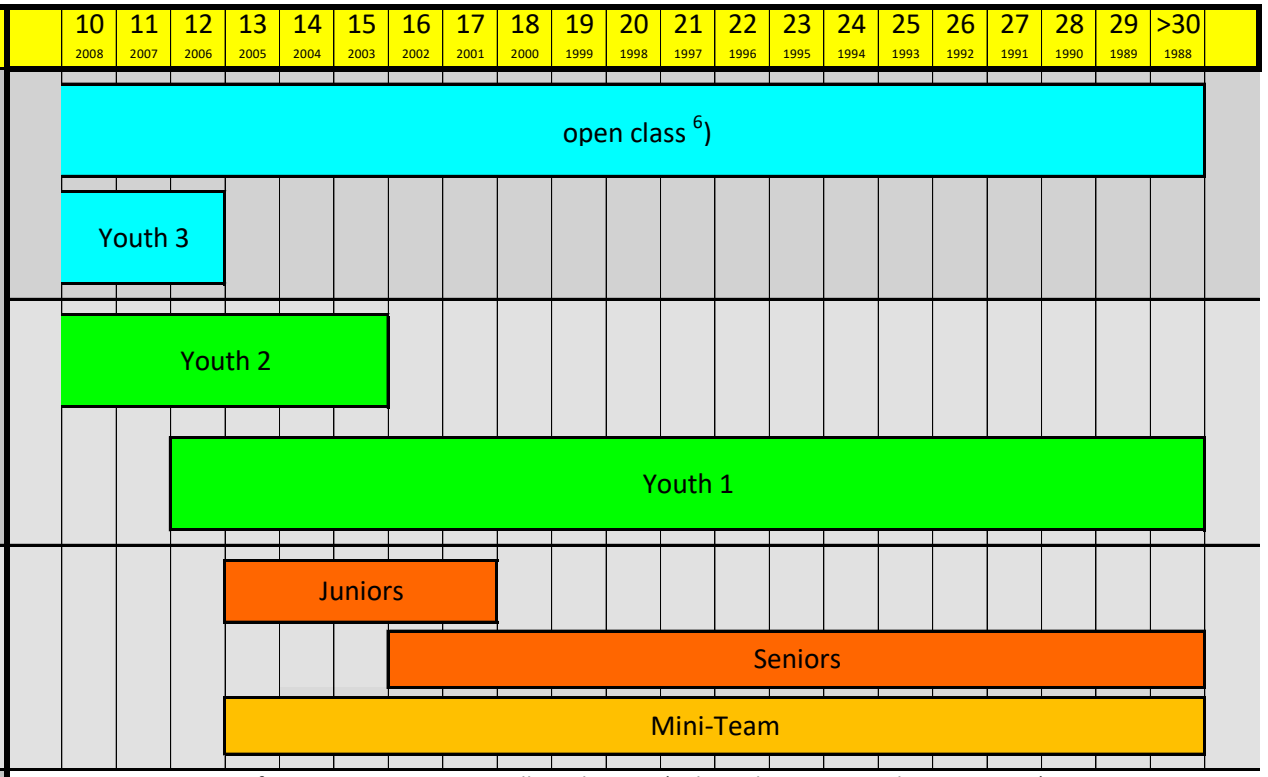
TEAMGYM: Categories 2018

general			Floor				Tumbling					Trampet		
general rules - code of points 2017-2021	national [1]	no need to have equal number of men and women	4-12	min. 10x12m	4	1:00 - 2:45	4 (max.12) [2]	min. 1 [3]	can do [5]	no need	always	4 (max.12) [2]	at least 1,10 m	no need
			8-12	min. 10x12m	6	1:30 - 2:45	6 (max. 12) [2]		at least [4]			6 (max. 12) [2]		
				14x16m	international	2:00 - 2:45		2 different					at least 1,30 m	
			8-10	14x16m	international	2:15 - 2:45	6	international		international	always	6	international	international
		not 50:50	4 - 7	10x12m			4					4		
	Changes	men, women, mixed	number of gymnasts	Floor (Size)	number of formations	Time	number of gymnasts	Elements	Handspring / Roundoff Flic Flac	twisting elements	last element in landing area	number of gymnasts	Vaulting apparatus - height	twisting elements/Doublesaltos



Up to 2 gymnasts of younger age groups are allowed to join (only applies to national competitions).

[1]) additional elements (in "Nationalem Elementecode")
Floor: 2 Balances (one SB and one HB or DB), 2 Jumps, 1 Acrobatic Element and 1 Combination
1 Group Element, 1 Flexibility Element

[2]) 12 gymnasts are allowed to jump in each of the three rounds, but only the first 6/ 4 make the score

[3]) Elements can be repeated without value (e.g. cartwheel and 2 cartwheels = 2 series with the same DV)

[4]) one round with at least handspring (to both legs) and one round with at least roundoff flic flac

[5]) Bonification for handspring (to both legs) and for roundoff flic flac (Final score, +0,1 each gymnast)

[6]) open class: Depending on the registration the class can be divided