

# International Teamgym, Mini Team and Trio (Micro) Teamgym CUP for Clubs

## 2016

### Rules

Youth 8-13 Y.o.	Youth TRIO 8-13 Y.o.	Junior 13-17 Y.o.	Junior TRIO 13-17 Y.o.	Senior from 16 Y.o.	Senior TRIO from 16 Y.o.
from 5 to 7 and from 8 to 10 Gymnasts	from 3 to 5 Gymnasts	from 4 to 7 and from 8 to 10 Gymnasts	from 3 to 5 Gymnasts	from 4 to 7 and from 8 to 10 Gymnasts	from 3 to 5 Gymnasts
Is possible to use maximum 1 components of the upper age category (max. 14 y.o.)	Is possible to use maximum 1 components of the upper age category (max. 14 y.o.)				
ONLY ONE DIVISION - No Male, Female and Mix	ONLY ONE DIVISION - No Male, Female and Mix	Team F - M - Mix ( 50% M e F for 8 to 10 components, only 1 components of opposite sex in 4 to 7 team)	Team F - M - Mix. Only 1 component of opposite sex is enough to make a MIX team (in all the disciplines must be represented both sex)	Team F - M - Mix ( 50% M e F for 8 to 10 components, only 1 components of opposite sex in 4 to 7 team)	Team F - M - Mix. Only 1 component of opposite sex is enough to make a MIX team (in all the disciplines must be represented both sex)
Components can be from <b>MAX 2</b> Clubs but the Team must to have only one name!	Team must be composed from the same Club	Components can be from <b>MAX 2</b> Clubs but the Team must to have only one name!	Team must be composed from the same Club	Components can be from <b>MAX 2</b> Clubs but the Team must to have only one name!	Team must be composed from the same Club

**TEAMS composed with more than 2 Clubs can compete in each Cup's leg but only out of the official results!**

### FLOOR PROGRAM

AGE CATEGORY	YOUTH	Junior	Senior
AREA	from 14 x 14 m to 14 x 18 Which every floor area specified by the competition organiser is what the team must work to for use of floor area (composition).	from 14 x 14 m to 14 x 18 Which every floor area specified by the competition organiser is what the team must work to for use of floor area (composition).	from 14 x 14 m to 14 x 18 Which every floor area specified by the competition organiser is what the team must work to for use of floor area (composition).
TIME	1 mins 45 sec. to 2mins 15 sec.	2 mins 15 secs to 2 mins 45 sec.	2 mins 15 secs to 2 mins 45 sec.
FORMATIONS	6 Formations (2 curve, 1 small, 1 big)	UEG Code	UEG Code
REQUESTS	UEG CoP with the following facilities	UEG CoP with the following facilities	UEG CoP with the following facilities
	Only 1 acrobatic		
	Balance, Saltos and Pivots can be repeated		
	All the 0,20 Balances on the CoP made with the all the feet takes the 0,10 value	All the 0,20 Balances on the CoP made with the all the feet takes the 0,10 value	All the 0,20 Balances on the CoP made with the all the feet takes the 0,10 value
	All PIVOTS with 180° takes 0,10 value	All PIVOTS with 180° takes 0,10 value	All PIVOTS with 180° takes 0,10 value
<b>6 -12 gymnasts on floor are allowed without deductions.</b>			
TRIO	TRIO don't execute the floor program		

### TUMBLING PROGRAM

AGE CATEGORY	Youth	Junior	Senior
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AREA	Tumbling or Air Track 15 m. - run up max. 16 metres	Tumbling or Air Track 15 m. - run up max. 16 metres	Tumbling or Air Track 15 m. - run up max. 16 metres
Gymnasts per round	6 (8-10) or 4 (4-7) (Micro 3)	6 (8-10) or 4 (4-7) (Micro 3)	6 (8-10) or 4 (4-7) (Micro 3)
REQUESTS	UEG CoP with the following facilities	UEG CoP with the following facilities	UEG CoP with the following facilities
	Each series must be composed by 2 or 3 elements (if 2 must be different, if 3, 2 can be the same only if flight phase)		
	<b>SUPPLEMENTARY ELEMENTS</b>	<b>SUPPLEMENTARY ELEMENTS</b>	<b>SUPPLEMENTARY ELEMENTS</b>
	<b>ROLLS ONLY IF THE PREVIOUS ELEMENT KEEPS THE GYMNAST IN CONTACT WITH THE TRACK ! E.G. : CARTWHEEL, NOT BACK FLIP OR SALTOS.</b>		
	-Forward roll 0,05	-Forward roll 0,05	-Forward roll 0,05
	-Back roll 0,05	-Back roll 0,05	-Back roll 0,05
	-Wheel 0,10	-Wheel 0,10	-Wheel 0,10
	<b>NO ROLLS AFTER SALTOS - THIS IS A FALL !</b>		
	<b>VALUE INCREASE</b>	<b>VALUE INCREASE</b>	<b>VALUE INCREASE</b>
	- Flight in roll or in cartwheel 0,05	- Flight in roll or in cartwheel 0,05	- Flight in roll or in cartwheel 0,05
- Straight legs in roll from start to arrive 0,05	- Straight legs in roll from start to arrive 0,05	- Straight legs in roll from start to arrive 0,05	
no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation	
TRIO	TRIO SAME REQUESTS		

#### TRAMPET PROGRAM

AGE CATEGORY	Youth	Junior	Senior
AREA	Run Up MAX. 25 m. - TRAMPET with UEG size	Run Up MAX. 25 m. - TRAMPET with UEG size	Run Up MAX. 25 m. - TRAMPET with UEG size
Gymnasts per round	6 (8-10) or 4 (4-7) (Micro 3)	6 (8-10) or 4 (4-7) (Micro 3)	6 (8-10) or 4 (4-7) (Micro 3)
REQUESTS	UEG CoP with the following facilities	UEG CoP with the following facilities	UEG CoP with the following facilities
	no double saltos compulsory	no double saltos compulsory	no double saltos compulsory
	no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation	no compulsory Longitudinal Axis rotation
	<b>SUPPLEMENTARY ELEMENTS</b>	<b>SUPPLEMENTARY ELEMENTS</b>	<b>SUPPLEMENTARY ELEMENTS</b>
	- Straight up salto 0,05	- Straight up salto 0,05	- Straight up salto 0,05
	- Dive and roll 0,05	- Dive and roll 0,05	- Dive and roll 0,05
TABLE	<b>Possibility to choose from:</b>		
	- Mat max. width 100 cm. and high 120 o 140 cm.	vault Table from 130 and 165 cm.	vault Table from 130 and 165 cm.
	-vault Table high from 120 and 165 cm.		
	<b>SUPPLEMENTAR ELEMENTS</b>	<b>SUPPLEMENTAR ELEMENTS</b>	<b>SUPPLEMENTAR ELEMENTS</b>
All salto with feet touch followed by a second flight phase 0,05 E.G. : squat on/Jump off	All salto with feet touch followed by a second flight phase 0,05 E.G. : squat on/Jump off	All salto with feet touch followed by a second flight phase 0,05 E.G. : squat on/Jump off	
TRIO	TRIO SAME REQUESTS		

#### GENERAL RULES

* Same gymnast can't compete in more than one category (age and sex)
*One TRIO TEAMGYM'S gymnast can't compete in TEAMGYM (8-10 or 4-7) and VICEVERSA in the same competition leg.