elements must be performed by all gymnasts, either simultaneously or close in time. All gymnasts in the team must do the same difficulty elements, with arms and legs in the same positions. However, mirroring is allowed (e.g. performing with different legs). The difficulty value of a movement will be counted only if all the gymnasts perform it correctly (Comply with norms and definitions).
- The same element can only be counted (as a difficulty element) once in a Floor Program. If performed the second time, the difficulty value is not recognised. If the value was not counted the first time (e.g. there was a gymnast who didn't perform the element correctly) the element can be evaluated, if the same element is performed later during the program. While counting difficulty value, judges always count to the teams benefit, especially concerning combinations.
- Pirouettes, jumps/ leaps/ hops, balance/ power elements, section elements, acrobatic elements and combination elements, which are counted towards the difficulty value, must have different code numbers. E.g. P201 + P401 = 0.6, DV of Pirouettes is 0.6.

15.2.2 Difficulty Elements

In the Floor Program, the difficulty can only be counted from the maximum number of elements in the following six groups:

Pirouettes	2
Jumps/ Leaps/ Hops	2
Balance/ Power Elements	2
Section Elements	2
Acrobatic elements	2
Combination of elements	1

15.2.3 Pirouettes (P)

The two pirouettes with the highest difficulty settle the value. If both pirouettes are missing, there is no value for pirouettes.

Definition of a Pirouette: At least a 360° rotation on one foot, which must be clearly on toes. Pirouettes must be performed clearly and the rotation must be totally fulfilled. If there is jumping during the pirouette, the value for the element will be awarded but there will be an execution deduction for jumping. Body shape must be defined and clearly visible during the whole turn. To get the value, all the gymnasts perform the pirouettes simultaneously or close in time. All gymnasts in the same sub group (three or more gymnasts) must perform the turn facing in the same direction. (Sub groups should be separated by at least twice the distance between gymnasts).

15.2.4 Jumps/Leaps/Hops (J)

The two jumps/leaps/hops with the highest difficulty settle the value. If both the jumps/leaps/hops are missing, there is no value for jumps/leaps/hops.

Definition of Jumps, Leaps and Hops: A recognised shape (position) formed in the air during a jump or a leap or a hop. The shape must be fixed and well defined during the flight. There must be good amplitude, height and elevation during the flight. There must also be good control in the body during and after the element. The shape during the flight defines the level of the difficulty. No more than three steps allowed (walking/running) before the jump or leap or hop.

- Jump** – take off of two feet and land on one or two feet
- Leap** – take off from one foot and land on the other or both
- Hop** – take off one foot and land on the same foot

15.2.5 Balance/Power Elements (B/Po)

The two Balance/Power Elements with the highest difficulty settle the value. If both balance / power elements are missing, there is no value for the balance / power elements.

Definitions of Balance and Power Elements:

Balance elements (B): A recognised shape where the whole body is held in a *static position* for at least two seconds without any additional movement. The body shape during the balance must be defined and clearly visible.

Power elements (Po): A controlled movement with dynamic strength. The positions before and after must be clear, but need not be held for two seconds.

15.2.6 Section Elements (S)

Two different Section Elements are required to obtain full difficulty value. The value of the first Section Element is 0.2 and the value of the second Section Element is 0.3.

The Section Elements are:

- Women 2 Body Waves
One wave must be sideways and another forwards or backwards.
- Men 2 Swing Movements
- Mixed 2 Movements in Pairs

If the team performs only one Section Element (or for example - two Body Waves forwards) the difficulty value for Section Elements is 0.2.

If both Section Elements are missing there is no value for Section Elements.

Definitions:

15.2.6.1 Body Waves

From a bent position an extension occurs through each joint as a wave through the body. Alternatively it may be performed from a straight position with a contraction. The body waves must include the hips and head.

15.2.6.2 Swing movements

In a swing element there is an impulse or a release that lets gravity take the body into a pendulum swing. The swing must include the trunk and the legs.

15.2.6.3 Movements in pairs:

A lift, throw or support element between male and female gymnasts (where the partner is carrying some weight). If there is a different number of male and female gymnasts, the difficulty for movements in pairs may still be counted if one gymnast is not paired.

15.2.7 Acrobatic Elements (A)

Two different acrobatic elements with the highest difficulty settle the value. Acrobatic elements must comply with recognised norms in gymnastics.

If both Acrobatic Elements are missing there is no value for Acrobatic Elements.

15.2.8 Combination of Elements (C)

15.2.8.1 General

A Combination of Elements can only be awarded for direct connections between two different elements with different code numbers, which are performed to the norms. The values of two movements in combination will be counted together (e.g. B element + A element = 0.3 + 0.2 = 0.5). An element can be counted only once in the routine. For example, if a split leap is counted as part of a Combination, the same leap can not be counted as a leap.

To recognize the Combination of Elements, they must be performed without a fall or intermediate steps.

All connections must be **direct**. Direct connections are those in which elements are performed without the following:

- Pause between elements
- Loss of balance (e.g. hopping) between elements
- Additional steps

Combinations of Elements can only be performed within the following groups of elements: Pirouettes, Jumps/Leaps/Hops, Balance Elements, Power Elements and Acrobatic elements, or a mixed combination of these element groups. Section element cannot be awarded in combinations.

15.2.8.2 Combination of Pirouettes

A combination of a succession of 2 different pirouettes (with different code numbers) The connection between pirouettes of the combination may be performed without intermediate steps (but with heel touch of the support foot, in between) or with one intermediate step. E.g. in first pirouette left leg as support leg, the right leg is free, step to the right leg and the second pirouette is performed on the right leg as support leg with the left leg free.

15.2.8.3 Combination of Jumps or Leaps or Hops

A combination of a succession of 2 different jumps or leaps or hops (with different code numbers) with a maximum of one intermediate step. E.g. Split Leap, landing on right foot, step forward and take off with left foot for Scissors Leap.

15.2.8.4 Combination of Balances Elements

A combination of a succession of 2 different shapes of balances elements (with different code numbers). The connection is performed with the body weight on the same foot or hands. It is possible to change bodyweight: a) from hands to leg, b) from leg to hands or c) from leg or hands to hands and leg (or reverse, e.g. from handstand to bridge) during combination, without intermediate supporting foot or hand movements.

15.2.8.5 Combination of Power Elements

A combination of a succession of 2 different power elements. The connection is performed with the body weight on the hands during both elements, without intermediate supporting hand movements.

15.2.8.6 Combination of Acrobatic Elements

A combination of a succession of 2 different acrobatic elements. The connection is performed without any steps between landing and take-off; both legs touching once on the floor (E.g. round off- flick- flack).

15.2.8.7 Mixed Combinations

A connection between the difficulties of a mixed combination of 2 elements is performed without intermediate steps if possible, but if necessary, a maximum of one intermediate step will be allowed.

If a team performs more than one Combination of Elements, only the combination with the highest value will be counted towards the difficulty.

The execution of each element inside the combination, must comply with recognized gymnastic technique and definitions; otherwise, either the value of the combination will be lowered or it will not be accepted.

15.3 Execution (10.0)**15.3.1 General**

While calculating the judge's score, execution deductions are taken from 10 points.

All execution judges use deductions from the following groups:

- Very small 0.05,
- Small 0.1,
- Medium 0.2 and
- Large 0.3/ 0.5/ 1.0.

Each judge gives a score to an accuracy of 0.1 point.

15.3.2 Definitions of Execution faults**15.3.2.1 Precision in formations**

All the formations must be exact (e.g. lines straight when that is intended).

Deduction 0.1 each time/ gymnast out of formation

15.3.2.2 Synchronisation according to the composition

The 'out of time' gymnast will get deduction 0.1 or 0.2.

The 'lost' gymnast will get 0.3 deduction each time.

Deductions 0.1, 0.2 or 0.3 each time/ gymnast

15.3.2.3 Line violations

Exceeding the prescribed Floor area (14x20 m), that is touching the floor with any part of the body **outside** of the border marking, will result a deduction of **0.1 each time** no matter how many gymnasts perform outside the area. Border markings (the white line) are included in the performing area.

Deduction 0.1 each time/ team

15.3.2.4 Good technique in difficulty elements

The elements must be done according to the defined requirements. Some of the technique demands are mentioned in Difficulty tables and in Appendix A4; Element recognition examples.

Deduction 0.05, 0.1 or 0.2 each time/ gymnast

15.3.2.5 Uniformity in execution

The team must perform the same movements and elements exactly the same way, unless the choreography clearly states something else. E.g. in P201 the free leg must be placed equally (all gymnasts in the team).

Deduction 0.05, 0.1 or 0.2 each time/ gymnast

15.3.2.6 Dynamic execution

The team should perform the program with the dynamic execution the choreographer requires. Dynamic execution includes e.g. 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.

Deduction 0.05 each time/ gymnast

15.3.2.7 Amplitude and extension

Elements and movements must be performed with the optimal amplitude. Even the small elements must be performed as extended as possible. Extension must be visible in each element through the whole program. E.g. pointed ankles can show the finished extension in leg- work.

Deduction 0.05 or 0.1 each time/ gymnast

15.3.2.8 Balance and controlled execution

The floor program must be performed controlled with balance. There will be a deduction for example, for extra steps, jumps, arm and leg movements, hand support or a fall.

Deduction 0.05, 0.1, 0.2 or 0.3 each time/ gymnast

15.3.2.9 Artistry of presentation

Presentation of the Floor Program must be expressive. The team should perform the movement sequences in a way that the whole choreography is presented as meaningful to the gymnasts.

Deduction 0.2 once

15.3.2.10 Interrupting the floor program

The team is not allowed to change a gymnast during the floor program. If a gymnast stops performing the program, there will be a deduction of 0.5/ gymnast.

Deduction 0.5/ gymnast

15.3.2.11 Wrong number of gymnasts

In a floor program there must be from 6 to 12 gymnasts. If there is more or less than that, there will be 1.0 deduction. If after interrupting the program there is less than 6 gymnasts on the floor, there will be 1.0 deduction of wrong total number of gymnasts

Deduction 1.0 once/ team

15.3.3 Execution Deductions (B panel – each occurrence)

Execution Faults (10.0)	Very small 0.05	Small 0.1	Medium 0.2	Large 0.3
Precision of formations		X		
Synchronisation		X	X	X
Line violations		X		
Good technique of difficulty elements	X	X	X	
Uniformity	X	X	X	
Dynamic execution	X			
Amplitude and extension	X	X		
Balanced and controlled execution	X	X	X	X
Artistry of presentation			X	
Interrupting the floor program				0.5
Wrong number of gymnasts				1.0

Specific technical requirements and error deductions can be found in Appendices A4 and A5.

15.3.4 Execution Head Judge (B1) Deductions**15.3.4.1 Coach giving verbal or visual instructions**

Coaches are not allowed to give any visual or verbal instructions for the gymnasts during the floor program. In case when the coach wants the team to interrupt the program, due to technical reasons, there won't be any deduction for the coach giving instructions. Also in case of injury the coach is allowed to speak to the gymnasts without this deduction.

HJ deduction for coach giving instructions is 0.3 once, from the final score

15.3.4.2 Incorrect dress

If a gymnast's dress is not according to article 8.2, there will be a deduction. The following will also cause deduction:

- Footwear (if not worn by entire team)
- Loose items
- Body painting
- Advertising against FIG/UEG rules

HJ deduction for incorrect dress 0.3, once from the final score

15.3.4.3 Wearing jewellery

- No jewellery of any kind may be worn by gymnasts (This includes ear studs and piercings – taping to hide them is not allowed)
- Decorated hair grips (slides) are classed as jewellery

HJ deduction for wearing jewellery 0.3 once, from the final score

15.3.4.4 Wearing intrusive bandages

The bandages (including joint supports) must be securely fastened and of a none-intrusive colour. This means skin colour. Bandages can also be hidden under the competition dress. (For clarification, they should be the same colour as the area they cover)

HJ deduction for wearing intrusive bandages 0.3 once, from final score

15.3.4.5 Not respecting the discipline - or competition requirements

This deduction is used if the team is not following the discipline or other competition requirements. For example:

- using hand apparatus,
- entering the arena against the rules,
- using music for entering,
- changing gymnasts during the floor program,
- in mixed competition not same number of male and female gymnasts (0.3/ missing gymnast)

HJ deduction for not respecting discipline or competition requirements 0.3 per item, from the final score

Head Judge Deductions	
Coach giving verbal or visual instructions	0.3
Incorrect dress	0.3
Wearing jewellery	0.3
Intrusive bandages	0.3
Not respecting the requirements	0.3

15.4 Composition (3.5) & Artistry (0.5) (4.0 max)**15.4.1 General**

In composition & artistry deductions there are limitations for maximum deductions / article (E.g. 15.4.2.5 Formations, max. deduction 0.2). The team might “earn” even more deductions, but the judges can deduct only up to the maximum deduction- limit/ article.

15.4.2 Definitions for Composition Deductions**15.4.2.1 Timing**

The time limit is between 2.30 and 3.00 minutes. The timekeeping starts with the music and ends when the last movement is performed.

Elements performed after the time limit will be recognized and evaluated.

The deduction for time fault is 0.3 and it will be taken for under/over timing

Deduction 2.0 for very short program (less than 2:15)

15.4.2.2 Music

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 can be used as an instrument. E.g. humming and whistling.

Deduction 0.3 for absence of music or music with lyrics

15.4.2.3 The choice of elements and movements

The routine should present a variety of different movements engaging the entire body. The routine must consist of different gymnastic elements. All movements and elements shall favour dynamic execution. Sequences of simple isolated arm and leg movements will result in a deduction of 0.1 every time.

Maximum deduction 0.4 for the choice of elements and movements

15.4.2.4 Limitation of acrobatic elements

Teams can perform a maximum of four acrobatic elements. All acrobatic elements will be counted by composition judges, even if the whole team doesn't perform element (E.g. half of the team does round off flick flack and half of the team makes round off salto, there are **three** acrobatic elements). If there are more than four acrobatic elements, the team will get a deduction of 0.2.

Acrobatic Elements must be natural part of the Floor Program and be linked to it fluently. A deduction is made if the Acrobatic Elements do not melt rhythmically into the movement sequences. For example: a pause to prepare an acrobatic element or a long run-up (more than three steps) to an acrobatic element the deduction will be 0.2.

Maximum deduction 0.4 for acrobatic elements

15.4.2.5 Formations

There must be at least 6 different formations in Floor Program.

A deduction 0.1 for each missing formation

The shape and the size of the formations must vary. If the formations are all similar straight lines there will be a deduction. There must also be at least two different formations in curved shapes (E.g. two different size circles are not counted as two different curved line formations).

A deduction of 0.1 for each missing curved line

There must be at least one large size formation (from side to side and from back to front) and one small size formation (compact).

A deduction 0.1 for missing variation in size of formations

Maximum deduction for formations 0.2

15.4.2.6 Transitions

Transitions mean those elements/movements included in changing one formation to another. Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Program. Changing the size and the shape of the formation by simply walking, marching or running without any gymnastic quality, will cause a 0.1 deduction each time. The transitions between formations must be planned so that the gymnasts can easily make it without extra/large steps.

Maximum deduction for Transitions 0.2

15.4.2.7 Fluency in connections

Connections mean how the single elements/movements are built together as one harmonious sequence. There must not be purposeless stops between movements or pauses to prepare for movements. Deduction for connections is 0.1 each time.

Maximum deduction for Fluency in connections 0.3

15.4.2.8 Use of floor area, levels and directions

The whole floor area must be used during the program. (No deduction for 90 – 100%) If less than 90% is used, the deduction is 0.2 for each additional missing 10% (Assume gymnasts "paint" the floor with a 2m brush as they move around the area).

There is a requirement of using different levels: E.g. laying, sitting, standing and jumping during the Floor Program. If some level is totally missing, the deduction will be 0.2 per level.

The program must include the gymnasts moving in different directions. E.g. forwards, backwards, sideways (left or right). (Backwards and sideways; there must be at least one sequence of combination of two different movements/elements. Intermediate steps are allowed. Acrobatic elements can not be used for moving backwards or sideways.)

If some direction is missing, deduction will be 0.2 per direction.

Elements/moves must be performed facing all 4 sides (fronts). Diagonal fronts are not demanded. Not all gymnasts need to be at the same time, but all gymnasts need to do all fronts. If some direction is missing, the deduction will be 0.2 per front.

Use of Floor Area	Deduction of missing part/ level/ direction
Using all floor area (less than 90%)	0.2 per missing 10%
Using different levels Laying, Sitting, Standing and Jumping	0.2 each
Moving different directions Forwards, Backwards and Sideways	0.2 each
Performing all four fronts	0.2 each

Maximum deduction 0.6 for use of floor area

15.4.2.9 Unnecessary repetition of elements/movements

If exactly the same elements/movements (e.g. arm movements) are presented more than 3 times, there will be a 0.1 deduction per element.

Maximum deduction 0.3 for unnecessary repetition

15.4.2.10 Effective teamwork

The program must give the impression of working together. Solos and canons can give nuance for the composition, but they must not predominate. At least 2/3 of the program must be performed in unison. If more than 1/3 is performed in canon or differing groups of choreography, the deduction is 0.3. If more than 1/2 is not in unison, deduct 0.5.

Deduction 0.3 or 0.5 for the absence of effective teamwork

15.4.3 Composition Deductions (C-panel)

Composition Deductions (3.5)	Small 0.1	Medium 0.2	Large 0.3	Very Large
Timing (0.3) Under/over timing of the floor program Very short program – less than 2.15			X	2.0
Music (0.3) Absence of music or music with lyrics			X	
Choice of elements and movements (0.4) Missing dynamic execution & Body movements Simple, isolated arm and leg movements	X each			
Limitation of acrobatic elements (0.4) Acro elements are dominating (more than 4 acro elements) Acro elements are not melting rhythmically		X X each		
Formations (0.2) Less than 6 formations The shape or the size of the formations not varying	X X			
Transitions (0.2) Transitions lack of gymnastic and rhythmic quality	X each			
Fluency in connections (0.3) Not fluent and logical series of elements	X each			
Use of floor area (0.6) Absence of using the whole floor area Absence of using different levels Absence of moving into different directions Absence of performing into different fronts		X/10% X each X each X each		
Unnecessary repetition (0.3) Same movements more than three times	X			
Effective teamwork (0.5) Doing same less than 2/3 of the program Doing same less than 1/2 of the program			X	0.5

Art 16 Tumbling

16.1 Discipline requirements

16.1.1 General

- Each team performs three different rounds
- First Round - All gymnasts perform exactly the same series
- Second and Third Rounds - Different series can be performed, but the order is restricted by intensification requirements,
- All tumbling performers must participate in the floor program unless excused by competition doctor due to injury (Penalty is disqualification)
- The team must wait outside the competition area ready to jog into the arena, when the competition organisers direct them
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge (B1) of Tumbling
- It's not allowed to mark the run-up or the tumbling track with clothes or other things

16.1.2 Difficulty

- The difficulty values of most elements are shown in the Table of Difficulty (Appendix A2) and additional element values can also be calculated

16.1.3 Execution

- The team presents only six gymnasts for each round
- Different gymnasts from the team may perform in each round
- After each round the gymnasts return by jogging back to get into position for the next round and they must return together, at the same time
- Additional gymnastic/dance movements before/between rounds are not allowed
- One coach (and only one) can be present on the landing area on the far side from the judges, for security

16.1.4 Composition

- At least one round must be performed forwards and one round backwards
- One round can be forward, backward, combined or a mixture of different series
- Each series (individual routine) must consist of a combination of at least three different acrobatic elements, without intermediate steps or pauses
- All gymnasts must land their last element in the landing area
- The complete presentation is performed to music(Optional choice) which must be instrumental with no lyrics
- The time limit is 2 minutes 45 seconds - the timekeeping starts with the music and ends when the last gymnast lands in the third round

16.2 Difficulty (Open value)

16.2.1 General

- The difficulty of each series is not limited.
- The series difficulty value is calculated from the 3 highest different elements (even if not from the direction of the round).
- The value of body position (shape) and twist is added to each basic element to give the element value
- The value of shape in doubles can be calculated from sum of the shape value of each somersault (Example – Straight in first salto and pike in second salto will receive 0.10 plus 0.05 additional value for shape which when added to the value for double back of 0.65 gives an element value of 0.80)
- A rotation with more than half a twist will either be accepted as a tucked (pucked) or straight body position, but never piked
- All elements are re-evaluated on what is actually performed - except in the first round and if a gymnast does not perform the team series the gymnast will be given zero for difficulty

- Elements after a pause, a fall or intermediate steps will not count towards the difficulty
- Not landing feet first, the element will be valued at zero for difficulty
- Run through will be re-valued at zero for the difficulty
- Performing only one or two different elements will be valued on what is performed
- The difficulty values for the 6 series in a round are summed to form a value for the round, then the 3 rounds are averaged and only then rounded down to the nearest 0.1 point, for the team's final Difficulty Value

16.2.2 Element Basic Values

Direction	Basic element	Value
Forwards	Cartwheel	0.00 (but allowed)
	Handspring	0.15
	Flyspring	0.20
	Salto forward	0.25
	Double salto forward	0.75
	Triple salto forward	Not allowed
Backwards	Roundoff	0.15
	Flick Flack	0.20
	Whipback	0.20
	Salto backward	0.25
	Arabian salto	0.25
	Double Arabian	0.65
	Double salto backwards	0.65
	Triple salto backwards	Not allowed

16.2.3 Element Additional Values

Shape/twist	Single saltos	Double saltos
Piked (Each Salto)	0.05 per salto	
Stretched (Each Salto)	0.10 per salto	
180° twist (½ – 1½)	0.05	0.15
180° twist (2 – plus)	0.10	0.25
Salto-salto *	0.05	0.05
Handspring/Flyspring-salto *	0.05	0.05

* Link additional values are only counted between elements that counted in difficulty

16.3 Execution (10.0 points)

16.3.1 General

While calculating the judge's score, deductions are taken from 10 points for each of the three rounds. The three scores are then averaged and rounded to nearest 0.1.

All execution judges use deductions from the following groups:

- Very small 0.05,
- Small 0.1,
- Medium 0.2 and
- Large 0.3/ 0.5/ 1.0/ 1.5/ 2.0/ 3.0

Each judge gives a single score to an accuracy of 0.1 point.

16.3.2 Definitions of Execution Faults

16.3.2.1 Optimal Height and Length

Elements must be performed at appropriate height and length.

In particular the centre of gravity of the final salto should be lifted approximately 1½ times the height of the gymnast.

The final salto should not be too long – approximately the height of the element.

Deduction: Height 0.1, 0.2, 0.3 each time/gymnast. Length 0.1 each time/gymnast

16.3.2.2 Body Position

Elements must be performed with clear body shape and technique.

Deduction 0.05, 0.1, 0.2, 0.3 each time / gymnast

16.3.2.3 Twist Technique

In piked and tucked front salto the hip action must be clear.

In straight salto the twist must be initiated in the air.

Deduction 0.1, 0.2, 0.3 each time / gymnast

16.3.2.4 Defined Twists

Twisting doubles with less than 3 twists must clearly show the number of twists in each salto.

Deduction 0.1 each time / gymnast

16.3.2.5 Streaming

Streaming should be even throughout between all gymnasts. At least two gymnasts must be moving at the same time.

Deduction 0.1 each time / gymnast. Total lack of streaming 0.5

16.3.2.6 Deviation from Centre Line

Elements should be performed along the centre line of the track land on the centre line of the landing area.

Deduction 0.05 for small deviation, 0.1 for 0.5m and 0.2 for 1m or more / gymnast.

16.3.2.7 Landing Position

The landing position should be upright with slight bending of the knees and slight bending at the waist (up to 15 degrees)

Deduction 0.1 for 15° to 45°, 0.2 for 45° and above, 0.3 deep squat / gymnast.

16.3.2.8 Falls

The landing should be controlled and may continue moving forwards or backwards under control.

Deduction 0.1 for small loss of control, 0.2 for significant loss, 0.3 one hand on mat, 0.5 two hands or sitting/rolling, 1.0 not landing feet first / gymnast

16.3.2.9 Team Round Error

This has moved to 16.4.2

16.3.2.10 Coaches Actions

If a coach is standing in, he is there to react in case of a dangerous situation. The coach is not there to stop gymnasts falling over, but to avoid injury to the gymnasts. All supportive actions are deductible.

Deduction 0.3 for small support, 0.5 for significant support / gymnast

16.3.2.11 Loss of Momentum

A tumble should maintain or increase momentum.

Deduction 0.3 each time for loss of momentum / gymnast

Deduction 0.5 for total loss of momentum / gymnast

16.3.2.12 Special Deductions / gymnast

Performing only two elements **Deduction 1.0**

Performing only one element **Deduction 2.0**

Running through **Deduction 3.0**

Wrong number of gymnasts **Deduction 3.0**

Not equal men/women in mixed teams **Deduction 1.5**

16.3.3 Execution Deductions (B panel – each occurrence)

Execution Deductions (10.0)	Very small 0.05	Small 0.1	Medium 0.2	Large 0.3
Optimal Height and Length		X	X	X
Body Position	X	X	X	X
Twists Technique		X	X	X
Defined Twists		X		
Streaming		X		0.5
Deviation from Centreline	X	X	X	
Landing Position		X	X	X
Falls		X	X	0.3, 0.5, 1.0
Coaches Actions				0.3, 0.5
Loss of Momentum				0.3, 0.5
Special Deductions				
Performing only 2 elements				1.0
Performing only 1 element				2.0
Running Through				3.0
Wrong number of gymnasts				3.0 each
Not equal men/women in mixed teams				1.5

Technical requirements and error deductions can be found in Appendix A5.

16.3.4 Execution Head Judge (B1) Deductions**16.3.4.1 Coach giving Verbal or Visual Instruction**

Coaches are not allowed to give any verbal or visual instructions for the gymnasts during the tumbling program except in case of injury or dangerous occurrence.

HJ Deduction 0.3 for giving instruction, once from final score

16.3.4.2 Incorrect dress

If gymnast's or stand-in's dress is not according to the article 8.2 or 8.3, there will be a deduction. The following items will also cause deduction - loose items, body paintings and advertising against FIG/UEG rules

HJ deduction for incorrect dress 0.3, once from the final score

16.3.4.3 Wearing jewellery

- No jewellery of any kind may be worn by gymnasts OR COACHES (This includes ear studs and piercings – taping to hide them is not allowed)
- Decorated hair grips (slides) are classed as jewellery.

HJ deduction for wearing jewellery 0.3 once from the final score

16.3.4.4 Wearing intrusive bandages

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour. This means skin colour. Bandages can also be hidden under the competition dress. (For clarification, they should be the same colour as the area they cover)

HJ deduction for wearing intrusive bandages 0.3 once, from the final score

16.3.4.5 Not respecting the discipline- or competition requirements

This deduction is used if the team is not following the discipline or other competition requirements. For example:

- Starting the performance before the green flag from the Head Judge
- Marking the run-up with clothes or other things
- Entering the arena against the rules

- More than one coach in the landing area
- Not all gymnasts landing last element in the landing area

HJ deduction 0.3 per item, from the final score

Head Judge Deductions	
Coach giving verbal or visual instructions	0.3
Incorrect dress	0.3
Wearing jewellery	0.3
Intrusive bandages	0.3
Not respecting the requirements	0.3

16.4 Composition (2.0 points)

16.4.1 Definitions for Composition Deductions

The maximum deduction in composition is 2.0. The team might “earn” more deductions, but the judges can only deduct up to the maximum deduction limit.

All composition deductions are made under the ‘C’ score

16.4.1.1 *Three different Elements*

Each series must have at least three different elements.

Deduction 0.2 per missing element /gymnast

16.4.1.2 *Timing*

The time limit is 2.45 minutes. The timekeeping starts with the music and ends when the last movement is performed.

Series performed after the time limit will still be recognized and evaluated.

Deduction for time fault is 0.3 and it will be taken for over timing

16.4.1.3 *Music*

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.

Deduction 0.3 for absence of music or music with lyrics

16.4.1.4 *Not Jogging back between rounds*

Gymnasts must jog back to the run up after each round. They must return together.

Deduction for not jogging 0.3

Deduction for not returning together 0.2

16.4.1.5 *Additional Movements between Rounds*

Additional movements (e.g. dance, gymnastics or additional choreographed movements) are not allowed between the rounds.

Deduction 0.2 for additional moves each time

16.4.2 Intensification

In the first round every gymnast must perform the exact same series. It's called the “Team round” and there should be no difficulty intensification.

Deduction 0.2 per gymnast

In the second and third rounds gymnasts are allowed to increase the difficulty. The series with higher difficulty values must come after the series with lower values in the round.

Deduction 0.1 per gymnast each time

16.4.3 Variation

The teams should show a great variation in the chosen series.

16.4.3.1 Repetition of Series

If any gymnast performs the same series from another round, there will be a deduction of 0.2 per gymnast each time.

The calculation of deductions is based on the round where the series is performed the most times. In this round the series is/are free from deduction. In any other round 0.2 is deducted per gymnast.

Deduction 0.2 per gymnast each time

16.4.3.2 Forward and Backward Rounds

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

Deduction 0.2 per gymnast each time

16.4.3.3 Definitions of Forward, Backward and Combined series

- **Forward series:** A gymnast performs a forward series if at least three elements are forward (see 16.2.1), including the element with the highest value. The final element must also be forward.
- **Backward series:** A gymnast performs a backward series if at least three elements are backward including the element with the highest value. The final element must also be backward.
- **Combined series:** A gymnast performs a combined series if it is neither forward nor backward as defined above

16.4.3.4 Twists

The team must perform one round that contains an element with at least 360° twist in single saltos or 180° twist in double saltos. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast

16.4.4 Composition Deductions

Composition Deductions	Deduction
General	
Not three different elements	0.2 per missing element
Incorrect time	0.3
Incorrect music	0.3
Not jogging back between the rounds	0.3 each time
Not jogging together	0.2 each time
Additional movements before/between Rounds	0.2 each time
Intensification	
Missing team round	0.2 per gymnast
Incorrect intensification	0.1 each time
Variation	
Repetition of series	0.2 each time
Missing fwd/bwd round	0.2 per gymnast
No twisting element in twisting round	0.2 per gymnast

Art 17 Trampet

17.1 Discipline requirements

17.1.1 General

- Each team performs three different rounds
- First Round - All gymnasts perform the same element
- Second and Third Rounds - Different elements can be performed, but the order is restricted by intensification requirements
- All trampet performers must participate in the floor program unless excused by the competition doctor due to injury (Penalty is disqualification)
- The team must wait outside the competition area ready to jog into the arena when the competition organisers direct them
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge (B1) of Trampet.
- It's not allowed to mark the run-up with clothes or other things.

17.1.2 Difficulty

- The difficulty values of most elements are shown in the Table of Difficulty (Appendix A3). Additional element values can also be calculated.

17.1.3 Execution

- The team presents only six gymnasts for each round.
- Different gymnasts from the team may perform in each round.
- After each round the gymnasts return by jogging back to get into position for the next round. The gymnasts must return together, at the same time.
- Additional gymnastics/dance movements before/between rounds are not allowed
- Two coaches (and only two) must be present on the landing mat, for security spotting of the landings and in the event of a dangerous situation, they must take appropriate action

17.1.4 Composition

- At least one round must be performed on apparatus and the apparatus must be touched with both hands
- It is not allowed to touch the apparatus with the feet
- At least one round must be performed without apparatus
- The complete presentation is performed to music (Optional choice) which must be instrumental with no lyrics
- The time limit is 2 minutes 45 seconds and the timekeeping starts with the music and ends when the last gymnast lands in the third round

17.2 Difficulty (Open value)

17.2.1 General

- The difficulty of each element is not limited.
- The value of body position (shape) and twist is added to each basic element to give the element value. The value of shape in doubles can be calculated from sum of the shape value of each somersault.
Example – Straight front in first salto and pike front in second salto will receive 0.10 plus 0.05 additional value for shape which when added to the value for double front of 0.65 gives an element value of 0.80)
- A rotation with more than half a twist will either be accepted as a tucked (pucked) or straight body position, but never piked
- All elements are re-evaluated on what is actually performed - except in the first round. .
- If a gymnast does not perform the team element the gymnast will be given zero for difficulty. Twisting doubles with less than 3 twists must be the same. That means for example all have 1½ in first salto and say full in the second.
- Not landing feet first, the element will be valued at zero for difficulty.

- Not touching the vault with hands, the element will be valued at zero for difficulty.
- Run through will be re-valued at zero for the difficulty
- The 6 individual elements difficulty values in each round are summed, then the 3 rounds are averaged and rounded down to the nearest 0.1 point, for the team's final Difficulty Value

17.2.2 Element Basic Values

Group	Basic elements	Value
Without vaulting apparatus		
	Salto	0.30
	Double salto	0.65
	Triple salto	Not allowed
With vaulting apparatus		
	Handspring	0.40
	Handspring salto forwards	0.75
	Handspring double salto	Not allowed
	Handspring 90° on - 90° off	0.35
	Handspring 180° on	0.45
	Tsukahara	0.70
	Double Tsukahara	Not Allowed

17.2.3 Element Additional Values

Shape/twist	Single saltos	Double saltos
Piked (Each Salto)	0.05 per salto	
Stretched (Each Salto)	0.10 per salto	
180° twist (½ - 2)	0.05	0.15
180° twist (2½ plus)	0.10	0.25

17.3 Execution (10.0 points)

17.3.1 General

While calculating the judge's score, deductions are taken from 10 points for each of the three rounds. The three scores are then averaged and rounded to nearest 0.1.

All execution judges use deductions from the following groups:

- Very small 0.05,
- Small 0.1,
- Medium 0.2 and
- Large 0.3/ 0.5/ 1.0/ 1.5/ 2.0/ 3.0

Each judge gives a score to an accuracy of 0.1 point.

17.3.2 Definitions of Execution Faults

17.3.2.1 Optimal Height and Length

Elements must be performed at appropriate height and length.

The centre of gravity should be lifted approximately 1½ times the height of the gymnast and the length should not be greater than the height of the element.

Deduction: Height 0.1, 0.2, 0.3 each time/gymnast. Length 0.1 each time/gymnast

17.3.2.2 Body Position

Elements must be performed with clear body shape and technique.

Deduction 0.05, 0.1, 0.2, 0.3 each time / gymnast

17.3.2.3 Twist Technique

In piked and tucked front salto the hip action must be clear.

In straight salto the twist must be initiated in the air.

Deduction 0.1, 0.2, 0.3 each time / gymnast

17.3.2.4 Defined Twists

Twisting doubles with less than 3 twists must clearly show the number of twists in each salto.

Deduction 0.1 each time / gymnast

17.3.2.5 Streaming

Streaming should be even throughout between all gymnasts. At least two gymnasts must be moving at the same time.

Deduction 0.1 each time / gymnast. Total lack of streaming 0.5

17.3.2.6 Deviation from Centre Line

Elements should land on the centre line of the landing area. .

Deduction 0.05 for small deviation, 0.1 for 0.5m and 0.2 for 1m or more / gymnast.

17.3.2.7 Landing Position

The landing position should be upright with slight bending of the knees and slight bending at the waist (up to 15 degrees)

Deduction 0.1 for 15 to 45, 0.2 for 45 and above, 0.3 deep squat / gymnast.

17.3.2.8 Falls

The landing should be controlled and may continue moving forwards or backwards under control.

Deduction 0.1 for small loss of control, 0.2 for significant loss, 0.3 one hand on mat, 0.5 two hands or sitting/rolling, 1.0 not landing feet first / gymnast.

17.3.2.9 Team Round Error

This has moved to 17.4.2

17.3.2.10 Coaches Actions

Compulsory coaches standing in are there to react in case of a dangerous situation. They are not there to stop gymnasts falling over, but to avoid injury to the gymnasts. All supportive actions are deductible.

Deduction 0.5 for not taking action in a dangerous situation

Deduction 0.3 for small support, 0.5 for significant support / gymnasts

17.3.2.11 Special Deductions

Running Past the apparatus	Deduction 3.0
Not touching the vault with hands	Deduction 1.0
Wrong number of gymnasts	Deduction 3.0 / gymnast
Not equal men/women in mixed teams	Deduction 1.5 / gymnast

17.3.3 Execution Deductions (B panel – each occurrence)

Execution Faults (10.0)	Very small 0.05	Small 0.1	Medium 0.2	Large 0.3
Optimal Height and Length		X	X	X
Body Position	X	X	X	X
Twists Technique		X	X	X
Defined Twists		X		
Streaming		X		0.5
Deviation from Centreline	X	X	X	
Landing Position		X	X	X
Falls		X	X	0.3, 0.5, 1.0
Coaches Actions				0.3, 0.5
Running Past the Apparatus				3.0
Not touching the vault with hands				1.0
Wrong number of gymnasts				3.0
Not equal men/women in mixed teams				1.5

The execution faults are explained more detailed in the Table of General Faults and Penalties contained within the appendix A5, and in Technical Element Recognition Examples in Appendix A4.

Specific technical requirements and error deductions can be found in A4 and A5.

17.3.4 Execution Head Judge (B1) Deductions**17.3.4.1 Coach giving Verbal or Visual Instruction**

Coaches are not allowed to give any verbal or visual instructions for the gymnasts during the trampet program except in case of injury or dangerous occurrence.

HJ Deduction 0.3 for giving instruction, once from final score

17.3.4.2 Incorrect dress

If a gymnasts dress is not according to the art. 8.2, there will be a deduction. Also loose items and body paintings and advertising against FIG/UEG rules will cause this deduction.

HJ deduction for incorrect dress 0.3, once from the final score

17.3.4.3 Wearing jewellery

- No jewellery of any kind may be worn by gymnasts OR COACHES (This includes ear studs and piercings – taping to hide them is not allowed)
- Decorated hair grips (slides) are classed as jewellery

HJ deduction for wearing jewellery 0.3 once, from the final score

17.3.4.4 Wearing intrusive bandages

The bandages (including joint supports) must be securely fastened and of a none-intrusive colour. This means skin colour. Bandages can also be hidden under the competition dress. (For clarification, they should be the same colour as the area they cover)

HJ deduction for wearing intrusive bandages 0.3 once, from the final score

17.3.4.5 Not respecting the discipline- or competition requirements

This deduction is used if the team is not following the discipline or other competition requirements. For example:

- Starting the performance before the green flag from the Head Judge
- Marking the run-up with clothes or other things
- Entering the arena against the rules

HJ deduction 0.3 per item, from the final score

Head Judge Deductions	
Coach giving verbal or visual instructions	0.3
Incorrect dress	0.3
Wearing jewellery	0.3
Intrusive bandages	0.3
Not respecting the requirements	0.3

17.4 Composition (2.0 points)

17.4.1 Definitions for Composition Deductions

The maximum deduction in composition is 2.0. The team might “earn” more deductions, but the judges can only deduct up to the maximum deduction limit.

All composition deductions are made under the ‘C’ score

17.4.1.1 Timing

The time limit is 2.45 minutes. The timekeeping starts with the music and ends when the last movement is performed.

Elements performed after the time limit will be recognized and evaluated.

Deduction for time fault is 0.3 and it will be taken for over timing

17.4.1.2 Music

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 can be used as an instrument with e.g. humming and whistling.

Deduction 0.3 for absence of music or music with lyrics

17.4.1.3 Not Jogging back between rounds

The Gymnasts must jog back to the run up after each round. They must return together.

Deduction for not jogging 0.3

Deduction for not returning together 0.2

17.4.1.4 Additional Movements between Rounds

Additional movements (e.g. dance, gymnastics or additional choreographed movements) are not allowed between the rounds.

Deduction 0.2 for additional moves each time

17.4.1.5 Double saltos before single saltos

Single saltos should be performed before double saltos in the same round.

Deduction 0.2 each time

17.4.2 Intensification

In the first round every gymnast must perform the exact same element. It’s called the “Team round” and there should be no difficulty intensification.

Deduction 0.2 per gymnast

In the second and third rounds gymnasts are allowed to increase the difficulty. The elements with higher difficulty values must come after the elements with lower values in the round.

Single saltos should be performed before double saltos, but with no deduction for falling difficulty.

Deduction 0.1 per gymnast each time

17.4.3 Variation

The teams should show a great variation in the chosen elements.

17.4.3.1 Repetition of Elements

If any gymnast performs the same element from another round, there will be a deduction of 0.2 per gymnast each time.

The calculation of deductions is based on the round where the element is performed the most times. In this round the element is free from deduction. In any other round 0.2 is deducted per gymnast.

Deduction 0.2 per gymnast each time

17.4.3.2 Apparatus

The team must perform at least one round on the vaulting table and one round without.

Deduction 2.0 if round with or round without vault is missing

17.4.3.3 Twists

The team must perform one round that contains an element at least 360° twist in single saltos or 180° twist in double saltos in free rotations. Deduction is based on the round where the twist is performed by the most gymnasts. (The half turn onto the vault does not count as twist)

Deduction 0.2 per gymnast

17.4.3.4 Doubles

The team must perform one round that contains a double salto. Double saltos count from trampet to landing (e.g. Tsukahara and handspring salto included) Deduction is based on the round where the double is performed by the most gymnasts.

Deduction 0.2 per gymnast

17.4.4 Composition Deductions

Error	Deduction
General	
Incorrect time	0.3
Incorrect music	0.3
Not jogging back between the rounds	0.3 each time
Not jogging together	0.2 each time
Additional movements before/between rounds	0.2 each time
Intensification	
Missing Team Round	0.2 each time
Incorrect intensification	0.1 each time
Variation	
Element repetition	0.2 each time
No apparatus or non apparatus round	2.0
No twisting element in twisting round	0.2 per gymnast
No double element in double round	0.2 per gymnast

APPENDIX A1

Table of Difficulty for Floor

Counting difficulty value of elements: Different elements **must have** different code numbers. Some elements don't have own symbols. It's allowed to use the symbol of some same kind of element (the code number must be own with every difficulty element).

If for example the leg separation requirement is not fulfilled the value will be lowered if possible. If there is no lower value for the element, it has no value.

1. Pirouettes

The following abbreviations are used in Floor Difficulty Tables:

Fwd = forward (Turning in the same direction as the supporting leg)

Bwd = backward (Turning in the opposite direction as the supporting leg)

APPENDIX A2

Examples of Difficulty – Tumbling

Ref	Base Elements	Value	Additional Values	Single	Double
Tu1	Cartwheel	0.00			
Tu2	Handspring	0.15			
Tu3	Flyspring	0.20			
Tu4	Forward Salto	0.25			
Tu15	Double Fwd Salto	0.75			
Tu32	Roundoff	0.15			
Tu33	Flic Flac	0.20			
Tu34	Whipback	0.20			
Tu35	Backward Salto	0.25			
Tu49	Double back	0.65			


Shape and Twist	Value	Value
Piked	0.05	0.05
Straight	0.10	0.10
180° twist 1/2 to 1 1/2	0.05	0.15
180° twist 2 plus	0.10	0.25

Combination		Value
Salto-salto(once per series)		0.05
Hand/Flyspring before salto		0.05

Forwards

Ref	Element	Value	Ref	Element	Value
	Single Saltos			Double Saltos	
Tu1	Cartwheel (Forward only)	0.00	Tu14	FS 2.5 Twist	0.70
Tu2	Handspring	0.15	Tu15	Double Front (DF)	0.75
Tu3	Flyspring	0.20	Tu16	DF Tuck Half out	0.90
Tu4	Front Tuck	0.25	Tu17	DF Tuck Full out	1.05
Tu5	Front Tuck Half 180°	0.30	Tu18	DF Tuck 1.5 out	1.20
Tu6	Front Tuck Full 360°	0.35	Tu19	DF Pike (P)	0.85
Tu7	Front Pike	0.30	Tu20	DF Pike Half	1.00
Tu8	Front Pike Half 180°	0.35	Tu21	DF P/St Full out	1.20
Tu9	Front Straight (FS)	0.35	Tu22	DF P/St 1.5 out	1.35
Tu10	FS Half (barani) 180°	0.40	Tu23	DF Straight (St)	0.95
Tu11	FS Full 360°	0.45	Tu24	DF Half out St	1.10
Tu12	FS 1.5 Twist 540°	0.50	Tu25	DF St Full out	1.25
Tu13	FS 2 Twist 720°	0.60	Tu26	DF Straight 1.5	1.40

Backwards

Ref	Element	Value	Ref	Element	Value
	Single Saltos	V		Double Saltos	
Tu31			Tu51	Double Back (DB) ll	0.65
Tu32	Roundoff 	0.15	Tu52	DB Tuck 1/2 twist ll 180°	0.80
Tu33	Flic Flack 	0.20	Tu53	DB Tuck 1 twist ll 360°	0.95
Tu34	Whipback 	0.20	Tu54	DB Tuck 1 1/2 ll 540°	1.10
Tu35	Back Tuck (BT) l	0.25	Tu55	DB Tuck 2 ll 720°	1.35
Tu36	Arabian Front 180° 	0.25	Tu56	DB Pike 	0.75
Tu37	BT half l 180°	0.30	Tu57	DB Pike Half 	0.90
Tu38	BT Full l 360°	0.35	Tu58	DB Straight (DBS) 	0.85
Tu39	Back Pike (BP) 	0.30	Tu59	DBS Half out 	1.00
Tu40	BP Half 	NA	Tu60	DBS Full out 	1.15
Tu41	BP Full 	0.40	Tu61	DBS 1.5 out 	1.30
Tu42	Back Straight (BS) l/	0.35	Tu62	DBS 2 out 	1.55
Tu43	BS Half l/ 180°	0.40	Tu63	DBS 2.5 out 	1.80
Tu44	Whipback Full 	0.30	Tu64	DBS 360° 	2.05
Tu45	BS Full l/ 360°	0.45		Full in 2 out	
Tu46	BS 1.5 Twist l/ 540°	0.50			
Tu47	BS 2 Twist l/ 720°	0.60			
Tu48	BS 2.5 Twist l/ 900°	0.70			
Tu49	BS 3 Twist l/ 1080°	0.80			

In doubles: Twist and bodyshape in first salto is put before symbol. Twist and bodyshape in second salto is shown after the symbol. Thus the following drawing is piked in first and straight in second.



APPENDIX A3

Examples of Difficulty – Trampet

Trampet

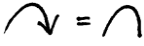


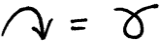
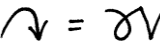
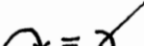
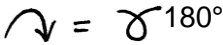



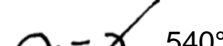
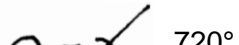



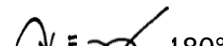
With Apparatus Backward Rotation

Ref	Element	Symbol	Value
Tr 1	Cartwheel ¼ turn on ¼ turn off	X	0.35
Tr 2	Half on (180)-half off (180)	180° ↻ = ∩ 180°	0.5
Tr 3	Handspring 180 on -360° off	180° ↻ = ∩ 360°	0.55
Tr 4	Handspring 180 on - 540° off	180° ↻ = ∩ 540°	0.60
Tr 5	Tsukahara	TSU	0.7
Tr 6	Tsukahara Piked	TSU V	0.75
Tr 7	Tsukahara Straight	TSU /	0.8
Tr 8	Tsukahara Straight 360° or Kasamatsu	TSU / 360°	1.1
Tr 9	Tsukahara Straight 720° or Kasamatsu 360°	TSU / 720°	1.40
Tr 11	TSU-straight 1080°	TSU / 1080°	1.90
Tr 10	Double Tsukahara	TSU ∞	NA

Double Tsukahara not allowed (NA)

Trampet

With apparatus Forward Rotation

Code	Element	Symbol	Value
Tr 22	Handspring		0.4
Tr 23	Handspring 360°		0.5
Tr 24	Handspring 540°		0.55
Tr 25	Handspring salto forwards		0.75
Tr 26	Handspring salto forwards piked		0.8
Tr 27	Handspring salto forwards straight		0.85
Tr 28	Handspring salto forwards tucked 180°		0.90
Tr 29	Handspring salto forwards piked 180°		0.95
Tr 30	Handspring salto forwards straight 180°		1.0
Tr 31	Handspring salto forwards straight 360°		1.15
Tr 32	Handspring salto forwards straight 540°		1.30
Tr 33	Handspring salto forwards straight 720°		1.45
Tr 34	Handspring salto forwards straight 900°		1.70
Tr 35	Handspring double front tucked 180°		NA
Tr 36	Handspring double front piked 180°		NA
Tr 37	Handspring double front straight 180°		NA

Handspring double fronts not allowed (NA)




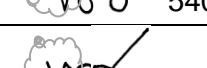







Trampet

Without vaulting apparatus

Code	Element	Symbol	Value
Tr 41	Front salto– Tucked		0.3
Tr 42	Front – Piked		0.35
Tr 43	Front – Straight		0.4
Tr 44	Front - Tucked 180°		0.35
Tr 45	Front - Piked 180°		0.4
Tr 46	Front - Straight 180°		0.45
Tr 47	Front - Straight 360°		0.5
Tr 48	Front - Straight 540°		0.55
Tr 49	Front - Straight 720°		0.6
Tr 50	Front - Straight 900°		0.7
Tr 51	Front - Straight 1080°		0.8
Tr 52	Front – Straight 1260°		0.9
	Doubles		
Tr 53	Double Front – Tucked		0.65
Tr 54	Double Front – Piked		0.75
Tr 55	Double Front – Straight		0.85
Tr 56	Double Front - Tucked 180° in		0.8
Tr 57	Double Front - Tucked 180° out		0.8
Tr 58	Double Front - Tucked 180° in 360° out		1.1
Tr 59	Double Front - Tucked 540° out		1.1
Tr 60	Double Front - Tucked 360° in 180° out		1.1

Trampet

Without vaulting apparatus continued

Code	Element	Symbol	Value
Tr 61	Double Front - Piked 180° in	180° 	0.9
Tr 62	Double Front - Piked 180° out	 180°	0.9
Tr 63	Double Front – Piked/straight 540° out	 540°	1.25
Tr 64	Double Front – Piked/straight 900° out	 900°	1.65
Tr 65	Double Front - Straight 180° in	180° 	1.0
Tr 66	Double Front - Straight 180° out	 80°	1.0
Tr 67	Double Front - Straight 180° in 360° out	180°  360°	1.3
Tr 68	Double Front - Straight 360° in 180° out	360°  180°	1.3
Tr 69	Double Front - Straight 540° out	 540°	1.3
Tr 70	Double Front - Straight 360° in 540° out	360°  540°	1.7
Tr 71	Double Front - Straight 1260°	 1260°	2.2

Triple Salto Not Allowed

Placement of twist definition not required over 2½ twists

APPENDIX A4

Element Recognition Examples

In order to achieve full difficulty, specific technical expectations are required

Floor Programme

Counting difficulty value of elements: Different elements must have different code number

Pirouettes

The number of turns and the height of the free leg in pirouettes affect the value of the element.

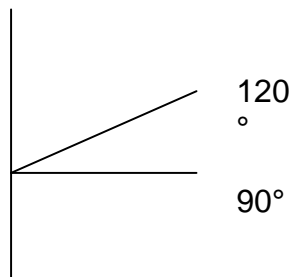
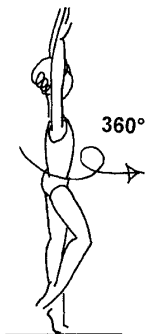
If the free leg is bent (fw/side) the heel is used to define the angle with the hip.

When the free leg is bent and backwards, the knee is used to define the angle with the hip.

Position of supporting leg, bent/ straight, does not change DV.

Pirouette is finished when the heel or the free leg is touching the floor.

Pirouette



Considerations:

No value for the pirouette:

- min. 360° requirement is not fulfilled
- Pirouette is not performed on toes

Lowered value for the pirouette:

In following cases (if the requirements above are fulfilled) the element will be re-evaluated according to the CoP. If there is no lower value for the element in the CoP, it has no value.

- If the turn is not completed e.g. P301 (but 360° is fulfilled) -> P201,
- if the leg separation requirement is not fulfilled (the leg is too low; P507-> P303) or
- if the free leg is not held in the right position for at least ¾ of the time of the rotation (e.g. P407-> P201)

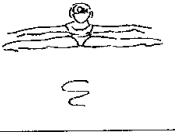
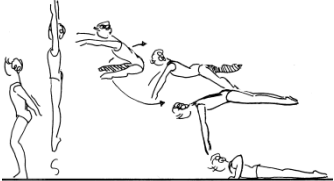


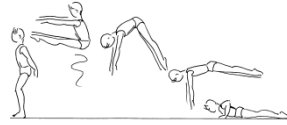

Jumps, Leaps and Hops


Jumps, leaps and hops with turns or twists:

- different techniques are allowed before, during and after the turn or twist, including tuck, pike, straddle pike and “ring- positions”
- while landing on two legs the front leg defines the degree of the turn/ twist
- while landing on one leg, hip and shoulders define the degree of the turn/ twist.

Jumps, leaps and hops landing in front laying support:

- controlled landing begins with hand support before the whole body touches the floor
- if the landing is not controlled and/ or performed through hand support there will be an execution deduction

<p>Straddle Pike</p> 	<p>Considerations</p> <p>Both legs at least at horizontal</p>
<p>Shushunova</p> 	<p>Considerations</p> <p>There must be clear pike, legs horizontal before landing in front laying support.</p> <p>If the pike- requirement is not fulfilled, the jump will be counted as J202.</p>
<p>Tuck Jump</p> 	<p>Considerations</p> <p>Knees at horizontal</p> <p>90° or less angle at knees</p> <p>Knees together. When twisting, the knees must reach the horizontal somewhere during the jump.</p>
<p>Cat Leap</p> 	<p>Considerations</p> <p>Knees lift alternatively to horizontal or higher.</p> <p>When twisting, the knees must reach the horizontal somewhere during the jump.</p>
<p>Pike Jump landing to front laying support</p> 	<p>Considerations</p> <p>There must be clear pike, legs horizontal and straight before lying position.</p> <p>If the pike- or legs straight- requirement is not fulfilled, the jump can be valued e.g.as J410.</p>
<p>Wolf Jump</p> 	<p>Considerations</p> <p>Extended leg at horizontal</p> <p>90° or less angle at knees</p> <p>Knees together.</p> <p>When twisting, the straight leg must reach the horizontal somewhere during the jump.</p>

<p>Bridge</p> 	<p>Considerations</p> <p>The element recognitions are not fulfilled if:</p> <ul style="list-style-type: none"> - arms are bent - support knee is bent -there is a shoulder angle, in that case there is no value for the element. -to get the value, the bridge must be performed sideways or diagonal towards the judges <p>If the free leg is bent or too low, the value will be lowered.</p> <p>If the free leg is lower than 45°, the value is counted to be B314.</p>
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POWER ELEMENTS

Power elements must be performed with control. If not- there is no value for the element. If the positions before and after the power element are not clear and identical (all gymnasts), there will be an execution deduction.

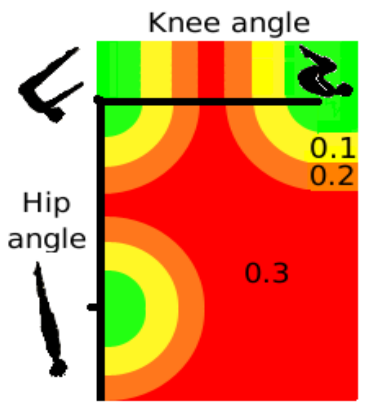
Section Elements

<p>Body waves (S201, S301, S202, S302)</p>	<p>If the hips and the whole body are not included, there is no value for the element.</p>
<p>Swing movements (S203, S303)</p>	<p>If the element is performed by muscle power instead of using the gravity, there will be no value for the element.</p>
<p>Movement in pairs (S204, S304)</p>	<p>Only ELEMENTS are counted, touching is not enough.</p>

Floor continued

Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3 / more
Amplitude and extension					
Concise execution of elements	Each time /gymnast	X	X		
Deficient extension in elements	Each time /gymnast	X	X		
Balance and controlled execution					
Lost balance and control will cause a deduction	Each time /gymnast	tiny step to maintain the balance	long step or contra movement to balance	several steps or hand support	Fall
Artistry of presentation					
Presentation must be expressive	once after the program			make a deduction if not impressed	
Interrupting the floor program					
Gymnast interrupts the program	/gymnast				0.5
Wrong number of gymnasts					
There must be from 6 to 12 gymnasts on the floor	Once/team				1.0

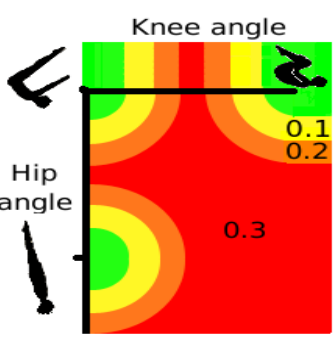
Tumbling

Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3 / more
Loss of momentum	Each time/ gymnast				slowing down (0.3) total loss (0.5)
Optimal Height and Length					
Optimal Height	Each time/ gymnast		Slightly too low	Too low	Very low
Optimal Length			Too long		
Body Position	Each time/ gymnast		Yellow area	Orange area	Red area
			X	X	X
Legs crossed or separated					
Twist Technique	Each time/ gymnast		little too late or early action	too late or too early action	badly timed action, no tension etc.
Defined Twists	Each time/ gymnast		X		
Streaming	Each time/ gymnast		slightly uneven		total lack (0.5)
Deviation from Centreline	Each time/ gymnast	small	for half a meter	more than one meter	
Landing positions					
Bending hips (and knees)	Each time/ gymnast		hips 15°- 45°	hips >45°	deep squat
insufficient completion of twists – over/underrotation			10°-20°	20°-45°	45°-70°

Tumbling continued

Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3/ more
Falls					
Falls - loss of control	Each time/ gymnast		small loss of control	significant loss	one hand down
Falls – sitting or rolling	Each time/ gymnast				0,5
Falls – not landing feet first	Each time/ gymnast				1,0
Coaches Action					
	Each time/ gymnast				small support 0,3 Support 0,5
Special Deductions					
	Each time/ gymnast				
Not performing three elements			only two element 1,0	only one element 2,0	Running through 3,0
Wrong number of Gymnasts					3,0
Not equal men/women in mixed teams					1,5

Trampet

Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3/ more
<p>Optimal Height and Length</p> <p>Optimal Height</p> <p>Optimal Length</p>	Each time/ gymnast		Slightly too low Too long	Too low	Very low
<p>Body Position</p>  <p>Legs crossed or separated</p>	Each time/ gymnast		Yellow area X	Orange area X	Red area X
<p>Twists Technique</p> <p>Hip action in piked and tucked front salto</p>	Each time/ gymnast		little too late or early action	too late or too early action	badly timed action, no tension etc.
<p>Defined Twists</p> <p>Twisting in doubles with less than 3 twists</p>	Each time/ gymnast		X		
<p>Streaming</p>	Each time/ gymnast		slightly uneven		total lack (0.5)
<p>Deviation from Centreline</p>	Each time/ gymnast	small	for half a meter	more than one meter	
<p>Landing positions</p> <p>Bending hips (and knees)</p> <p>Insufficient completion of twists –over or under rotation</p>	Each time/ gymnast		hips 15°-45° 10°-20°	hips >45° 20°-45°	deep squat 45°-70°

Trampet continued

Execution Faults		Very Small	Small	Medium	Large
		0.05	0.1	0.2	0.3/ more
Falls					
Falls - loss of control	Each time/ gymnast		small loss of control	significant loss	one hand down
Falls – sitting or rolling	Each time/ gymnast				0,5
Falls – not landing feet first	Each time/ gymnast				1,0
Coaches Action					
	Each time/ gymnast				small support 0,3 support 0,5
Special Deductions					
Running past the apparatus	Each time/ gymnast				3,0
Not touching the vault with hands					1,0
Wrong number of Gymnasts					3.0
Not equal men/women in mixed teams					1,5

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