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2017 - 2021 CODE OF POINTS

Seniors and Juniors



TEAMGYM

Edition 2017

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 plus an attempt to align the format with the FIG codes. 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 UEG TeamGym Committee (TC-TG) contributed to this CoP revision

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This new code has gone through various development phases. All feedback has been considered. The committee wish to express their sincere thanks to everyone who put time into submitting their comments.

This 2017 version of the Code of Points completely replaces the revised 2013 code. The format has been updated to match the FIG codes in anticipation of possible future inclusion within the FIG.

This Code of Points was approved by the UEG Executive Committee on the 8th and 9th September 2017. It comes into operation on the 1st January 2018.

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ABBREVIATIONS

The following abbreviations will appear throughout the CODE:

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

UEG CODE UPDATES

After the Official UEG Competition the UEG/TC-TG publishes a Code Update

- This will include all new elements and variations with code numbers and illustrations
- The Code Update will be sent by the UEG 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 1 - 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 the UEG from a competition format that developed in Scandinavia.

It is a competition for teams, which must present performances to music, on three apparatus; the Floor, the Tumble Track and on the 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 have 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
- The Apparatus
- Appendices

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

1.4 Technical Regulations

The Technical Regulations contain additional information covering such things as delegation composition, number of gymnasts, reserves, inquiries, juries, etc.

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 UEG official competitions.
- b) Use magnesium on tumble and vault.
- c) Have the coach check the settings of the trampet and vault.
- d) Have the coach move the additional safety mat in Trampet or Tumble.

2.3 Warm-up in Qualifying & Final

- a) Each competing Team (including reserves) is entitled to a warm-up period of 10 minutes per apparatus, 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, he 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 UEG 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 of 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 remaining in the competition hall for too long.
- e) To refrain from any other undisciplined or abusive behaviour or infringing on those of any other participant (i.e. marking the floor/run up, damaging any apparatus surface)

4.2 Competition Attire

4.2.1 Gymnasts

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).

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

- a) The wearing of gymnastic footwear is optional on each apparatus, but if chosen for the Floor Program, they must be worn by entire team. (E1)
- b) Bandages (including joint supports) are permitted, but must be securely fastened and of a non-intrusive colour. This means skin colour. Bandages can also be hidden under the competition clothing. For clarification, visible bandages shall always have the same colour as the area they cover. (E1)
- c) No jewellery of any kind may be worn by gymnasts. Decorated hair grips (slides), ear studs and piercings are classed as jewellery – taping to hide them is not allowed. (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 UEG Publicity Rules. (SJ)
- g) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent UEG Publicity Rules. (SJ)

4.2.2 Women

Gymnasts must wear sportive non-transparent leotard or unitard (one-piece leotard) with no loose parts. 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 either a pair of gymnastics shorts or fitted long trousers that are not loose. (SJ)

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

4.2.4 Mixed

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

- a) Women's and men's clothing do not have to be identical, or even similar, but all women have to wear identical clothing, as do all men - for example 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 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, to the side, to the upper part of the thigh
 - When wearing shorts, the numbers must be placed on to both sides, as low as possible
 - When wearing only a leotard (no trousers, shorts or leggings) the numbers must be placed on 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

- The penalty for a violation of the rules and expectations in Art 4 is -0.30 for behavioural violations and apparatus related violations. (SJ)
- The penalty is deducted by the Chair of the Superior Jury, from the Final Team Score. (SJ)
- 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 By Superior Jury (May be notified by the E1)	
Violation	Penalty
Unauthorised remaining in the Competition Hall	0.30 from the Final Team Score by Superior Jury
Other undisciplined or abusive behaviour	
Incorrect Competition Attire	
Incorrect Advertising	
Missing national emblem and/or wrong placement	
Whole team missing 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 shoes etc. 	0.30 from the Final Apparatus Score

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 UEG 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 two coaches present on trampet landing area, during the routine, for reasons of safety.
- f) Have one coach present on tumble during the routine for reasons of safety.
- g) Move trampet to/from vault during the routine.
- 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 in the Competition Area

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 UEG 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).
- g) Refrain from any other undisciplined or abusive behaviour.
- h) Conduct themselves in a fair and sportsmanlike manner at all times.
- 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.
- b) Coaches must wear clothing that identifies their country competing.
- c) 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)

8.3 Catching or Supporting

- a) Security 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 security spotting is in place.
- c) Catching or supporting will always result in deductions. (E1)
- d) Failure to react in dangerous situations will also result in deductions. (E1)
- 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 qualify 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) Additional composition elements/ requirements

- Flexibility elements F
- Group element G
- Rhythmic sequence RS →, RS ←
- Difficulty distribution DD marked with a horizontal line

b) Difficulty

- Code numbers for the elements that are counted towards the D score
- Combination of two marked difficulty elements } C
- Symbols for the difficulty elements that are to be counted
- Values of difficulty elements counted

c) Choreographic requirements

- Formations to be shown with dots, in the order they are to be performed, so that the formations and the position of each gymnast are clearly marked.
- Planes →, ←, ↑
- Directions <, >, ^, v

8.4.2 Tumble Tariff Forms

- Symbols for the elements
- 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	1st time – verbal warning
	2nd 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 Other flagrant, undisciplined and abusive behaviour	1 st time – 0.50 from final score of team and verbal warning to coach
Coach speaks aggressively to active judges	2 nd time – 1.00 from final score of team and removal of coach from the competition area

Art 9 Inquiries (TR Art 6)

General procedures for the request of marks reviews (Inquiry) is included in Art 6 of the Technical Regulations, (See Art 1.4 above). For the detailed procedure, please refer to the Work Plan for that Championships.

Art 10 Coaches' Oath

“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 UEG Rules governing the European Championships”

SECTION 4 - Rules for the Technical Committee

At official UEG Competitions, the members of the UEG 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 judges' meetings and instruction sessions.
- c) To apply the stipulations of the Judges' 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 enquiries, 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 UEG 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 to the competition.
- l) To submit a report to the UEG Executive Committee, which must be sent to the UEG 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 judges' 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 UEG 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 alone responsible for their scores.

All members of the Apparatus Juries have the responsibility to:

- a) Have a thorough knowledge of:
 - the UEG Technical Regulations
 - the UEG Code of Points,
 - the UEG 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 (i.e. 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) Wear the UEG prescribed competition uniform (dark blue/black suit - skirt or trousers - and white blouse/shirt and tie).
- j) Every judge must sign and confirm the scores in 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 Article 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 UEG Judges' Charter and/or the TR that apply to that competition.

Art 13 Composition of the Apparatus Juries

13.1 The Apparatus Juries (Judges' Panels)

For the official UEG European Championships, the Apparatus Jury will consist of:

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

The CD1 and E1 Judges are the panel Head Judges and they are appointed by the UEG Technical Committee in accordance with the most current UEG 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 two panels sit separately. On Tumble and Trampet, the panels sit together at a single table.

Modifications to the Judges' 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.
 - the D panel must record all changes of difficulty
- d) The secretary (or individual judges) enters the C score and the D score into the computer.

14.1.1 The CD Panel Duties

- a) During the competition, check the value of difficulty elements, which comply with the norms of the Floor, Tumble or Trampet for the D score.
 - on Floor, the sum of all the difficulties that the judge accepts is the Judge's D Score
 - on Tumble and Trampet, the average of the difficulty of all three rounds is the Judge's D Score
- b) The Judges C score is calculated to a maximum of 4.0 on Floor and 2.0 in Tumble and Trampet.
- c) Complete the score slips for the C and D panels or enter their scores into the computer.
- d) After delivering their individual scores, 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) Ensure the CD2 judge times the difficulty distribution on floor.
- b) Submit their score before they see the other judges scores.
- c) Review the tolerances between the judges' composition and difficulty scores.
- d) Call the judges to a meeting in the case of an unacceptable score difference.
- e) If scores remain out of tolerance, calculate the base score for difficulty or for composition.
- f) Calculate the Final Composition and Difficulty Scores for their apparatus.
- g) Complete separate score slips for the panel C score and the panel D score or enter them into the computer.
- h) Join the Superior Jury to review any inquiries of the D score.
- i) 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 deductions on Floor for:
 - Execution deductions
 - Choreographic-requirement deductions
- c) Record the deductions on Tumble and Trampet for:
 - Execution deductions
- d) Complete the score slip with a legible signature or enter their score into the computer.
- e) 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.
- f) 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 judge's 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) The secretary will add the HJ deductions to the computer and check the Final panel score with the computer.
- k) Inform the panel, if there are any Head Judge Deductions, after the judges submit their score
- l) Link with the Apparatus Supervisor.
 - Inform the Apparatus Supervisor 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
- m) Apply deductions as per Articles 24.4, 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 have CoP and computer knowledge. They are usually appointed by the Organizing Committee.
- b) Under the supervision of the E1/CD1 Judge, they are responsible for correctness of all score entries into the computers.

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 of their evaluation duties.

Floor	E3	E1	Sec	E2	E4
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The E Panel shall be situated in line with the centre of the floor area and shall be elevated approximately 2 to 3 metres as shown in the Equipment Directives.

CD3	CD1	Sec	CD2	CD4
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The CD Panel shall be situated in line with the centre of the left side of the floor area as shown in the Equipment Directives.

Tumble/Trampet

E3	E2	E1	Sec	CD1	CD2	E4
----	----	----	-----	-----	-----	----

The Tumble and Trampet Panels shall be situated as shown in the Equipment Directives.

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 UEG 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 composition Requirements are described in the respective apparatus Sections.

A maximum of 4.00 is possible on Floor and 2.00 on Tumble and Trampet.

Art 18 Content of the D Score

The D Score is the summation of the Difficulty Values of all approved elements from the Table of Difficulty, for the specific apparatus.

18.1 Difficulty Value (DV)

- a) The DVs are the values from the Table of Difficulty in the Appendices. The total D-score is open ended and only restricted by the number of elements that may be performed. The difficulty of these elements may be expanded as needed.

18.1.1 Recognition of the DV of Elements

- a) The CD Panel will recognize the difficulty value of the element, unless there is a failure to meet the technical requirement of the element. On Floor, only elements marked in 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.

18.1.2 Recognition of Elements Performed

- a) On Floor
 - elements will be recognised if they meet the requirements in the appendices A1 and A4
 - 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 A2, A3 and A4

18.1.3 New Elements for Floor

Federations are encouraged to submit new elements for floor 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 the UEG, 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 UEG 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 Description of E Score 10.00 (Performance)

For perfection of execution, combination and artistry of presentation, the team may earn a score of 10.00.

On Floor, the E Score includes deductions for faults in:

- execution
- choreographic requirements

On Tumble and Trampet, the E- Score includes deductions for faults in:

- execution

19.1 Evaluation by E Panel

The E judges will judge an exercise and determine the deductions independently.

Each performance is evaluated with reference to expectations of perfect performance.

All deviations from this expectation are deducted.

- on Floor, the Judge's E score is the sum of the execution faults taken from a maximum value of ten
- on Tumble and Trampet, the Judge's E score is the average of sum of the execution faults for each round, taken from a maximum value of ten

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

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	4.0	2.0	2.0
Difficulty	Open	Open	Open
Execution	10.0	10.0	10.0

20.3 Calculating the Judges' Final Score

- After each performance, the judges calculate their score to one decimal place.
- They submit this to the HJ.
- The HJ reviews the scores, to see if they are in tolerance.
- If they are not within tolerance the HJ will either call a meeting or will discuss a concern with one judge.
- If judges are unable to agree, the base score is used.

20.4 Calculating the Final Panel Score

- For panels with 4 judges, the Final Panel Score is the average of the two middle scores
- For panels with 2 judges, the Final Panel Score is the average of the two scores

20.4.1 Tolerance between Judges for Final C Scores:

- For Floor (4 judges), there is no tolerance allowed for the middle two scores. For the whole panel, it is 1.0.
- For Tumble and Trampet (2 judges), tolerance between Judges is 0.2.
- If judges do not agree, the base score is used.

20.4.2 Tolerance between Judges for Final D Scores:

- For Floor (4 judges), the tolerance allowed for the middle two scores is 0.6. For the whole panel, it is 1.0.
- For Tumble and Trampet (2 judges), tolerance between Judges Scores is 0.2.
- If judges do not agree, the base score is used.

20.4.3 Tolerance Between Judges' for Final E Scores:

- a) For Floor, Tumble and Trampet, the difference between all the allowable judges' scores and the two middle scores 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

- b) The E1 judge needs to calculate the preliminary Final E Score before checking the tolerance.
- c) 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.
- d) At the meeting, the following actions may be taken:
- The judges may adjust their scores so that they are in allowable tolerance
- or
- The Base Score is used as the Final E Score, if the judges cannot agree

20.4.4 Calculation of the Base score

Base Score for a four-judge panel

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

Base Score for a two-judge panel

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

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.

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

20.5 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.
- 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.

Example for a Floor Jury:

Final Apparatus Score = C Score + D Score + E Score			
C Score	Composition	-1.0 (one C component missing)	3.00
D Score	Difficulty	Sum of all agreed elements	5.70
E Score	Execution	1.6 deductions from 10.0	8.40
	Head Judge (E1) deductions		0.00
		Final Apparatus Score	<u>17.10</u>

20.6 Calculating the Final Score for Each Team

- a) The Final Score on 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	17.10
Tumble	15.70
Trampet	18.40
Superior Jury (SJ) penalties	- 0.00
Final Team Score	<u>51.20</u>



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 music. Music must support the movements; background music is deductible. Time limit for floor program is from 2 minutes and 15 seconds to 2 minutes and 45 seconds.
- b) All competing gymnasts of the team must participate in the floor program.
- c) The whole program must be performed inside the floor area (14m x 16m).
- d) The team must jog into the competition arena when the competition organizers 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 jogs to their starting position on the floor. They start their program when the music starts.
- e) The floor program must be performed with good balance, technique, amplitude and extension. The team must show synchronization and uniformity when it is meant to be. All chosen elements must be performed with dynamic execution, the movement phrases must show continuity with logical and natural fluency.
- f) The whole program, should have rhythmic and gymnastic quality, where the feet and the whole body are active.
- g) Formations must be clear and visible. Transitions, what gymnasts do when changing from one formation to another, must have gymnastic quality.
- h) The program needs to be performed in different directions. Gymnasts need also to move in different planes.

21.2 Composition Requirements (4.0)

The Composition score consists of four different composition elements or requirements. These components are:

- flexibility element (F)
- group element (G)
- rhythmic sequence requirement (RS)
- difficulty distribution requirement (DD)

Composition components, only one of each, must be marked on the tariff form (If more are marked on the tariff form only the first of each are considered) and only marked components are counted. Each component (performed according to the definition) earns 1.0 value towards the C score.

21.3 Difficulty Requirements (open value)

The difficulty score consists of nine different difficulty element values and of one combination value. All difficulty elements that the team would like to be counted must be marked in the tariff form (only the nine, including elements for the combination), only marked difficulty elements will be counted. All element values are shown in the Table of Difficulty in Appendix A1. To get the full difficulty value of the element, the whole team must perform the element correctly.

21.4 Execution Requirements (10.0)

Two kinds of deductions may be taken from the execution score:

- execution deductions (Table of General Faults and Penalties, Appx A5)
- choreographic requirements

All deductions in these two groups are subtracted from 10.0.

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

Art 22 Composition (4.0)

Additional composition elements/ requirements

22.1 General Composition

The composition score (C score) is calculated by the CD panel. The composition score will be counted only from those C components marked on the tariff form.

22.2 Definitions for Additional Composition Elements / Requirements

22.2.1 Flexibility Element (F) 1.0

- a) The gymnasts in the team can individually choose a flexibility element, which they perform at the same time according to the choreography. Each gymnast can choose one of the following:
 - splits (left or right leg)
 - side splits
 - straddle pike sitting fold (leg separation min 90°, upper body folded 45° or less to the floor)
 - pike sitting fold (chest on knees)
- b) In the flexibility element, the position must be shown clearly but it does not have to stay still. If the flexibility element is not performed according to the definition, the 1.0 is not given and the value will be reduced.
- c) If one or two gymnasts fail to perform the element according to the definition, the team will get 0.5 (half of the composition value). If three or more fail, the value for the flexibility element will be zero.
- d) If a gymnast is not even trying to perform the flexibility element, then the value is zero.
- e) The element must be marked on the tariff form with F.

22.2.2 Group Element (G) 1.0

- a) The Floor Program may include more than one Group Element, but only one can be marked on the tariff form and counted towards the C score.
- 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).
- c) Lift means that gymnast is lifted totally off the floor by the active support of fellow gymnasts.
 - Active support means that the supporter needs to work to perform the lift or to keep his 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 lifted gymnast has to stay longer in the air than they could stay by performing the element alone.
- e) The element must be performed at the same time in groups (a group is three or more gymnasts, movement in pairs is not counted as a group element) or together with the whole team.
- f) Different groups can perform different kind of group elements. If the group element is not performed according to the definition, the 1.0 is not given.
- g) The element must be marked on the tariff form with G.

22.2.3 Rhythmic Sequence (RS) 1.0

- a) The Floor Program may include more than one Rhythmic Sequence, but only one can be marked on the tariff form and counted towards the C score.
- b) The whole team must perform the same sequence.
- c) During the sequence, all the gymnasts must travel at the same time across (from side to side or from back to front (or reverse) or diagonal) the floor area.
- d) Gymnasts can travel in one or two groups. The groups may start from different parts of the floor area. A group is three or more gymnasts.
- e) The starting and ending positions, for each gymnast, must not be further than 3m from the floor edge. For a diagonal RS, the distance is a maximum of 5m from the floor corner.
- f) Changing the formation during the sequence is allowed.
- g) The sequence must have at least one change of tempo.
- h) The number of performed elements is optional.
- i) It is not allowed to perform any difficulty elements in the rhythmic sequence.
- j) All the following requirements must be fulfilled to get the 1.0:
 - all gymnasts perform the same sequence (mirroring is allowed)
 - all gymnasts perform RS at the same time
 - travel across the floor (3 different options)
 - tempo change and no stops
 - no difficulty elements included
- k) The Rhythmic Sequence's start and end must be marked in the floor tariff form with letters RS→ for start and RS← for end.

22.2.4 Difficulty Distribution (DD) 1.0

- a) Difficulty elements must be spread evenly in the floor program.
- b) At least three (3) difficulty elements must be performed after 1 minute and 30 seconds.
- c) If three different difficulty elements are not performed after 1.30 time, the 1.0 is not given. The time of 1.30 must be marked on the tariff form with a horizontal straight line so it is clearly visible which difficulty elements that are performed after the time limit.
- d) Those three elements need to be marked in the tariff form.

Art 23 Difficulty (Open Value)

23.1 General

23.1.1 Forming the Difficulty Value

- a) The difficulty value can only be counted from the nine elements, including the combination, in the following groups:
 - Balance elements 4
 - Jumps/ Hops/ Leaps 3
 - Acrobatic elements 2
- b) All element values are shown in the Table of Difficulty in Appendix A1.
- c) The values of balance elements, jumps/hops/leaps, acrobatic elements and the combination are all summed up for the team's difficulty value. The difficulty score (D score) is calculated by the CD panel. Example of counting DV for acrobatic elements: A203 + A403 = 0.6, DV of Acrobatic elements is 0.6.
- d) The same element can only be counted as a difficulty element once. Performing and marking the same element twice (or more times), does not change the rule limiting the number of allowed difficulty elements that may be marked on the tariff form, which remains nine (2 of which also form the combination).
- e) If a team has marked more than the allowed number of elements, judges count the first marked elements/combination only.

23.1.2 Marking the Difficulty Values

- a) The team is allowed to perform more difficulty elements than marked in the tariff form but only the marked elements are counted. Elements must be marked in the right order, beside the formation in which the element is performed.
- b) Difficulty elements (nine) must be marked with the code number and the symbol. The combination between two difficulty elements must be marked with } C.
- c) If, due to injury during the competition (excused by the UEG doctor), a team needs to change a marked difficulty element on the team's tariff form, they have the right to do it before their floor performance.
- d) Difficulty elements, which are marked on the tariff form and counted towards the difficulty value, must have different code numbers.

23.1.3 Performance Requirements

- a) The performance of each difficulty element must comply with the norms (see Appendix A1 and Appendix A4), otherwise it will not be counted as a difficulty element or its difficulty value (DV) will be reduced (not revalued).
- b) All gymnasts in the team must perform the same difficulty elements, with the same code number and variation A/B/C. Elements must be performed with arms and legs in the same positions (exception: handstand). Mirroring is allowed (e.g. performing a leap or pirouette with different legs).
- c) 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 (also E deductions for being late).
- d) No more than three steps (walking or running) are allowed before any difficulty elements, according to the choreography.

23.1.4 Reduction of Element's DV

- a) The full difficulty value 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 1 or 2 gymnasts fail, the team will receive 50% of the element's DV.
- c) If three or more gymnasts fail the element, then no DV is given.
- d) If one or more gymnast not even try to perform the element, the element's value will be zero.
- e) Minor execution faults do not affect the element's difficulty value, if the element is performed according to the difficulty requirements (e.g. bending supporting leg in SB603<15°).
 - In twisting or turning elements the rotating tolerance, for difficulty, is 45°.
 - Showing additional flexibility does not affect the DV

23.2 Difficulty Elements

23.2.1 Balance Elements

- a) Four (4) different balance elements may be counted towards the difficulty value. All four balance elements must be marked in the tariff form.
- b) One balance must be a handstand (HB1001). At least one of the balances must be a dynamic balance (pirouette or power element) and one standing balance. The fourth counted balance element can be dynamic, standing or a hand supportive balance.

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

Three (3) different jumps, hops or leaps may be counted towards the difficulty value. A recognised shape (position) must be formed in the air during a jump, a hop or a leap. The shape during the flight, twists and landing position must be according to the definitions of the element.

23.2.3 Acrobatic Elements (A)

Two different acrobatic elements may be counted towards the difficulty value. Acrobatic elements must comply with recognised norms in gymnastics.

23.2.4 Combination (C)

A combination value will be awarded for direct connections between two of the nine included difficulty elements, as follows:

- jump/hop/leap + jump/hop/leap
- jump/hop/leap + pirouette or standing balance
- jump/hop/leap + acrobatic element
or reverse

The value of a combination:

(Given value of the first element + Given value of the second element) / 2

A team can mark only one combination in the tariff form. All of the gymnasts perform the combination at the same time, according to the choreography.

Art 24 Execution (10.0)

24.1 General

While calculating the E judge's score the following is taken into account:

- Execution
- Choreographic requirements
- Execution bonus

Both the Execution and the Choreographic deductions are taken from 10.00 points.

24.2 Execution Deductions

The principle is to identify if the fault is Minor, Moderate or Major and then to apply the deduction based on the number of gymnasts who make the fault. Each E judge takes the execution deductions in these groups: very small, small, medium, large, very large and fall, as defined by the following table.

Table of Execution Deductions				
Number of faults ↓	Size of the fault →	Minor fault	Moderate fault	Major fault
One gymnast makes the fault		very small 0.1	small 0.2	medium 0.4
Less than half of the team's gymnasts make the fault		small 0.2	medium 0.4	large 0.7
Half or more of the team's gymnasts make the fault		medium 0.4	large 0.7	very large 1.0

Very small 0.1

This deduction is taken when a mistake is minor and it is done by one gymnast

Small 0.2

This deduction is taken when a minor mistake is done by more than one but less than half of the team's gymnasts. It can also be taken when a moderate mistake is done by one gymnast.

Medium 0.4

This deduction is taken when a moderate mistake is done by less than half of the team's gymnasts. It can also be a minor mistake made by half or more of the team (e.g. the whole team is not using their body - no dynamics in execution). Also, this is the deduction if a major mistake is made by one gymnast.

Large 0.7

This deduction is taken when a major mistake is made by less than half of the team. It can also be a moderate mistake made by half or more of the team.

Very large 1.0

This deduction is only taken when half or more of a team make a major mistake.

If not otherwise mentioned, deductions are for a fault, each time for the team. Each judge gives a score to an accuracy of 0.1 point. Execution deductions are built up by using the A5 execution faults table.

24.2.1 Definitions of Execution and Deductions

24.2.1.1 *Wrong Number of Gymnasts*

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. 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.

Deduction 1.0 once per missing/ extra gymnast.

24.2.1.2 *Precision in Formations*

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

Deduction faults are minor.

24.2.1.3 *Transitions*

Transitions mean those elements/movements included in changing one formation to another or in preparing to perform the Group Element.

Quality of Transitions:

Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Program.

Transitions done simply by walking, marching or running without any gymnastic quality is deductible each time.

Deduction faults are minor.

Easy Access:

The transitions must be easily made, without taking extra/large steps or squeezing into insufficient space. Not having easy access is deductible each time.

Deduction faults are minor.

24.2.1.4 Synchronisation According to the Choreography

The team must perform the elements at the same time when intended according to the choreography.

Deduction faults are minor, moderate or major.

24.2.1.5 Uniformity in Execution

The team must perform the same movements and elements exactly the same way, unless the choreography clearly states something else. Difficulty elements counted towards the DV must all (except handstand) be performed similarly. E.g. in DB201 the free leg must be placed equally (all gymnasts in the team).

Deduction faults are minor or moderate.

24.2.1.6 Performance in Difficulty Elements and Flexibility Element

The elements must be done according to the defined requirements.

Deduction faults are minor, moderate or major.

24.2.1.7 Dynamic Execution

The team must perform the program with dynamic execution. 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. There must not be purposeless stops between movements or pauses to prepare for movements. All movements and elements shall favour dynamic execution. Sequences performed only with isolated arm and leg movements without the body being involved (frozen upper body) will always result in a deduction.

Deduction faults are minor.

24.2.1.8 Amplitude and Extension

Elements and movements must be performed with the optimal amplitude. Extension must be visible in all elements through the whole program.

Deduction faults are minor.

24.2.1.9 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 or a hand support, to keep balanced

Deduction faults are minor or moderate.

24.2.1.10 Fall 0.3

If a gymnast falls from a standing position to butt, back, stomach or side, or from hand supported balance to back, stomach or side, the deduction will be 0.3 each time per gymnast.

24.2.1.11 Line Violations

Exceeding the prescribed Floor area (14m x16m), that is touching the floor with any part of the body outside of the border marking, will result a deduction of each time.

Border markings (the white line) are part of the performing area.

Deduction faults are minor.

24.2.2 Choreographic Requirements

24.2.2.1 Movements Corresponding to the Music (0.2)

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”.

Deduction 0.2 once.

24.2.2.2 Formations (1.6)

Number of Formations

There must be at least six different formations in the Floor Program. Formations are counted as different if the shape is different. Changing only the size of the formation does not make it different (e.g. small circle is counted same as a big circle).

Deduction 0.2 for each missing formation.

Large Formation

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.

Small Formation

There must be one small size formation (compact), no bigger than 4m x 4m.

Deduction 0.2 for missing small formation.

Moving Curved Formation (CF)

There must be at least one moving curved formation. A formation is counted as a moving curve if the path, that the gymnasts are moving, is clearly curved and gymnasts follow each other along that curved shape. The size and the shape of the curve may change during the movement. The curve must be clearly visible. 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 moving curved formation must be marked in the tariff form CF.

Deduction of 0.2 for missing moving curved formation.

24.2.2.3 Planes (0.4)

The floor program must include the gymnasts moving in two different planes: backwards and sideways (left or right, this can vary inside the team, some gymnasts can move to the right and some to the left, at the same time). In both planes, there must be at least one sequence of a combination of three different movements or elements. In the backward plane, the elements need to be performed with the backside of the body leading. The side of the body must lead sideways. The leading side can change during the sequence, but movement must continue to the same direction. Intermediate steps are allowed. Acrobatic elements cannot be used for moving in planes. All gymnasts need to do each plane at the same time.

Deduction for missing plane (backwards or sideways) is 0.2/ plane.

Planes must be shown in the tariff form with arrows. ↑, ↔

24.2.2.4 Directions (0.6)

During the floor program, gymnasts must perform facing the front, the back and left OR right (the whole team must choose the same; left or right). Diagonal directions are not demanded or counted. All gymnasts need to do the demanded directions at the same time to fulfil this choreographic requirement. This does not mean that the whole program must be performed with the whole team facing the same direction all the time. There must be at least one sequence of combination of three different movements or elements, facing each direction.

Deduction for missing direction is 0.2/ direction.

Directions must be shown in the tariff form with v (forwards) ^ (backwards) and < or > (left or right)

24.2.3 Choreographic Requirements

Table of Choreographic Requirements	
Movements corresponding to the music	0.2
Formations	
- 6 different formations	0.2/ each
- Large formation	0.2
- Small formation	0.2
- Moving curved formation	0.2
Planes	
- Backwards	0.2
- Sideways	0.2
Directions	
- Front	0.2
- Back	0.2
- Left or right	0.2

24.3 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 with a bonus.

Bonus 0.1 per team on each judge's own E score.

24.4 Execution Head Judge (E1) Deductions

E1 deductions are taken from the final Apparatus score.

24.4.1 Interrupting the Floor Program (1.0)

If a gymnast stops performing and leaves the floor area, there will be a deduction.

HJ deduction 1.0/ gymnast for interrupting the floor program.

24.4.2 Incorrect Timing (0.3)

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.

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

HJ deduction 2.0 for very short program (less than 2 min). E2 judge measures time.

24.4.3 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.

24.4.4 Incorrect Clothing (0.3)

The following will cause deductions for incorrect clothing (other than SJ deductions)

- Missing competition number (individual gymnast)
- Footwear (if not worn by entire team)
- Loose items (including loose competition numbers)
- Body painting

HJ deduction for incorrect clothing 0.3, once from the final apparatus score.

24.4.5 Wearing Jewellery (0.3)

No jewellery of any kind may be worn by gymnasts according to the article 4.2.1

HJ deduction for wearing jewellery 0.3 once.

24.4.6 Wearing Insecure or Intrusive Bandages (0.3)

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour, according to the article 4.2.1.

HJ deduction for insecurely fastened or intrusive bandages 0.3 once.

24.4.7 Respecting the Apparatus or Competition Requirements (0.3/item)

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

HJ deduction for not respecting apparatus/competition requirements 0.3 per item.

24.5 Summary of Execution E1 Deductions

Summary of Execution HJ deductions (Floor)	
1. Interrupting the floor program	1.0/ gymnast
2. Timing	
- Under/ over timing	0.3
- Very short program	2.0
3. Music	
- Absence of music	0.3 once
- Music with clear lyrics	
4. Incorrect clothing	
- Missing competition numbers	0.3
- Footwear (if not worn by entire team)	0.3
- Loose items (including loose competition numbers)	0.3
- Body painting	0.3
5. Wearing jewellery	0.3
6. Insecurely fastened or intrusive bandages	0.3
7. Not respecting the apparatus/competition requirements	
- Entering arena against the competition requirements	0.3
- Not jogging to the starting position on floor area	0.3
- Changing gymnasts during the floor program	0.3

SECTION 9 - Tumble

Art 25 Apparatus Requirements

25.1 General

- a) All tumble performers must participate in the floor program unless excused by the UEG doctor due to injury (Penalty is disqualification of the team).
- b) 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.
- c) 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.
- d) The program is performed to music, which must be instrumental with no lyrics. The time limit is 2 minutes and 45 seconds.
- e) It is not allowed to mark the run-up or the tumble track with clothes or other things. 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.
- f) Each team performs three different rounds.
- g) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round.
- h) Mixed teams must have the same number of male and female gymnasts performing in each round.
- i) All gymnasts must land their last element in the landing area.
- j) After the first and second rounds, the gymnasts must return by jogging back together.
- k) One coach (and only one) must be present for security spotting on the landing mat, preferably on the far side from the judges. The coach is allowed to step onto the tumble track.
- l) Performing triple saltos at the European Championships will require a written dispensation from the National Federation of the gymnast.

25.2 Composition (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 and one round must be forwards. In the other round, there are no requirements for element direction and they may be forward, backward or a combination of forward and backward elements
- e) Each series must consist of a combination of at least three acrobatic elements.
- f) For juniors, it is allowed to perform one round with individual routines consisting of at least two acrobatic elements. The two other rounds must consist of at least three acrobatic elements as for seniors.
- 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) All series must be performed without intermediate steps or pauses.
- i) The team must show a great variation in the chosen series (see 26.4).

25.3 Difficulty (Open value)

- a) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The program should always fit the knowledge and maturity of the gymnasts.
- b) The difficulty values for each round are calculated as the sum of the difficulty values for all gymnasts' individual routines. 27.1 b) & I).
- c) The difficulty values for all valid basic elements are found in article 27.2 with additional values in article 27.3.

25.4 Execution (10.0)

- a) The execution (E) score for each round is calculated by taking deductions from ten points according to 28.1. The execution faults are explained in more detailed in the Table of General Faults and Penalties contained in Appendix A5.
- b) Execution Bonus (+0.1) can be added to the execution score as explained in article 28.5.

Art 26 Composition

26.1 General

Any element(s) performed after a pause, a fall or intermediate steps will not be counted for under composition.

26.2 Definitions for Composition Deductions

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.

A gymnast performs a backward series if all the elements are backward and a forward series if all the elements are forward.

If not otherwise stated all composition requirements are taken into account, except when there are less than 6 gymnasts in the round. In this case, no composition deductions under art. 26.3 and 26.4 are taken for the missing gymnast.

For all valid elements, the actual performed number of completed somersaults and half twists with a credited D value, are considered.

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

26.3 Team Round and Ordering Routines within the Rounds

26.3.1 Team Round (0.2 per gymnast)

In the first round every gymnast must perform the exact same series. It is called the Team round. See Appendix A4 for the recognition of different elements.

Deduction 0.2 per gymnast not performing the Team Round.

26.3.2 Correct Order in 2nd and 3rd Rounds (0.1 per gymnast)

In the second and third rounds, it is allowed to increase the difficulty of each series. 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. Within the double salto and triple salto sections, the series are performed in difficulty order.

Deduction 0.1 per gymnast for not ordered correctly.

26.4 Variation

26.4.1 Repetition of Series (0.2 per gymnast each time)

If any gymnast performs exactly the same series from another round, there will be a deduction of 0.2 per gymnast each time. The only exception is when a gymnast is performing the wrong series in the Team Round. The round where the series is performed the most times is free from deduction.

Deduction 0.2 per gymnast each time for repetition.

26.4.2 Forward or Backward Rounds (0.2 per gymnast)

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 for missing forward or backward rounds.

26.4.3 Twist Requirement (0.2 per gymnast)

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. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast for not fulfilling twist requirement.

26.5 Summary of Composition Deductions

Composition Deductions	Deduction
Team Round and Ordering of Individual Routines	
- Missing team round	0.2 per gymnast
- Not correct order in 2 nd and 3 rd Rounds	0.1 per gymnast
Variation	
- Repetition of series	0.2 per gymnast
- Missing Forward or Backward rounds	0.2 per gymnast
- Not Fulfilling Twist Requirement	0.2 per gymnast

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 A2). 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.
- d) The difficulty value in doubles and triples is defined by the lowest body shape value. Example – straight in first salto and pike in second salto will be considered as double pike in terms of difficulty.
- e) Saltos with more than half a twist will either be accepted as a tucked (pucked) or straight body position, but never piked.
- f) Any element(s) performed after a pause, a fall or intermediate steps will not be counted for difficulty.
- g) 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.
- h) Elements not landing feet first will be valued at zero for difficulty. Touching with any part of the soles of both feet is defined as the limit of landing feet first. Touching with any other part of the body first, or at the same time as the feet, is defined as not landing feet first.
- i) Triple saltos with blind landings are not counted as valid elements and will be given zero for difficulty. A blind landing occurs when the gymnast is landing the triple in the forward direction (i.e. not being able to spot the landing during the last rotation).
- j) Elements performed when the coach is helping the gymnast to achieve the element will be re-valued at zero for the difficulty (see also Execution 28.2.11).
- k) Run through will be re-valued at zero for difficulty.
- l) The difficulty values for the three rounds are averaged and rounded down to the nearest 0.1, for the team's difficulty value.
- m) In case more than six gymnasts are performing in a round, the difficulty is based on the elements performed by the first six gymnasts.

27.2 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	0.40	
	Double salto tucked	1.10
	Double salto piked	1.30
	Double salto straight	1.50
	Triple salto tucked	N/A
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

27.3 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

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.

The execution deductions for each round are calculated as the sum of the deductions for all gymnasts' individual routines. Missing elements, running through and wrong number of gymnasts are also deducted.

Some deductions refer to the entire series while others are related to the execution of each element. For the last salto in a series, there are requirements on height, length and on achieving an extended body position before the gymnast lands.

The landing must be controlled, but may continue moving under control, in the direction of tumble.

Any element(s) performed after a pause, a fall or intermediate steps will not be deducted under execution.

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)

Tucked, piked and straight body positions in saltos must be performed with clear and defined body shape, with feet and legs kept together and the feet and toes pointed. Arms close to the body. Double and triple saltos are counted as one element.

Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults.

Deduction 0.1 per gymnast/element for split/crossed legs.

Deduction 0.1 per gymnast/element for head or feet errors.

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 (0.2)

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 and the feet and toes pointed.

Deduction 0.1, or 0.2 per gymnast/element for hip and knee angle faults.

Deduction 0.1 per gymnast/element for split/crossed legs, head or feet errors

28.2.3 Twisting (0.3)

The take-off phase must be clearly shown and the twist must be completed in due time before landing.

Deduction 0.1 or 0.2 per gymnast/element for initiating the twist too early or too late.

Deduction 0.1 per gymnast/element for finishing the twist too late in the air.

Deduction 0.2 or 0.3 per gymnast/element for under/over rotating the twist.

28.2.4 Momentum (0.3)

A tumble should maintain or increase momentum.

Deduction 0.1, 0.2 or 0.3 per gymnast for loss of momentum.

28.2.5 Height and Length of the Final Salto (0.2)

The final salto must be performed at appropriate height and length.

Deduction 0.2 per gymnast/element for too low final salto.

Deduction 0.1 per gymnast for too long final salto.

28.2.6 Extended Body Position Before Landing (0.2)

Before landing the gymnast must show an extended body position at latest 30° from vertical. After showing the extended position, it is allowed to prepare for landing (at horizontal at the earliest).

Deduction 0.1 per gymnast for late opening.

Deduction 0.2 per gymnast for no opening.

28.2.7 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed.

Deduction 0.2 or 0.3 per gymnast for leaning position.

Deduction 0.2 or 0.3 per gymnast for hips/knees bending $\geq 90^\circ$ up to a deep squat.

28.2.8 Control in Landing (1.5)

The landing must be controlled but may continue moving in the direction of tumble, under control.

Deduction 0.2 per gymnast for loss of control for under/over rotating.

Deduction 0.3 per gymnast for light touching of the mat with one hand/knee.

Deduction 0.5 per gymnast for light touching of the mat with two hands/knees.

Deduction 0.8 per gymnast for falling (sitting, rolling, kneeling, etc.).

Deduction 1.5 per gymnast for not landing feet first (No DV for the element).

28.2.9 Landing the Last Element in the Landing Area (0.3)

Gymnast must land the last element in the landing area. The tape connecting the landing area to the tumble track is part of the landing area.

Deduction 0.3 per gymnast each time for not landing the last element in the landing area.

28.2.10 Performing Along the Centre Line (0.2)

Elements should be performed along the centre of the track and landing area.

Deduction 0.1 per gymnast for >0.5 m off the centre line.

Deduction 0.2 per gymnast for outside the limit of the Track or Landing Zone.

28.2.11 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. There is a difference between support and helping the gymnast to achieve the element.

Deduction 0.8 per gymnast for support.

Deduction 0.8 per gymnast for not acting in a dangerous situation.

Deduction 1.5 per gymnast for helping the gymnast to achieve the element (No difficulty value for the element).

28.2.12 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 and the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element.

Deduction 0.1 each time per gymnast for irregular streaming.

28.2.13 Jogging Back Together Between Rounds (0.4)

Gymnasts must jog back to the run up after rounds one and two. They must return together.

Deduction 0.4 per team for each round for not jogging back.

Deduction 0.4 per team for each round for not returning together.

28.3 Special Deductions

28.3.1 Missing Element in the Series (1.0 per missing element)

In case a gymnast is performing fewer valid elements than required (usually three) in the series (See 25.2 e) & f)), there will be a deduction. In the junior competition, where one round may contain only two elements, the deduction for missing element is based on having less than two elements in that round.

Deduction 1.0 per missing element per gymnast.

28.3.2 Running Through (3.0)

In case a gymnast is running through without performing any valid elements there will be a deduction. In this case, there are no other execution deductions taken.

Deduction 3.0 per gymnast for running through.

28.3.3 Wrong Number of Gymnasts (3.0)

In case there are too few or too many gymnasts performing or there are not the same number of male and female gymnasts in a mixed team, there will be a deduction per round.

Deduction 3.0 per missing/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 - 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 - Hip and knee angle faults - Head or feet error	X X	X	
3. Unclear Twisting - Initiating the twist too soon or too late - Finishing the twist too late - Under/over rotation	X X	X X	 X
4. Loss of Momentum	X	X	X
5. Too Low (0.2) or Long Final (0.1) Salto	X	X	
6. Not Extended Body Position Before Landing - Late opening - No opening	X	 X	
7. Not optimal Landing Position - Leaning position - Hips/knees bending		X X	X X
8. Lack of Control in Landing - Loss of control - Light touching with one hand/one knee - Light touching with two hands/two knees - Falling (sitting, rolling, etc.) - Not landing feet first		X	 X 0.5 0.8 1.5
9. Not landing the last element in the landing area			X
10. Not performing along the Centre Line	X	X	
11. Coaches' Actions - Support - Not acting in dangerous situation - Helping the gymnast to achieve element			0.8 0.8 1.5
12. Irregular Streaming	X		
13. Not jogging back or together, between rounds			0.4
14. Special deductions - Missing element in the series - Running Through - Wrong number of gymnasts			1.0 each 3.0 3.0

28.5 Execution Bonus (max +0.1)

Execution Bonus is only rewarded if the following criteria are fulfilled:

Identical technique, between the gymnasts, in all three rounds. All landings must be upright and under control.

Bonus 0.1 per team on each judge's own E score.

28.6 Head Judge (E1) Deductions

E1 deductions taken from the final apparatus score:

28.6.1 Incorrect Timing (0.3)

The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last element is performed in the third round.

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

HJ deduction for time fault is 0.3 and it will be taken for over timing.

28.6.2 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.

28.6.3 Incorrect Clothing (0.3)

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

HJ deduction for incorrect clothing 0.3, once from the final score.

28.6.4 Coach Giving Verbal or Visual Instructions (0.3)

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.

HJ deduction for coach giving instructions is 0.3 once.

28.6.5 Wearing Jewellery (0.3)

No jewellery of any kind may be worn by gymnasts or stand-ins according to the article 4.2.1 and 8.2.

HJ deduction for wearing jewellery 0.3 once.

28.6.6 Wearing Insecure or Intrusive Bandages (0.3)

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the article 4.2.1 and 8.2.

HJ deduction for insecure or intrusive bandages 0.3 once.

28.6.7 Respecting Apparatus or Competition Requirements (0.3/item)

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.

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 0.3
3. Incorrect clothing - Missing competition numbers - Loose items (including loose competition numbers) - Body painting	0.3 0.3 0.3
4. Coach giving verbal or visual instructions	0.3
5. Wearing jewellery	0.3
6. Wearing insecurely fastened or intrusive bandages	0.3
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 0.3 0.3 0.3 0.3

SECTION 10 - Trampet

Art 29 Apparatus Requirements

29.1 General

- a) All trampet performers must participate in the floor program unless excused by the UEG doctor due to injury (Penalty is disqualification of the team).
- b) 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.
- c) 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.
- d) The program is performed to music, which must be instrumental with no lyrics. The time limit is 2 minutes and 45 seconds.
- e) It is not allowed to mark the run-up with clothes or other things. 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.
- f) Each team performs three different rounds.
- g) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round.
- h) Mixed teams must have the same number of male and female in each round.
- 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 security spotting on the landing mat.
- k) Performing triple saltos at the European Championships will require a written dispensation from the National Federation of the gymnast.

29.2 Composition (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 30.3).

29.3 Difficulty (open value)

- a) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The program should always fit the knowledge and maturity of the gymnasts.
- b) The difficulty values for each round are calculated as the sum of the difficulty values for all gymnasts' individual routines.

- c) The difficulty values for all valid basic elements are found in article 31.2 with additional values for twists in article 31.3. There are separate allowed basic elements with and without the vaulting table.

29.4 Execution (10.0)

- a) The execution (E) score for each round is calculated by taking deductions from ten points according to 32.2 and 32.3 The execution faults are explained more detailed in the Table of General Faults and Penalties contained in Appendix A5.
- b) Bonus (+0.1) can be added to the execution score as explained in article 32.5.

Art 30 Composition

30.1 Definitions for Composition Deductions

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.

If not otherwise stated all composition requirements are taken into account except when there are less than 6 gymnasts in the round. In this case, no composition deductions for the missing gymnast are taken under article 30.2 and 30.3.

For all valid elements, the actual performed number of completed somersaults and half twists with a credited D value, are considered.

30.2 Team Round and Ordering Individual Routines Within the Round

30.2.1 Team Round (0.2 per gymnast not performing)

In the first round every gymnast must perform the exact same element. It is called the Team round. See Appendix A4. for the recognition of different elements.

Deduction 0.2 per gymnast not performing the Team Round

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

In the second and third rounds, it is allowed to increase the difficulty of each element. 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. Within the double salto and triple salto sections, the elements are performed in difficulty order.

Deduction 0.1 per gymnast not ordered correctly.

30.3 Variation

30.3.1 Repetition of Elements (0.2 per gymnast each time)

If any gymnast performs exactly the same element from another round, there will be a deduction of 0.2 per gymnast each time. The only exception is when a gymnast is performing the wrong element in the Team Round. The round where the element is performed the most times is free from deduction.

Deduction 0.2 per gymnast each time.

30.3.2 Twist Requirement (0.2 per gymnast)

The team must perform 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. Twist must be performed after hand touch if using the vault. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast for not fulfilling the twist requirement.

30.3.3 Double/Triple Salto Requirement (0.2 per gymnast)

The team must perform at least one round that contains double or triple saltos. Double and triple saltos are counted from trampet to landing (e.g. Tsukahara and handspring salto are considered as double saltos, Tsukahara double and handspring double are considered as triple saltos).

Deduction is based on the round where the double/triple is performed by the most gymnasts.

Deduction 0.2 per gymnast for not fulfilling the double/triple requirement.

30.3.4 Round With and Without Vaulting Table (2.0)

The team must perform at least one round with the vaulting table and one round without. Individual gymnasts running through (with or without vault) will not cause this deduction.

Deduction 2.0, if round with or round without vaulting table is missing.

30.4 Summary of Composition Deductions

Composition Deductions	Deduction
Team Round and Ordering of Individual Routines	
- Missing Team Round	0.2 per gymnast
- Not correct order in 2 nd and 3 rd Rounds	0.1 per gymnast
Variation	
- Repetition of elements	0.2 per gymnast
- Not Fulfilling Twist Requirement	0.2 per gymnast
- Not Fulfilling Requirement for Double or Triple Saltos	0.2 per gymnast
- No round with or without the Vaulting table	0.2 per gymnast

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 A3). 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.
- c) The difficulty value in doubles and triples is defined by the lowest body shape value. Example – straight in first salto and pike in second salto will be considered as double pike in terms of difficulty.
- d) Tsukahara and handspring-salto are considered as double saltos, Double Tsukahara and handspring- double salto are considered as triple saltos
- e) Saltos with more than half a twist will either be accepted as a tucked (pucked) or straight body position, but never piked.
- f) 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 the difficulty.
- g) Elements not landing feet first will be valued at zero for the difficulty. Touching with any part of the soles of both feet is defined as the limit of landing feet first. Touching with any other part of the body first, or at the same time as the feet, is defined as not landing feet first.
- h) Not touching the vault with both hands will be valued at zero for difficulty (not valid element).
- i) Triple saltos with blind landings are not counted as valid elements and will be given zero for difficulty. A blind landing occurs when the gymnast is landing the triple in the forward direction (i.e. not being able to spot the landing during the last rotation).
- j) Elements performed when the coach is helping the gymnast to achieve the element will be re-valued at zero for the difficulty (see also execution 32.2.9).
- k) Run through will be re-valued at zero for difficulty.
- l) The difficulty values for the three rounds are averaged and rounded down to the nearest 0.1, for the team's difficulty value.
- m) In case more than six gymnasts are performing in a round. The difficulty is based on the elements performed by the first six gymnasts.

31.2 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
	Tsukahara tucked	0.80
	Tsukahara piked	0.90
	Tsukahara straight	1.00
	Double Tsukahara tucked	1.60
	Double Tsukahara piked	1.80
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

31.3 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 32 Execution (10.0)

32.1 General

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.

The execution deductions for each round are calculated as the sum of the deductions for all gymnasts' individual routines.

There are requirements on both the aerial phase as well as the landing, which includes height, length and an extended body position before landing. The landing must be controlled but may continue moving onwards under control.

32.2 Definitions of Execution Faults

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

32.2.1 Body Shape (0.5)

Tucked, 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. Arms close to the body. Double and triple saltos are counted as one element.

Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults.

Deduction 0.1 per gymnast/element for split/crossed legs

Deduction 0.1 per gymnast/element for head or feet errors

Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists

32.2.2 Twisting (0.3)

The take-off phase must be clearly shown and the twist must be completed in due time before landing.

Deduction 0.1 or 0.2 per gymnast/element for initiating the twist too early or too late.

Deduction 0.1 per gymnast/element for finishing the twist too late in the air.

Deduction 0.2 or 0.3 per gymnast/element for under/over rotating the twist.

32.2.3 Visible Lift off the Vault (0.4)

There must be a visible lift from the hands off the vault.

Deduction 0.2 per gymnast for lack of lift.

Deduction 0.4 per gymnast for no visible lift off the vault.

32.2.4 Height and Length (0.3)

The element must be performed at appropriate height and length.

Deduction 0.2 per gymnast for too low element.

Deduction 0.1 per gymnast for too long element.

32.2.5 Extended Body Position Before Landing (0.2)

Before landing the gymnast must show an extended body position at latest 30° from vertical. It is then allowed to prepare for landing (at horizontal at the earliest).

Deduction 0.1 per gymnast for late opening.

Deduction 0.2 per gymnast for no opening.

32.2.6 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed.

Deduction 0.2 or 0.3 per gymnast for leaning position.

Deduction 0.2 or 0.3 per gymnast for hips/knees bending $\geq 90^\circ$ up to a deep squat.

32.2.7 Control in Landing (1.5)

The landing must be controlled but may continue moving onwards under control.

Deduction 0.2 per gymnast for loss of control for under/over rotating.

Deduction 0.3 per gymnast for light touching of the mat with one hand/knee.

Deduction 0.5 per gymnast for light touching of the mat with two hands/knees.

Deduction 0.8 per gymnast for falling (sitting, rolling, kneeling etc.).

Deduction 1.5 per gymnast for not landing feet first (No element difficulty value).

32.2.8 Landing Along the Centre Line (0.2)

Elements should land on the centreline of the landing area.

Deduction 0.1 per gymnast for >0.5 m off the centre line.

Deduction 0.2 per gymnast for landing outside the limit of the Landing Zone.

32.2.9 Coaches' Actions (1.5)

Compulsory coaches standing in are only there to react in case of dangerous situations and not to draw attention to themselves. They are there to avoid serious injury to the gymnasts and not to stop gymnasts from falling over. All supportive actions that touch the gymnast are deductible. There is a difference between support and helping the gymnast to achieve the element.

Deduction 0.8 per gymnast for support.

Deduction 0.8 per gymnast for not acting in a dangerous situation.

Deduction 1.5 per gymnast for helping the gymnast to achieve the element (No difficulty value for the element).

32.2.10 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.

Deduction 0.1 each time per gymnast for irregular streaming.

32.2.11 Jogging Back Together Between Rounds (0.4)

Gymnasts must jog back to the run up after rounds one and two. They must return together.

Deduction 0.4 per team for each round for not jogging back.

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 is running through without performing any valid element there will be a deduction. In this case, there are no other execution deductions taken.

Deduction 3.0 per gymnast for running through.

32.3.2 Wrong Number of Gymnasts (3.0)

In case there are too few or too many gymnasts performing or there are not the same number of male and female gymnasts in a mixed team, there will be a deduction per round.

Deduction 3.0 per missing/extra gymnast.

32.4 Summary of Execution Deductions (E panel)

Execution Deductions (10.0)	0.1	0.2	0.3 or more
1. Unclear Body Shape - Hip and knee angle faults - Split, crossed legs - Head or feet error - Arms not close to body/rotation axis	X X X X	X	0.3
2. Unclear Twisting - Initiating the twist too soon or too late - Finishing twist too late - Under/over rotation	X X	X X	0.3
3. No visible lift off the vault - Lack of lift - No visible lift		X	0.4
4. Too Low or Long Element - Too low element - Too long element	X	X	
5. Not Extended Body Position Before Landing - Late opening - No opening	X	X	
6. Not optimal Landing Position - Leaning position - Hips/knees bending		X X	0.3 0.3
7. Lack of Control in Landing - Loss of control - Light touching with one hand/one knee - Light touching with two hands/two knees - Falling (sitting, rolling, etc.) - Not landing feet first – no DV		X	X 0.5 0.8 1.5
8. Not Landing along the Centre Line	X	X	

Execution Deductions Continued	0.1	0.2	0.3 or more
9. Coaches' Actions			
- Support			0.8
- Not acting in dangerous situation			0.8
- Helping gymnast to achieve element – no DV			1.5
10. Irregular Streaming	X		
11. Not jogging back or together between Rounds			0.4
12. Special deductions			
- Running Through			3.0
- Wrong number of gymnasts			3.0

32.5 Execution Bonus (max +0.1)

Execution Bonus is only rewarded if the following criteria are fulfilled:

Identical technique, between the gymnasts, in all three rounds. All landings must be upright and under control.

Bonus 0.1 per team on each judge's own E-score.

32.6 Head Judge (E1) Deductions

E1 deductions taken from the final Apparatus score:

32.6.1 Incorrect Timing (0.3)

The time limit is 2 minutes 45 seconds. The timekeeping starts with the music and ends when the last element is performed in the third round.

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

HJ deduction for time fault is 0.3 and it will be taken for over time.

32.6.2 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.

32.6.3 Incorrect Clothing (0.3)

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

HJ deduction for incorrect clothing 0.3, once from the final score.

32.6.4 Coach Giving Verbal or Visual Instructions (0.3)

Coaches are not allowed to give any visual or verbal instructions for the gymnast during the trampet 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.

HJ deduction for coach giving instructions is 0.3 once.

32.6.5 Wearing Jewellery (0.3)

No jewellery of any kind may be worn by gymnasts or stand-ins according to the article 4.2.1 and 8.2.

HJ deduction for wearing jewellery 0.3 once.

32.6.6 Wearing Insecure or Intrusive Bandages (0.3)

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the article 4.2.1 and 8.2.

HJ deduction for insecurely fastened or intrusive bandages 0.3 once

32.6.7 Respecting Apparatus/Competition Requirements (0.3 per item)

The deduction for not respecting the apparatus or competition requirements is used in the following cases:

- a) Entering the arena against the competition requirements.
- b) Marking or extending the run-up with clothes or other items.
- c) Starting the performance before the green flag/light from the Head Judge (E1).
- d) More than two coaches in the landing area.
- e) Both coaches leaving the landing area during the round. If leaving area due to supportive action or injury there is no deduction.

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 time	0.3
2. Music - Absence of music - Music with clear lyrics	0.3 0.3
3. Incorrect clothing - Missing competition numbers - Loose items (including competition numbers) - Body painting	0.3 0.3 0.3
4. Coach giving verbal or visual instructions	0.3
5. Wearing jewellery	0.3
6. Wearing insecure or intrusive bandages	0.3
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 0.3 0.3 0.3 0.3



PART IV

THE APPENDICES

PART IV - THE APPENDICES

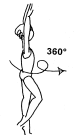













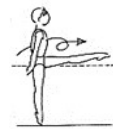

- A1 Table of Difficulty for Floor**
- A2 Table of Difficulty for Tumble**
- A3 Table of Difficulty for Trampet**
- A4 Element Recognition**
- A5 Table of General Faults and Penalties**

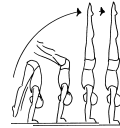
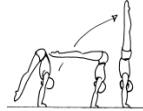



Appendix 1 - Floor Difficulty Values




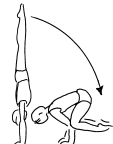

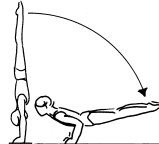



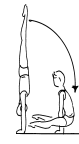







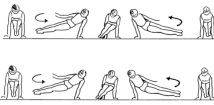




1 BALANCES The text contains the definition of the element and the pictures is a guideline.

1.1A Dynamic Balances - Pirouettes

The Pirouette must be performed on one foot, on toes. The rotation must be totally fulfilled, measured at the hips (tolerance to get the full difficulty value is 45° under and over rotation). The turn must not be done by jumping, but a slight hop to maintain balance during the pirouette is allowed. Optional placement of the free leg and arms.

Pirouettes	0.2	0.4	0.6	0.8	1.0	1.2
Forwards	DB201 → ○  360°	DB401 → ∅  540°	DB601 → ⊗  720°	DB801 → ⊗  900°		DB1201 → ⊗  1080°
Backwards	DB202 ← ○  360°	DB402 ← ∅  540°	DB602 ← ⊗  720°	DB802 ← ⊗  900°		DB1202 ← ⊗  1080°
Forwards Free leg with hand support 90°		DB403 → ♂  360°		DB803 → ∅  540°	DB1003 → ⊗  720°	
Forwards Free leg without hand support 90°			DB604 → ♂  360°		DB1004 → ∅  540°	DB1204 → ⊗  720°

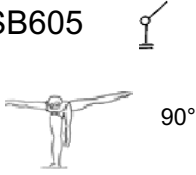
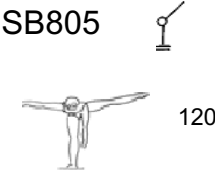
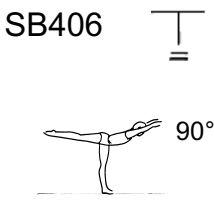
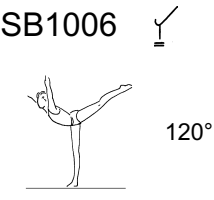
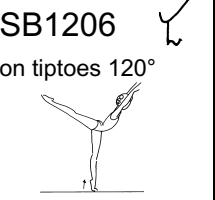
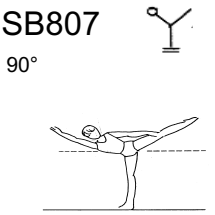
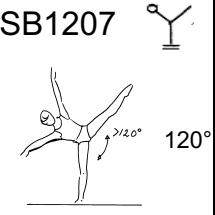
1.1B Dynamic Balances - Power Elements The starting and finishing positions must be clearly visible. Movement must be controlled and performed without a pause. In the handstand the arms must be straight (tolerance 45°).						
Power Elements	0.6	0.8	1.0	1.2	1.4	1.6
Press up to handstand With bent legs together or split straight legs. Starting position is optional.			DB1005 			
Press up to handstand From optional starting position press to handstand. Straight legs together.				DB1206 		
Press up to handstand from straddle pike sitting support From a straddle pike sitting support press to handstand with straight legs.					DB1407 	
Press up to handstand from pike sitting support Press to handstand with optional leg position.					DB1408 	DB1608  45°-90°

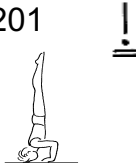
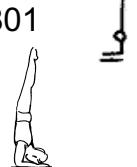
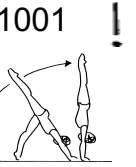


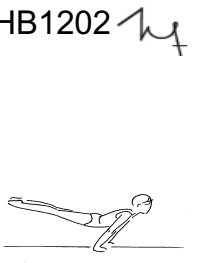

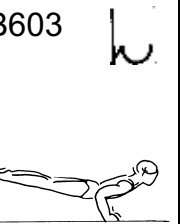
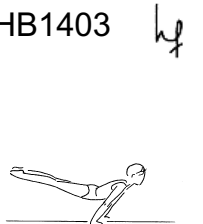


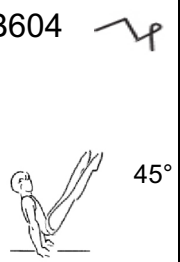
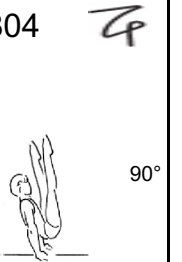
Power Elements Continued	0.6	0.8	1.0	1.2	1.4	1.6
Headstand to planche From a controlled headstand, body straight, lowering to a planche on elbows. Legs together and straight.		DB809  				
From handstand to support From a controlled handstand, to a "spider support"/ a planche (body straight) on elbows/ a planche with straight arms. Legs straight (not in DB810). Legs may be separated.		DB810  		DB1210  		DB1610  
From handstand to straddle pike or pike sitting support Lowering from handstand to straddle pike/ pike sitting support. Legs straight.				DB1211  	DB1411  Legs together 	DB1611  Legs together 45°-90° 
Circles The turn is measured from the legs. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.		DB812  Double leg circles, one round 	DB1012  Double leg circles ≥2 rounds 		DB1412  Flared leg circles 2 rounds 	
Russian wendel-swing The full turn (360°) is measured from the shoulders. Tolerance to get the full difficulty value is 45° under or over rotation. Legs and feet must be off the ground.			DB1013  			




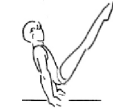










1.2 Standing Balances

Standing balances must stay at least 2 seconds in a static position. Leg separation requirements need to be fulfilled (15° tolerance). Both legs straight (15° tolerance, not applicable to lifting leg in SB404).

Standing Balances	0.2	0.4	0.6	0.8	1.0	1.2
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.			SB601 120° 		SB1001 on tiptoes 120° 	SB1201 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° 			SB1002 120° 	SB1202 on tiptoes 120°
Frontal balance Free leg in front with help of hand/ hands. Leg separation/ tiptoes position defines the element.			SB603 120° 		SB1003 on tiptoes 120° 	
Frontal balance Free leg in front without help of hand/ hands. Leg separation/ tiptoes position defines the element.	SB204 	SB404 on tiptoes 	SB604 on tiptoes 90° 		SB1004 120° 	SB1204 on tiptoes 120°

Standing Balances Continued	0.2	0.4	0.6	0.8	1.0	1.2
Side balance Upper body at horizontal, free leg to the side. Heel defines the angle to the hip. Leg separation defines the element.			SB605 	SB805 		
Scale Upper body must be 90° or above. Leg separation/ tiptoes position defines the element.		SB406 			SB1006 	SB1206 
Scale sideways Shoulders and the hip must both be sideways, in the same direction. Upper body must be 90° or above. The heel defines the angle to the hip.				SB807 		SB1207 

1.3 Hand Supportive Balances						
Hand supportive balances must stay at least 2 seconds in a static position. Hands are the only part of the body which is in contact with the floor (except HB201, HB801 and HBX06). In the handstand the arms must be straight (tolerance 45°).						
Hand Supportive Balances	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
Headstand/ Handstand In HB201 head is allowed on floor. In HB801 no leaning with head. Legs at or above hip level.	HB201 			HB801 	HB1001 	
Planche on elbows/ straight arms, legs separated 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 (20° tolerance) (Not in HB202). When performing HB1202 , arms must be straight (15° tolerance).	HB202 	HB402 				HB1202 
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 (20° tolerance). When performing HB1403, arms must be straight (15° tolerance).		HB403 	HB603 			HB1403 
Straddle pike sitting-support Straight legs. Hands can be placed in front or back (HB404) or front and back (HB204), leg separation 45°. When legs are lifted higher than parallel to the floor, leaning on the arms is not allowed. 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 Cont'd	0.2	0.4	0.6	0.8	1.0	1.2 / 1.4
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.		HB405  		HB805   45°	HB1005   90°	
Bridge Position and angle of the free leg defines the element.	HB206  		HB606  thigh vertical 	HB806  leg 45° from vertical 	HB1006  leg vertical 	

2 JUMPS

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











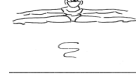


2.1A Jumps / Hops

A Jump takes off from two feet and lands on one or two feet or front laying support.

A Hop takes off from one foot and lands on the same foot or front laying support.

A recognised shape (position) must be formed in the air. No more than three steps (walking/ running) are allowed before a jump or hop.

















In the take off and landing, the hip defines the degree of the turn/ twist and the tolerance to get the value is 45° under and over rotation. There is a 15° tolerance on leg separation.

Jumps/Hops	0.2	0.4	0.6	0.8	1.0	1.2
Stretched jump with twisting Body straight during the flight. Twist finished in the air. Placement of arms is optional.		J401  360°	J601  540°		J1001  720°	J1201  900°
Tuck jump with or without twisting Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. Twist finished in the air. Placement of arms is optional.			J602  360°		J1002  540°	J1202  720°
Tuck jump or hop with or without twisting to front laying support Tucked position (hip and knee angle 90°, tolerance 15°) visible during the jump. When twisting 180° turn must be ready before tucked position. When twisting 360° or more turn must be ready before landing. Body must be horizontal before landing.		J403  180°	J603  180°	J803  360°		
Straddle pike jump Leg separation 135° and clear pike 90° (tolerance in leg separation and hip angle 15°) legs straight without a kick.			J604 	J804  180°	J1004  360°	



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Jumps/Hops Continued	0.2	0.4	0.6	0.8	1.0	1.2
Shushunova Leg separation 135° and clear pike 90° (tolerance 15° 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.			J605  	J805 A/B  J805A=180° J805B=360° 		
Pike jump or hop to front laying support Clear pike 90° (tolerance 15°) before landing in front laying support, straight legs. Body must be horizontal before landing.			J606  	J806 A/B  J806A= twist 180° J806B= twist 360° 		
Sheep jump Head back. Height of the feet defines the jump. Legs may be separated. No tolerance in feet high.				J807  Feet at shoulder height 	J1007  Feet at head height 	
Sheep jump twisted The feet must reach the shoulder height somewhere during the jump. No tolerance in feet high. Twist must be performed during the flight.				J1008  twist 180° 	J1208  twist 360° 	

Jumps/Hops Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sissone Take off from both legs and landing on one leg. In J1209 A/B No tolerance in foot high.		J409 Leg separation 135°		J809 Leg separation 180°		J1209 A/B Foot at shoulder height J1209A without twist J1209B with 180° twist
Double stag jump Right 'stag'-position must be visible during the jump: both legs bent 90°, leg separation 135° (tolerance 15°), 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	
Wolf jump or hop One leg extended, other tucked. Hip and bent knee angles 90° (tolerance 15°).	J211	J411 180°		J811 360°		
Split jump First leg must be straight, no kick. Leg separation defines the jump. J1212 Horizontal ring jump: front leg horizontal, rear foot at shoulder level. No tolerance on foot high.		J412 leg separation 135°		J812 leg separation 180°		J1212 leg separation 180°
Split jump landing to front laying support First leg must be straight, no kick. Leg separation defines the jump. Body must be horizontal before landing.			J613 leg separation 135°	J813 leg separation 180°		





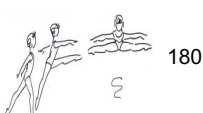
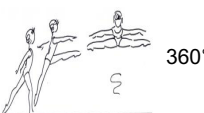
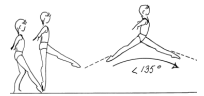
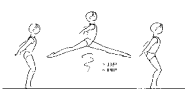
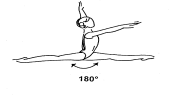



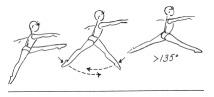


2.1B Leaps

A Leap takes off from one foot and lands on the other or both feet or front laying support (not switch leaps in rows 22, 23 and 24).

A recognised shape (position) must be formed in the air. No more than three steps (walking or running) are allowed before a leap.

In the take off and landing, the hip defines the degree of the turn/ twist, and the tolerance to get the value is 45° under and over rotation. There is a 15° tolerance on leg separation.








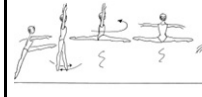

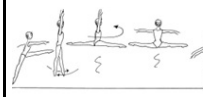
Leaps	0.2	0.4	0.6	0.8	1.0	1.2
Cat leap Bent legs. Leg change during the flight. Legs must be horizontal somewhere during the flight. When twisting the turn must be fulfilled in the air.			J614 360° 	J814 540° 		J1214 720°
Scissors leap Straight legs. Leg change during the flight. First leg must reach horizontal. J615: First vertical hop lifting first leg horizontal, then half turn (to the direction of the take off leg) lift the other leg 120° and land to the first lifted leg. The turn must be fulfilled in the air.		J415 Leg separation 120° 	J615 Leg separation 120° turn 180° 			
Scissors leap 180° Straight legs. Leg change during the flight. First leg must reach horizontal. Twisting during the flight. Leg separation after the turn defines the element.		J416 Leg separation 90° 			J1016 leg separation 135° 	J1216 leg separation 180°
Butterfly upwards Upper body at horizontal, legs above horizontal level.					J1017 leg separation 90° 	

Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
Double stag leap Right 'stag'-position must be visible during the leap: both legs bent 90°, leg separation 135° (tolerance 15°), height of the rear foot or twists defines the element. No tolerance in foot height. The turn must be fulfilled during the flight.		J418 	J618  180°		J1018  Double stag ring Foot at head height	
Split leap to straddle pike position Leg separation 135° and clear pike 90° (tolerance in leg sep. and hip angle 15°) legs straight without a kick.				J819  180°	J1019  180°	J1219  360°
Split leap forward First leg must be straight, no kick. Leg separation defines the leap. J1220 Horizontal ring-leap: front leg horizontal, foot at shoulder level. No tolerance in foot height.	J220  leg separation 90°	J420  leg separation 135°			J1020  leg separation 180°	J1220  leg separation 180°
Split leap forward landing to front laying support First leg must be straight, no kick. Leg separation defines the value of the leap. Body must be horizontal before landing.			J621  leg separation 135°	J821  leg separation 180°		
Switch leap First leg 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 J1222 no tolerance in foot height.			J622  leg separation 135°		J1022  leg separation 180°	J1222  foot at shoulder height leg separation 180°














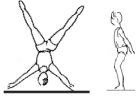











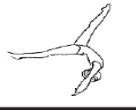


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Leaps Continued	0.2	0.4	0.6	0.8	1.0	1.2
<p>Switch leap to front laying support First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the leap. Body must be horizontal before landing.</p>			<p>J623  leg separation 135° </p>	<p>J823  leg separation 180° </p>		
<p>Switch leap twisting First leg 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  leg separation 135° twist 90° </p>		<p>J1024  leg separation 135° twist 180° </p>	<p>J1224  leg separation 180° twist 180° </p>




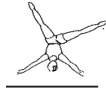




3 ACROBATIC ELEMENTS The text contains the definition of the element and the picture is a guideline.

Acrobatic Elements	0.2	0.4	0.6	0.8	1.0	1.2
Forwards		<p>A401 </p> <p>handspring legs together/with leg split</p> 		<p>A801 </p> <p>free handspring</p> 		
Forwards		<p>A402 </p> <p>walk over forwards</p> 	<p>A602 </p> <p>sitting salto</p> 	<p>A802 </p> 	<p>A1002 </p> 	
Backwards	<p>A203 </p> 	<p>A403 </p> 	<p>A603 </p> 	<p>A803 </p> 	<p>A1003 </p> 	
Backwards		<p>A404 </p> <p>walk over backwards</p> 		<p>A804 </p> <p>tempo salto legs separated/together</p> 		



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Acrobatic Elements Continued	0.2	0.4	0.6	0.8	1.0	1.2
Sideways	A205  		A605  free cartwheel 	A805  salto sideways 		
Backwards twisting				A806  180° Tucked salto with 180°	A1006  360° Tucked salto with 360°	A1206 A/B/C A) Straight salto with 360° B) Straight salto with 540° C) Straight salto with 720°

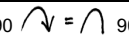
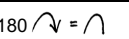
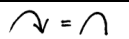
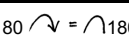
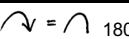
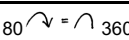
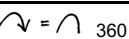
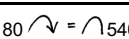
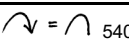
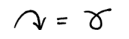
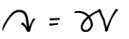
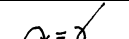
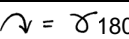
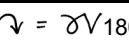
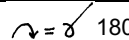
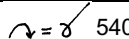
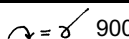

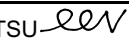
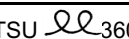

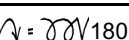
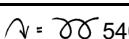
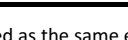
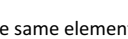






APPENDIX A2a - Tumble Elements Difficulty Values


























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	⓪	O
0.20	Tucked salto	⓪	O	0.20	Piked salto	⓪V	<
0.30	Piked salto	⓪V	>	0.30	Whipback salto	⤿	W
0.40	Straight salto	⓪	⋄	0.30	Straight salto	⓪	I
0.30	Straight salto (At start)	★ ⓪	⋄	0.30	Tucked salto ½	⓪ 180	O1
0.30	Tucked salto ½	⓪ 180	O1	0.30	Piked salto ½	⓪V 180	<1
0.40	Tucked salto 1/1	⓪ 360	O2	0.40	Tucked salto 1/1	⓪ 360	O2
0.40	Piked salto ½	⓪V 180	>1	0.40	Straight salto ½	⓪ 180	I1
0.50	Straight salto ½	⓪ 180	I1	0.50	Straight salto 1/1	⓪ 360	I2
0.60	Straight salto 1/1	⓪ 360	I2	0.60	Straight salto 1½	⓪ 540	I3
0.40	Straight salto 1/1 (At start)	★ ⓪ 360	I2	0.70	Straight salto 2/1	⓪ 720	I4
0.70	Straight salto 1½	⓪ 540	I3	0.80	Straight salto 2½	⓪ 900	I5
0.80	Straight salto 2/1	⓪ 720	I4	0.80	Double salto tucked	⓪⓪	OO
0.90	Straight salto 2½	⓪ 900	I5	0.90	Double salto piked	⓪⓪V	<<
1.10	Double salto tucked	⓪⓪	OO	1.10	Double salto straight	⓪⓪	I I
1.30	Double salto piked	⓪⓪V	>>	1.00	Double salto tucked 1/1	⓪⓪ 360	OO2
1.50	Double salto straight	⓪⓪	I I	1.20	Double salto tucked 2/1	⓪⓪ 720	OO2
1.20	Double salto tucked ½	⓪⓪ 180	OO1	1.30	Double salto straight 1/1	⓪⓪ 360	I I2
1.40	Double salto tucked 1½	⓪⓪ 540	OO3	1.50	Double salto straight 2/1	⓪⓪ 720	I I4
1.40	Double salto piked ½	⓪⓪V 180	>>1	1.80	Double salto straight 3/1	⓪⓪ 1080	I I6
1.60	Double salto straight ½	⓪⓪ 180	I I1	1.60	Triple salto tucked	⓪⓪⓪	OOO
1.80	Double salto straight 1½	⓪⓪ 540	I I3	1.90	Triple salto piked	⓪⓪⓪V	<<<
	★ Note reduced value for some starting saltos			2.00	Triple salto tucked 1/1	⓪⓪⓪ 360	OOO2



APPENDIX A2b - Tumble Series Difficulty Values												
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					K n l K n lV	RFO RF<						
0.50		HFS O					K n e/	RF/			oV K n l	>RFO
		\HO									oV K n lV	>RF<
0.60		HFS >									oV K n e/	>RF/
		\H>									o K n e/	\RF/
0.70							K n e/ 360	RF/2			o 360 K n e/	\2RF/
0.80				\H/1								
				\2H\								
0.90				\2H\1			K n e/ 720	RF/4			o 360 K n e/ 360	\2RF/2
1.00				\2H\2	K n ll	RFOO						
				\2H\2	K n llV	RF<<					o 360 K n e/ 720	\2RF/4
1.10				\2H\3							o K n ll	\RFOO
1.20					K n ll 360	RFOO2					o 360 K n ll	\2RFOO
1.30							K n ee/	RF//			o K n llV	\RF<<
1.40		\HOO			K n ll 720	RFOO4					o 360 K n ll 360	\2RFOO2
1.50		\2HOO					K n ee/ 360	RF//2			oV K n ll 720	>RFOO4
1.60		\2HOO1									o 360 K n ee/	\2RF//
		\H>>									o 360 K n ll 720	\2RFOO4
1.70		\HOO3					K n ee/ 720	RF//4			o 360 K n ee/ 360	\2RF//2
		\2H>>										
1.80		\2HOO3			K n ll	RFOO						
1.90				>H\1					K n ee/ n n ll	RF//WFO	o 360 K n ee/ 720	\2RF//4
2.00				\2H\1			K n ee/ 1080	RF//6	K n ee/ n n llV	RF//WF<<		
2.10				>H\3	K n llV	RF<<<	K n ee/ 1080	RWF//6	K n ee/ n n ll 360	RF//WFOO2		
2.20				\2H\3							o 360 K n ee/ 1080	\2RF//6
2.30				>H\5					K n ee/ n n ll 720	RF//WFOO4		
2.40									K n ee/ n n ee/ 360	RF//WF//2		
2.50									K n ee/ 360 n n ll 720	RF//2WFOO4		
2.60									K n ee/ n n ee/ 720	RF//WF//4		
2.70												
2.80									K n ee/ 360 n n ee/ 720	RF//2WF//4		

APPENDIX A3 - Trampet Elements Difficulty Values

Diff value	Group 1 with Vaulting Table	Artistic Code	K Code
0.30	1/4 on 1/4 off	90  90	R
0.40	Handspring ½ on	180  180	1H
0.40	Handspring	 180	H
0.50	Handspring ½ on ½ off	180  180	1H1
0.50	Handspring ½ off	 180	H1
0.60	Handspring ½ on 1/1 off	180  360	1H2
0.60	Handspring 1/1 off	 360	H2
0.70	Handspring ½ on 1½ off	180  540	1H3
0.70	Handspring 1½ off	 540	H3
0.80	Tsukahara tucked	TSU	TO
0.90	Tsukahara piked	TSU V	T<
1.00	Tsukahara straight	TSU /	T/
1.20	Tsukahara straight 1/1 ★	TSU / 360	T/2
1.40	Tsukahara straight 2/1 ★	TSU / 720	T/4
0.80	Handspring salto tucked	 = 	HO
0.90	Handspring salto piked	 =  V	H>
1.00	Handspring salto straight	 = 	H\
0.90	Handspring salto tucked ½	 =  180	HO1
1.00	Handspring salto piked ½	 =  V 180	H>1
1.10	Handspring salto straight ½	 =  180	H\1
1.30	Handspring salto straight 1½	 =  540	H\3
1.50	Handspring salto straight 2½	 =  900	H\5
1.60	Double Tsukahara tucked	TSU 	TOO
1.80	Double Tsukahara piked	TSU  V	T<<
2.00	Double Tsukahara tucked 1/1	TSU  360	TOO2
1.70	Handspring double tucked ½	 =  180	HOO1
1.90	Handspring double piked ½	 = V 180	H<<1
2.10	Handspring dbl. tucked 1½	= 540	HOO3

Diff value	Group 2 without Vaulting Table	Artistic Code	K Code
0.10	Tucked salto		O
0.10	Piked salto		>
0.20	Straight salto		\
0.20	Tucked salto ½	 180	O1
0.20	Piked salto ½	 180	>1
0.30	Straight salto ½	 180	\1
0.30	Tucked salto 1/1	 360	O2
0.40	Straight salto 1/1	 360	\2
0.50	Straight salto 1½	 540	\3
0.60	Straight salto 2/1	 720	\4
0.70	Straight salto 2½	 900	\5
0.60	Double salto tucked		OO
0.70	Double salto piked	 V	>>
0.80	Double salto straight		\
0.70	Double salto tucked ½	 180	OO1
0.80	Double salto piked ½	 V 180	>>1
0.90	Double salto tucked 1½	 540	OO3
0.90	Double salto straight ½	 180	\ 1
1.10	Double salto straight 1½	 540	\ 3
1.30	Double salto straight 2½	 900	\ 5
1.60	Double salto straight 3½	 1260	\ 7
1.50	Triple salto tucked ½	 180	OOO1
1.70	Triple salto piked ½	 V 180	>>>
1.90	Triple salto tucked 1½	 540	OOO3
2.30	Triple salto tucked 2½	 900	OOO5

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

★ TSU / 720 and KAS / 360 are judged as the same element.

Appendix A4

Element Recognition

1 Floor

1.1 General

- a) All difficulty elements must comply with the norms defined in Appendix A1.
- b) In order to achieve full difficulty, specific technical expectations are required.
- c) The selected difficulty elements must be performed by all gymnasts at the same time (according to the choreography). If, for example, one gymnast is late in time and performs the element later than rest of the team, the team will still get the D value of the element, because the element was choreographed to be performed at the same time.
- d) The whole team needs to perform exactly the same difficulty element with the same code number and variation (A/B/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 J806A and J806B, the element can be counted only once.
- e) Mirroring is allowed in all difficulty elements. This means that gymnasts can individually choose e.g. the supporting leg in standing balances.
- f) 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 difficulty value.
- g) If the team is not fulfilling the difficulty requirements of the element, the D value is reduced as follows:
 - If 1-2 gymnasts fail to perform the element according to the difficulty requirements, the D value of the element is divided by 2 (team will receive 50% of the original difficulty value of the element).
 - If three or more gymnasts fail in performing the element, the difficulty value of that element will be zero.
 - If one or more gymnasts are not even trying to perform the element, the difficulty value of that element will be zero.
- h) No more than three steps (walking or running) are allowed before any difficulty element. If three or more gymnasts are taking e.g. 4 steps before a leap, the team does not get the DV. If one or two gymnasts take too many steps, the DV will be divided by 2.
- i) All elements that the team wishes to be counted towards the D score must be marked in the team's tariff form. Judges are only checking if the elements written on the tariff form are performed correctly or not.

- j) There can only be four (4) balances, three (3) jumps, two (2) acrobatic elements and one (1) combination marked on the tariff form. If a team has marked more than the allowed number of elements, judges count only the first marked elements/combinations. The remaining elements are not recognized by the difficulty judges. Execution deductions are still made for all performed elements.

1.2 Labelling the Elements

- a) 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
- b) The first number tells the value of the element (e.g. number 4 means 0.4 in DV)
- c) The two last numbers tell the row number in the difficulty table.
- d) For example: Shushunova is shown as J605.

1.3 Element Definitions

1.3.1 Balance Elements

1.3.1.1 *Dynamic Balances (DB)*

Pirouettes

- a) A pirouette is a turn performed on one foot. The pirouette must be performed clearly on toes. The turn must not be done by jumping. However, a slight hop to maintain the balance during the pirouette is allowed. The rotation is measured at the hips and there is a general 45° tolerance for under/over rotation.
- b) Forward pirouette: Turning in the same direction as the supporting leg
- c) Backward pirouette: Turning in the opposite direction from the supporting leg
- d) The placement of arms is optional for the team.
- e) A pirouette starts when the free leg is lifted from the ground and is finished when
- the rotation is over or
 - the heel of the supporting leg is touching the floor or
 - the free leg is touching the floor
- f) The body shape must be correct and any leg separation requirements fulfilled.
- g) The number of turns and the height of the free leg in pirouettes define the value of the element.



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- h) The free leg can be straight or bent, but must be the same for the whole team.
- i) When the free leg is bent (forward/side) the heel is used to define the angle with the hip.
- j) In case the free leg is bent and backwards, the knee is used to define the angle with the hip.
- k) The position of the supporting leg, bent/ straight, does not change the DV, but must be the same for the whole team.
- l) Pirouettes may be performed in smaller groups provided that:
 - the groups consist of at least three gymnasts
 - gymnasts in the same group must start the pirouette facing the same direction
 - the groups are separated by at least twice the distance between adjacent gymnast
- m) Difficulty requirements - summary:
 - the pirouette is performed on one foot, on toes
 - turning the pirouette by jumping is not allowed (hop to maintain balance during the turn and stopping the turn with a jump out of the pirouette are allowed).
 - turning requirement is fulfilled (measured at the hips, 45° tolerance for under/over rotating)
 - the leg separation requirement is fulfilled (15° tolerance) and the free leg is held in the correct position for at least $\frac{3}{4}$ of the rotation
 - all gymnasts placed close to each other must start to perform the turn facing in the same direction (no need to perform pirouettes with the same leg)

Power Elements

- a) There must be a controlled continuous movement with dynamic strength with even speed. The starting and ending positions must be clear, but do not need be held for two seconds. All gymnasts perform the same power element with arms and legs in the same position
- b) Difficulty requirements - summary:
 - the movement must be controlled and continuous (not too fast, no pause ≥ 3 sec, no fall or more than one step allowed)
 - the starting and finishing positions must be clearly shown
 - the body position must be according to the definition of the element
 - legs must be off the ground in Circles (element DBX12) and Russian Wendel-Swing (element DBX13)



1.3.1.2 *Standing Balances (SB)*

- a) 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.
- b) The supporting leg needs to be straight (15° tolerance).
- c) When the free leg is bent (forward/side) the heel is used to define the angle with the hip.
- d) In case the free leg is bent and backwards, the knee is used to define the angle with the hip.
- e) If not otherwise mentioned, the placement of arms is optional for the team.
- f) Difficulty requirements - summary:
 - the standing balance must be held in a static position for at least 2 seconds
 - the shape must be recognizable
 - the leg separation requirement is fulfilled and the supporting leg is held straight (15° tolerance)

1.3.1.3 *Hand Supportive Balances (HB)*

- a) In a hand supportive balance, the body is held in a static position for at least two seconds.
- b) Only the hands are touching the floor (except in headstand HB201, forearm balance HB801 and bridges HBX06). There must be a recognised shape without any additional movement.
- c) 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.
- d) Leaning on the arms is not allowed in pike sitting supports where the legs are lifted over the horizontal level.
- e) When the legs are bent and forwards, the heels are used to define the angle with the hip.
- f) In case the legs are bent and backwards, the knees are used to define the angle with the hip.
- g) The whole team must perform the same hand supportive balance with arms and legs in same position except in the handstand, where the exact placing of the legs is optional for each gymnast.

Example - Handstand (HB1001)

In the handstand, the arms must be straight and the legs must be equal to or above hip level, e.g. straight together, stag, split or bent. Each gymnast's leg position is optional (note: this is different compared to all other difficulty elements!). The handstand must be held in a static position for at least two seconds, without stepping with the hands.



- h) Difficulty requirements - summary:
- the hand supportive balance must be held in a static position for at least 2 seconds
 - the shape must be recognizable
 - no leaning on arms in pike sitting support (when legs lifted above horizontal level)
 - the hip angle and leg separation requirement must be fulfilled (15° tolerance)
 - hands are the only part of the body which are in contact with the floor (except in headstand HB201, forearm balance HB801 and bridges HBX06).
 - in a handstand, the legs need to be equal to or above hip level

1.3.2 Jumps (J)

- a) The category Jumps includes:
- Jumps** – take off from two feet and land on one or two feet
 - Hops** – take off from one foot and land on the same foot
 - Leaps** – take off from one foot and land on the other or both
- Some Jumps, Hops and Leaps can also land in front laying support.
- b) A recognised body shape (position) must be shown in the air. The shape during flight, twisting and landing must be according to the definitions of the element. If not otherwise mentioned, the placement of the twist is optional, but all gymnasts must perform the same variation.
- c) In take- off and landing the hip defines the degree of the turn or twist. There is a general 45° tolerance for under/over rotation.
- d) When performing with the foot at shoulder/head height, the lowest part of the foot is defining the height. The whole foot (both heel and toes) must be at the required height.
- e) The whole team must perform the same jump with arms and legs in the same position.
- f) If not otherwise mentioned, the placement of arms is optional for the team.
- g) Difficulty requirements - summary:
- a recognised body shape must be shown in the air
 - the leg separation, hip angle (15° tolerance) and twist- requirements (45° tolerance for under/ over rotation) need to be fulfilled
 - when landing in front laying support the body must be horizontal before landing

1.3.3 Acrobatic elements (A)

- a) Acrobatic elements must comply with recognised norms in gymnastics.
- b) Different landing positions (standing, kneeling, front laying support) are allowed. However, the acrobatic element must be completed before landing, e.g. salto backwards landing in front laying support is not allowed since the rotation is not completed before landing. In front saltos, the take-off is allowed from one or two feet.
- c) The whole team must perform the acrobatic element with similar take-off and landing positions.
- d) Difficulty requirements - summary:
 - acrobatic elements must comply with recognised norms in gymnastics
 - when performing A602 (sitting salto), the landing in sitting position must be with hands and foot before any other part of the body

1.3.4 Combination (C)

- a) A combination value will be awarded for direct connections between difficulty elements as follows:
 - jump + jump
 - jump + balance element
 - jump + acrobatic element
- b) or in reverse order
- c) A jump is either a jump, hop or leap
- d) The elements used in the combination must be from those nine elements that are selected as difficulty elements. Both elements included in the combination must be performed according to the difficulty requirements.
- e) In direct connections
 - both feet can touch the ground only once
 - no pause to prepare to the second take-off allowed
 - no major loss of balance between the elements
- f) Calculating the value of two combined elements is:
(value of the first + value of the second) / 2.
- g) The individual values as given by the judge.
- h) A team can mark only one combination on the tariff form.
- i) Combination requirements - summary:
 - both elements must be performed according to the difficulty requirements
 - the connection between two elements must be direct



1.3.5 Flexibility Elements

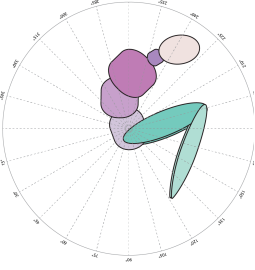
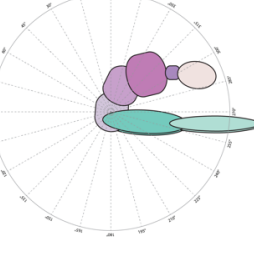
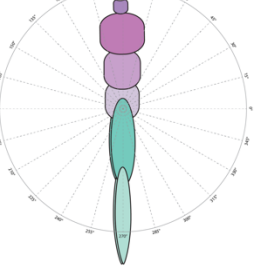
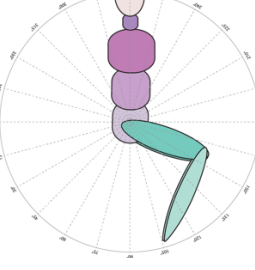
- a) The gymnasts in the team may individually choose a flexibility element, which must be performed at the same time according to the choreography. Each gymnast can choose one of the following elements:
 - splits (left or right leg in front is optional), the tolerance on the leg separation is 15°
 - side splits, the tolerance on the leg separation is 15°
 - straddle pike sitting fold, leg separation must be at least 90°, upper body folded at least 45°
 - pike sitting fold, chest touching the knees
- b) In the flexibility element, the position must be clearly shown, but does not have to stay still.
- c) If the team is not fulfilling the above flexibility requirements, the composition value is reduced as follows:
 - If 1-2 gymnasts fail to perform the flexibility element according to the requirements, the composition value of the element is 0.5
 - If 3 or more gymnasts fail in performing the element, the composition value is zero for the flexibility element

2 Tumble and Trampet

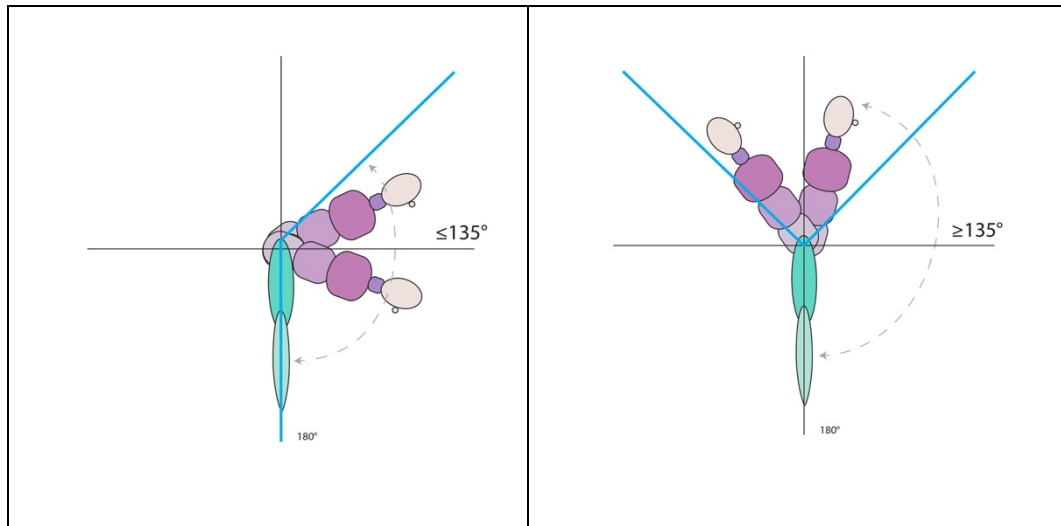
2.1 Element Recognition

2.1.1 Required Body Positions in Saltos

Depending on the chosen element, the body position in each salto must be either referred to as tucked, piked or straight. 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.

Tucked position	Piked position	Straight position	Pucked 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 in terms of difficulty.</p> <p>All body positions where the legs only are bent $\leq 90^\circ$ are counted as tucked.</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 in terms of difficulty.</p> <p>A slight bending (30°) 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 in terms of difficulty.</p>	<p>A pucked body position is typically 120° in the hips and 90°-120° in the knees. This is a modification of the tucked position for twisting multiple saltos.</p> <p>The pucked position is regarded as a tucked in terms of difficulty.</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 A5.



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

2.1.2 Twisting Requirements

- 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 whole half twists. This position is measured at the hips. Any deviation from nominal 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.

2.1.3 Double and Triple Saltos

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

2.1.4 Whipback

A whipback in Tumble is defined as a single non-twisting backward salto with arched body position and performed at shoulder height or lower.

2.1.5 Tsukahara 360° and Kasamatsu

Tsukahara (TSU) 360° and Kasamatsu (KAS) are judged as the same element. This also applies to TSU 720° and KAS 360° .

2.1.6 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 is changing the body position in only one salto and the difficulty value remains the same.



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- b) A double piked salto with half twist vs a double salto with straight 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.
- c) 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.
- d) When performing double and triple saltos with three or more twists the exact placement of the twists is not taken into account. A double straight salto with 1 ½ twist in the first and 2 twists in the second salto is thus recognised as the same element as a double straight with 2 twists in the first and 1 ½ in the second salto.

Appendix A5

Table of General Faults and Penalties

1 Floor

1.1 General

- a) E judges use this table of faults to build up their execution deductions.
- b) Execution deductions are made in the following groups:

Very small 0.1

This deduction is taken when a mistake is minor and it is done by one gymnast

Small 0.2

This deduction is taken when a minor mistake is done by more than one, but less than half of the team's gymnasts. It can also be taken when a moderate mistake is done by one gymnast.

Medium 0.4

This deduction is taken when a moderate mistake is done by less than half of the team's gymnasts. It can also be a minor mistake made by half or more of the team (e.g. the whole team is not using their body - no dynamics in execution). Also, this is the deduction if a major mistake is made by one gymnast.

Large 0.7

This deduction is taken when a major mistake is made by less than half of the team. It can also be a moderate mistake made by half or more of the team.

Very large 1.0

This deduction is only taken when half or more of a team make a major mistake.

Table of Execution Deductions				
Number of faults ↓	Size of the fault →	Minor fault	Moderate fault	Major fault
One gymnast makes the fault		very small 0.1	small 0.2	medium 0.4
Less than half of the team's gymnasts make the fault		small 0.2	medium 0.4	large 0.7
Half or more of the team's gymnasts make the fault		medium 0.4	large 0.7	very large 1.0

1.2 Floor Table

Floor Execution Faults	Minor	Moderate	Major
1. Wrong number of gymnasts			
There must be 8 to 10 gymnasts in a team and an equal number of male and female in a mixed team.			
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. If after interrupting the program there are less than eight gymnasts on the floor, there will be no deduction for the wrong number of gymnasts. Deduction for wrong number of gymnasts.			1.0
2. Precision in formations			
All gymnasts must be on exact places according to the tariff form formation drawings (dots tell each gymnasts' own place).			
Deduction if a gymnast is out of formation.	Gymnast out of formation		
3. Transitions			
Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Program.			
Transitions must have gymnastic quality.			
Deduction if transitions are done simply walking, marching or running without any gymnastic quality.	No gymnastic quality in transition		
Transitions must be easily made.			
Deduction if transitions between formations (plus before and after the Group Element) are not easily made.	Not having easy access to a Formation/ Group Element, extra/large steps to get in place		
4. Synchronisation			
The team must perform the elements at the same time when intended according to the choreography.			
Deduction if a gymnast is not synchronized with the rest of the team.	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



Floor Execution Faults	Minor	Moderate	Major
5. Uniformity in execution			
The team must perform the same movements and elements in the same way.			
Deduction if there are differences in performing elements meant to be the same.	E.g. different technique in pirouettes or someone taking too many steps before difficulty element or bending supporting leg in standing balances	Very visible differences in performance e.g. hands down near the body when the rest of the team is performing hands in horizontal position	
6. Performance in difficulty and flexibility elements			
6.1 Dynamic balances			
6.1.1 Pirouettes			
Pirouette must be performed on one foot.			
Deduction if performed both legs on floor.			Pirouette performed both legs on floor somewhere during the turn (reduction of the DV)
Pirouette must be performed on toes.			
Deduction if heel is touching the floor.	Deduction if heel is touching the floor.		
Pirouette must be performed without jumping.			
Deduction when gymnast is hopping/ jumping during the pirouette.	Hop during the pirouette	Turning the pirouette by jumping (reduction of the DV)	
The rotation of the pirouette must be completed, measured at the hips.			
Deduction if the turn is not properly completed.	Under or over rotation $\leq 45^\circ$	Under or over rotation $>45^\circ$ up to 90° (reduction of the DV)	Under or over rotation $> 90^\circ$ (reduction of the DV)



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Floor Execution Faults	Minor	Moderate	Major
The body shape must be correct.			
Deduction if upper body is bent/ arched.	Upper body leaning forward/ arched $\geq 15^\circ$		
Leg separation requirement must be fulfilled.			
Deduction if leg separation requirement is not fulfilled.	Leg separation too small $\leq 15^\circ$	Leg separation way too small $> 15^\circ$ (reduction of the DV)	
6.1.2 Power elements			
There must be controlled and continuous movement throughout the element.			
No stepping with hands			
Deduction if stepping with hands during the element (not in Circles, DBX12, and Russian Wendel-Swing, DBX13).	One step on hands to maintain the balance	Two or more steps to maintain the balance (reduction of the DV)	
No pause or stop during the element.			
Deduction if there is a pause/ stop during the power element.	Short pause during the element (< 3 sec.)	Stop during the element (≥ 3 sec) (reduction of the DV)	
Movement must be controlled.			
Deduction if the movement is not controlled through the element, lowering is too fast.		Fast lowering from the handstand, still visible ending position	Fast lowering from the handstand, no clear ending position (reduction of the DV)
Starting and ending positions must be clearly visible.			
Deduction if no clear positions in the beginning/ end of the element.		No visible starting position (e.g. when starting the element, only one leg above hip level in handstand) (reduction of the DV)	No visible ending position (e.g. not show handstand or straight away walking on hands, or straight away falling to butt after lowering from handstand) (reduction of the DV)



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Floor Execution Faults	Minor	Moderate	Major
Arms must be straight when required.			
Deduction when bent arms.	Slightly bent arms $\leq 15^\circ$	Bent arms $>15^\circ$ up to 45°	Bent arms $>45^\circ$ (reduction of the DV)
Legs must be straight when required.			
Deduction when bent legs.	Slightly bent knees $\leq 15^\circ$	Bent knees $>15^\circ$ up to 45°	Bent knees $>45^\circ$ (reduction of the DV)
Legs must be together when required.			
Deduction when legs separated.	Leg separation $\leq 15^\circ$	Leg separation $>15^\circ$ up to 45°	Leg separation $>45^\circ$ (reduction of the DV)
Legs must be off the ground in Circles and Russian Wendel-Swing (DBX12 and DBX13).			
Deduction if legs touch the floor in elements DBX12/ DBX13.	Brushing/ slightly touching the floor with feet during the element		Legs dragging the floor during the element (reduction of the DV)

Floor Execution Faults	Minor	Moderate	Major
6.2 Standing balances			
There must be a recognized shape.			
Body must be upright according to the definition of the element.			
Deduction if body position is not upright	Upper body leaning forward/ arched $\geq 15^\circ$		
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, SBX06 and Scale sideways, SBX07).	Upper body above/ below horizontal or below 90° , $\leq 15^\circ$	Upper body above/ below horizontal or below 90° , $> 15^\circ$ (reduction of the DV)	
Upper body must be sideways according to the definition of the element.			
Deduction if upper body is not sideways (Scale sideways, SBX07).	Upper body twisted, not sideways $\leq 15^\circ$	Upper body twisted, not sideways $> 15^\circ$ (reduction of the DV)	
The whole body must be held in a static position for at least two seconds.			
Deduction if gymnast is moving during the element.	Body slightly moving, supporting leg not moving	Upper body and the free leg clearly moving, with the supporting leg stationary. (reduction of the DV if not stationary for 2 sec)	Supporting leg moving to maintain the balance. (reduction of the DV if not stationary for 2 sec)
Leg separation requirement must be fulfilled.			
Deduction if leg separation requirement is not fulfilled.	Leg separation too small $\leq 15^\circ$	Leg separation way too small $> 15^\circ$ up to 45° (reduction of the DV)	Leg separation totally missing $> 45^\circ$ (reduction of the DV)
Supporting leg must be straight.			
Deduction if supporting leg is bent.	Slightly bent supporting leg $\leq 15^\circ$	Bent supporting leg $> 15^\circ$ up to 45°	Totally bent supporting leg $> 45^\circ$ (reduction of the DV)
Standing on tiptoes.			
Deduction if not on tiptoes when required.	Heel is touching the floor at some time during the balance element	Standing on whole foot/ lowering to the whole foot (reduction of the DV if not on tiptoes for 2 sec.)	



Floor Execution Faults	Minor	Moderate	Major
6.3 Hand supportive balances			
Handstand			
These deductions can also be used for other hand supportive balances			
Handstand must stand still for 2 sec.			
Deduction if not standing still for 2 sec.	Taking a step, in handstand Slightly moving during the handstand, hands not moving	Taking several steps in a handstand. (reduction of the DV if not standing still for 2 sec)	
Arms must be straight.			
Deduction if arms are not straight.	Slightly bent arms $\leq 15^\circ$	Bent arms $>15^\circ$ up to 45°	Bent arms $>45^\circ$ (reduction of the DV)
Shoulder angle must be straight.			
Deduction if shoulder angle is not straight.	Shoulder angle $>30^\circ$ and up to 45°	Shoulder angle $>45^\circ$ (reduction of the DV)	
Legs must be equal or above hip level.			
Deduction if legs are under the hip level.	Leg/ legs visiting below hip level but stay for 2 sec. above it		Leg/ legs stay below hip level (reduction of the DV)
Hands must be the only part of the body in contact with the floor according to the definition of the element.			
Deduction if some other part of the body in contact with the floor.			Other parts (than hands) of the body in contact with the floor (reduction of the DV)
Body line must be straight, according to the definition of the element.			
Deduction if the body line is not horizontal/straight.		Body line exceeding $>20^\circ$ over horizontal (reduction of the DV)	
Legs must be straight, according to the definition of the element.			
Deduction if legs bent.	Slightly bent knees $\leq 15^\circ$	Bent knees $>15^\circ$ (reduction of the DV)	



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Floor Execution Faults	Minor	Moderate	Major
Legs must be together, according to the definition of the element.			
Deduction if legs separated.	Leg separation $\leq 15^\circ$	Leg separation $>15^\circ$ up to 45°	Leg separation $>45^\circ$ (reduction of the DV)
Legs must be separated, according to the definition of the element.			
Deduction if leg separation is too small.	Leg separation too small $\leq 15^\circ$	Leg separation too small $>15^\circ$ up to 45°	Leg separation too small $>45^\circ$ (reduction of the DV)
No leaning on arms.			
Deduction if leaning on arms or hands			Leaning on arms or hands (reduction of the DV)
Hip angle must be according to the element definition.			
Deduction for mistake in hip angle	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $>15^\circ$ up to 45° (reduction of the DV)	Major mistake in hip angle $>45^\circ$ (reduction of the DV)
6.4 Jumps / hops/ leaps			
Legs must be straight.			
Deduction when legs bent.	Slightly bent knees $\leq 15^\circ$	Bent knees $>15^\circ$	
Legs must be together, according to the definition of the element.			
Deduction if legs separated.	Leg/knee separation $\leq 15^\circ$	Leg/knee separation $>15^\circ$ up to 45° (reduction of the DV)	Leg/knee separation $>45^\circ$ (reduction of the DV)
Leg separation requirement must be fulfilled, according to the definition of the element.			
Deduction if leg separation requirement is not fulfilled.	Missing $\leq 15^\circ$ of required leg separation	Missing $>15^\circ$ up to 45° of required leg separation (reduction of the DV)	Missing $>45^\circ$ of required leg separation (reduction of the DV)
Height of the free leg must be according to the element definition.			
Deduction if free leg is too low.	Missing $\leq 15^\circ$ of required leg height	Missing $>15^\circ$ up to 45° of required leg height (reduction of the DV)	Missing $>45^\circ$ of required leg height (reduction of the DV)



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Floor Execution Faults		Minor	Moderate	Major
Hip angle must be according to the element definition.				
Deduction if hip angle is not like required.	Slight mistake in hip angle $\leq 15^\circ$	Mistake in hip angle $>15^\circ$ up to 45° (reduction of the DV)	Major mistake in hip angle $>45^\circ$ (reduction of the DV)	
Body shape must be according to the element definition.				
Deduction if errors in body shape.	Minor errors in body shape	Errors in body shape	Significant errors in body shape (reduction of the DV)	
Landing must be controlled.				
Deduction if mistakes on landing.	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.				
Deduction if mistakes in landing in front laying support.		No controlled support before whole body touches the floor, bouncing back from the floor	Body not horizontal before landing in front laying support. (reduction of the DV)	
Twisting must be fulfilled in the air, measured from the hip.				
Deduction if twisting is not properly completed before landing	Under or over rotation $\leq 45^\circ$	Under or over rotation $>45^\circ$ up to 90° (reduction of the DV)	Under or over rotation over 90° (reduction of the DV)	
6.5 Combinations				
Connection between two elements must be direct.				
Deduction if there is a pause.		Pause between the elements (no combination value given)		
6.6 Acrobatic elements				
Arms and legs must be straight when required.				
Deduction when bending arms and legs.	Slightly bent arms/ legs $\leq 15^\circ$	Bent arms/ legs $>15^\circ$		
Shoulder angle must be straight when required.				
Deduction when there is a shoulder angle.	Shoulder angle $>30^\circ$			

Floor Execution Faults	Minor	Moderate	Major
Body shape must be according to the element definition.			
Deduction if errors in body shape.	Minor errors in body shape	Errors in body shape	Significant errors in body shape (reduction of the DV)
Landing of an acrobatic element must be balanced and under control.			
Deduction when mistakes on landing.	Slight mistakes on landing (e.g. a bit unbalanced and, extra movements to continue)	Heavy landing (hard to continue to the next element)	
6.7 Flexibility elements			
There must be good technique and quality in splits/ side splits/ straddle pike sitting/ pike sitting.			
Deduction if lack of extension.	Legs bent. Ankles not pointed.		
Deduction if lack of flexibility.	Hip not straight forward in splits	Hip is clearly twisted in splits	
	Leg separation in splits/ side splits <180°	Leg separation in splits/ side splits <165° (reduction of the composition value)	
	Leg separation <90° in straddle pike sitting	Leg separation <75° in straddle pike sitting (reduction of the composition value)	
	Back is not straight when folding 45° in straddle pike sitting	Insufficient fold in straddle pike sitting (reduction of the composition value)	
		Chest not on straight knees in pike sitting fold (reduction of the composition value)	



Floor Execution Faults	Minor	Moderate	Major
7. Dynamic execution			
There must be continuity in elements and flow in the program, no purposeless pauses. The whole body must be involved in elements.			
Deduction when purposeless pauses, new energy created for next elements, no gravity and relaxation used. Missing flow in the program.	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"		
8. Amplitude and extension			
Elements and movements in floor program must be performed with optimal amplitude with visible extension.			
Deduction if missing amplitude and/ or extension.	Element performed constricted No optimal extension in elements, e.g. not pointed ankles		
9. Balance and controlled execution			
The floor program must be performed with balance and control.			
Deduction if lack of balance or control. For the specific deduction in Difficulty elements see section 6. Performance in difficulty and flexibility 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)	



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Floor Execution Faults	Minor	Moderate	Major
10. Falling down			
If a gymnast falls from standing position to butt, back, stomach or side on to the floor or from hand supportive balance to back, stomach or side, the deduction will always be 0.3/ time/ gymnast. This does not mean e.g. coming down from balance too early, this deduction is only for a clear FALL.		0.3	
11. Line violations			
The floor programme must be performed inside the floor area.			
Deduction if touching the floor outside the border markings.	Performing outside the floor area		

2 Tumble and Trampet

Tumble and Trampet Execution Faults	Deduction Application	Minor	Moderate	Major
		0.1	0.2	0.3 or more

2.1 Body Shape in Saltos (0.5)

Tucked, 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 (see also Appendix 4 for body position definitions). Arms should be close to the body in the salto. It is possible to deduct for both head and feet errors.

The pucked position is allowed when twisting more than 180° in double or triple saltos.

- 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>0.0</p>	<p>0.1</p>	<p>0.2</p>	<p>0.3</p>
------------	------------	------------	------------

Tucked position

<p>0.0</p>	<p>0.1</p>	<p>0.2</p>	<p>0.3</p>
------------	------------	------------	------------

Piked position

Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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<p>0.0</p>	<p>0.1</p>	<p>0.2</p>	<p>0.3</p>
------------	------------	------------	------------

Straight position

<p>0.0</p>	<p>0.1</p>	<p>0.2</p>	<p>0.3</p>
------------	------------	------------	------------

Straight position

2.2 Twisting (0.3)

The take - off phase must be clearly shown and the twist must be completed in due time before the landing. The twist must be finished at latest 30° from vertical.

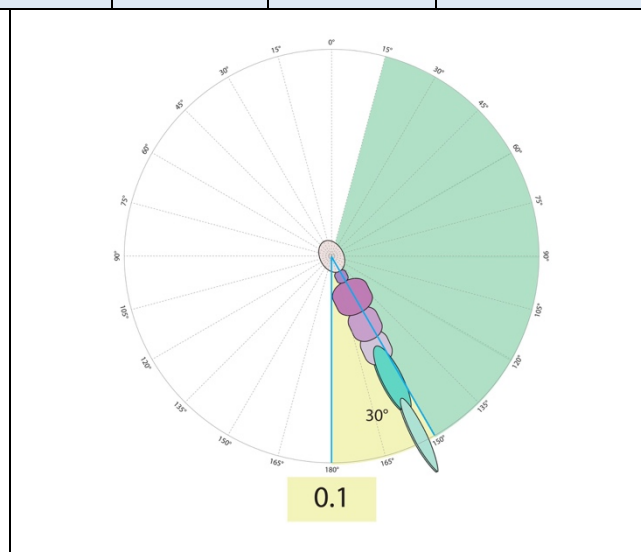
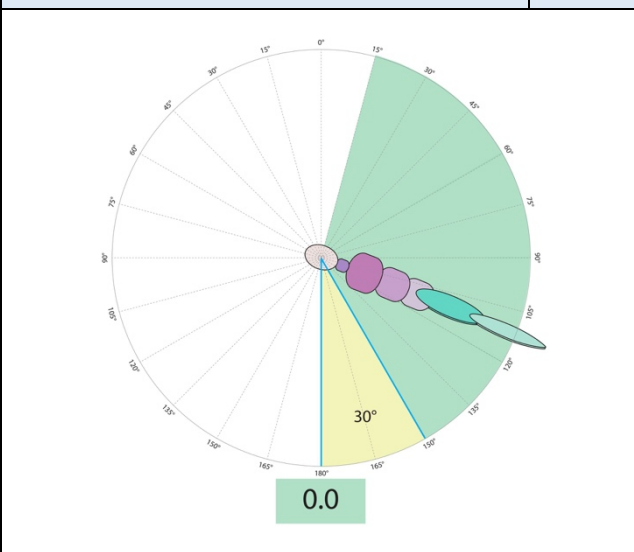
<ul style="list-style-type: none"> - Starting the twist too early - Finishing twist too late in the air - Under or over rotating the twist 	per gymnast / element	X X ≤ 30°	X --- ≤ 45°	--- --- ≤ 90°
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Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.3 Extended body position before landing (0.2)

Before landing, the gymnast must show an extended body position (last element in tumble) at latest 30° from vertical. The extended body position may be reached earlier but must in that case be kept until at least horizontal position. After showing the extended position, it is allowed to prepare for landing (at horizontal at the earliest).

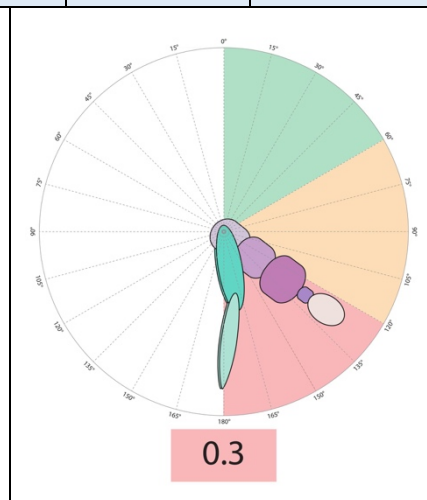
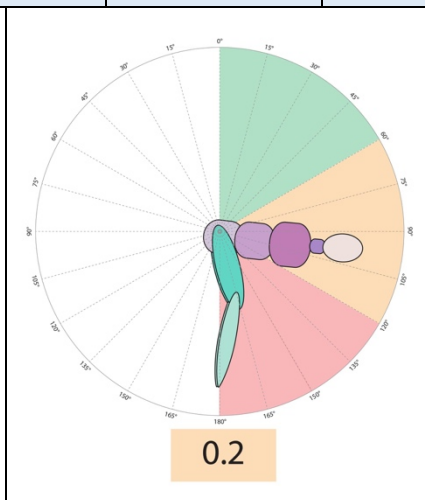
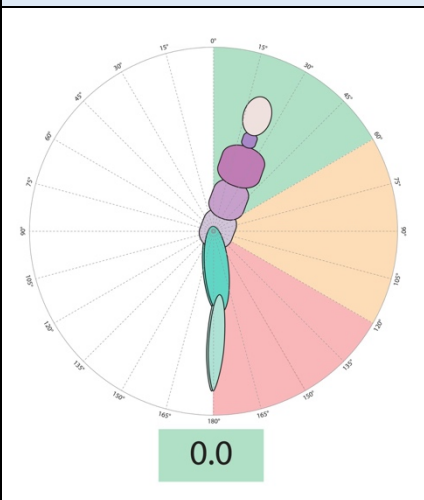
- Late opening	per gymnast	X	---	---
- No opening		---	X	---

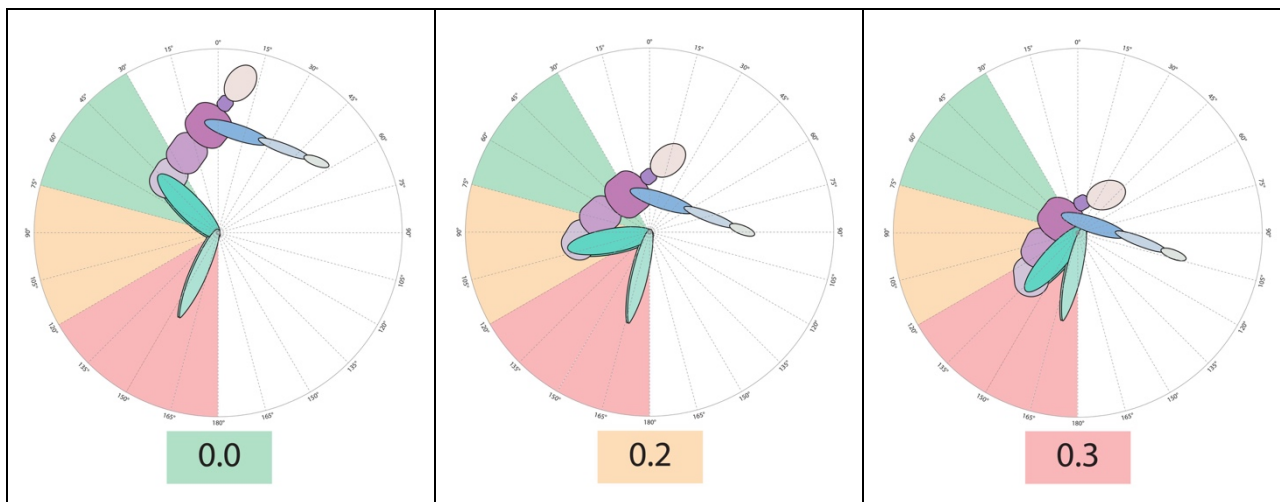


2.4 Landing Position (0.3)

The body position at landing must be almost upright. Some bending of the knees (<90°) and some bending at the hips (<90°) is allowed.

- Leaning position	per gymnast	---	X	X
- Hips/knees bending ≥90° up to a deep squat		---	X	X





2.5 Control in Landing (1.5)

The landing must be controlled and may continue moving in the direction of tumble, under control. Light touching is sweeping the mats with your hand or knee with almost no weight on it.

- Loss of control	per gymnast	---	X	---
- Light touching with one hand/one knee		---	---	X
- Light touching with two hands/two knees		---	---	0.5
- Falling (sitting, rolling, etc.)		---	---	0.8
- Not landing feet first (no DV)		---	---	1.5

2.6 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. There is a difference between support and helping the gymnast to achieve the element.

The maximum deduction is used for helping the gymnast to achieve the element by providing the necessary rotation and/or height.

- Supportive action that touch the gymnast	per gymnast / each time	---	---	0.8
- No action in dangerous situation, mainly in case of serious injury risk (neck, back, spine)		---	---	0.8
- Helping the gymnast to achieve element (no DV)		---	---	1.5

Tumble and Trampet Faults	Application	0.1	0.2	0.3 or more
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2.7 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.

- Irregular streaming/ lack of streaming	per gymnast each time	X	---	---
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2.8 Jogging back together between Rounds (0.4)

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

- Not jogging back	per team for each round	---	---	0.4
- Not returning together		---	---	

2.9 Special deductions

2.9.1 Running through (3.0)

In case a gymnast is running through without performing any valid elements there will be a deduction (e.g. triple salto with blind landing on trampet). In this case, there are no other execution deductions taken.

- Running through	per gymnast	---	---	3.0
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2.9.2 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.

- Wrong number of gymnasts				
More than 6 or less than 6 gymnasts	per wrong number of gymnast	---	---	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 get a deduction $1 \times 3.0 = 3.0$
 5 men and 1 woman will get a deduction $2 \times 3.0 = 6.0$

3 Tumble

Tumble Faults	Application	0.1	0.2	0.3 or more
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3.1 Body Shape for elements other than saltos (0.2)

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 and the feet and toes pointed. Elements like round off, flic flack and handspring can be done with different technique but must have feet and legs kept together and toes pointed. It is possible to deduct for both head and feet errors.

- Hip and knee angle faults	per gymnast / element	X	X	---
- Split/crossed legs, head or feet errors		X	---	---

3.2 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, maximum deduction 0.3 is applied when the gymnast is almost standing still.

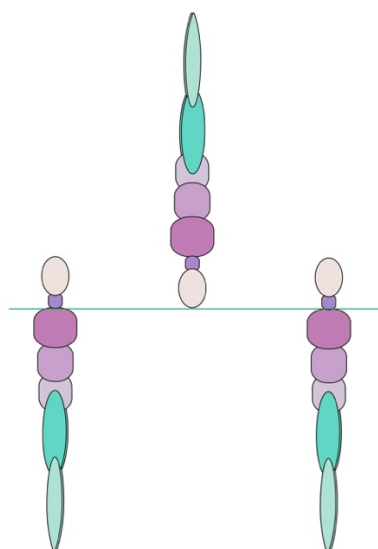
- Loss of momentum	per gymnast	X	X	X
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3.3 Height of the Final Salto Forwards (0.2)

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.

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.

- Too Low	per gymnast / element	---	X	---
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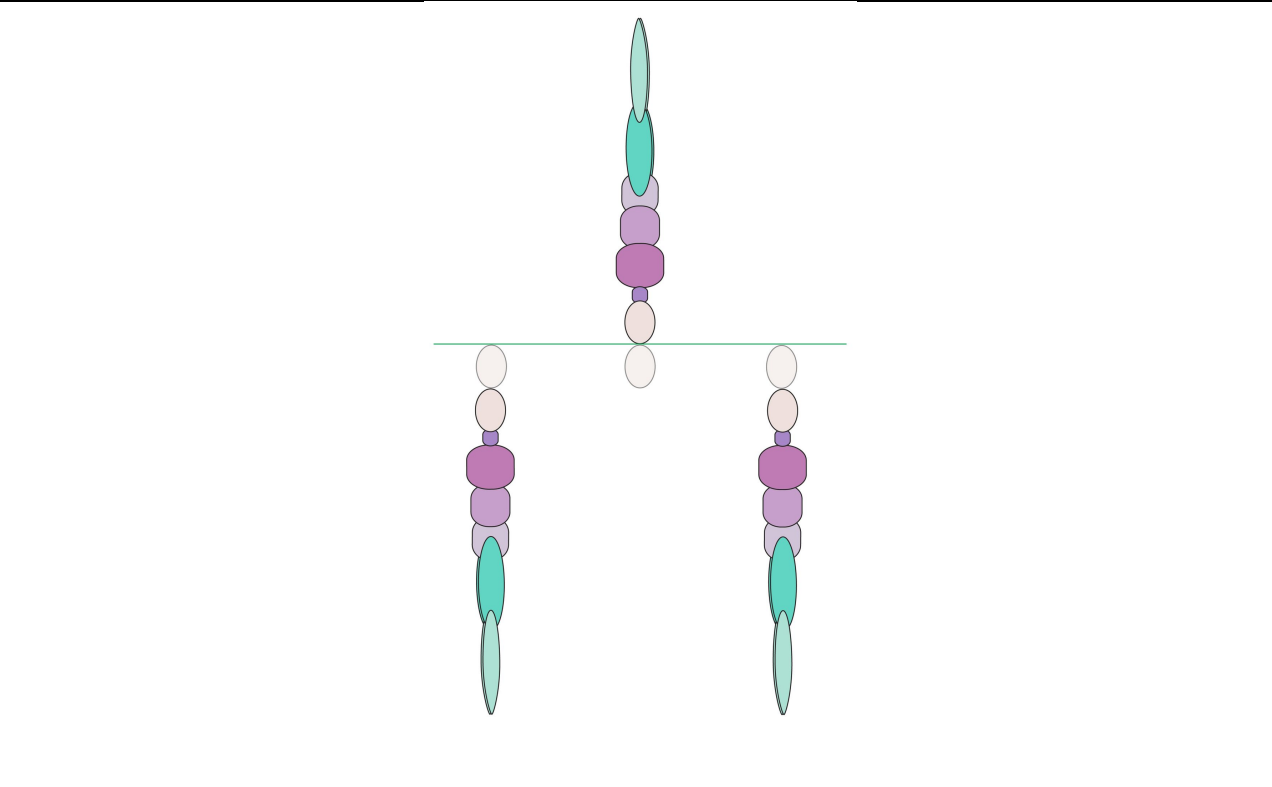
Tumble Faults	Application	0.1	0.2	0.3 or more
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3.4 Height of the Final Salto Backwards (0.2)

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 straight salto.

The gymnast's head must be above the top of the gymnast's standing head height, plus one head. The standing height is measured from the top of the landing mat.

- Too Low	per gymnast	---	X	---
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3.5 Length of the final Salto (0.1)

The maximum length of the salto, is the height of the salto.

- Too long	per gymnast	X	---	---
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3.6 Landing the last element in the landing area (0.3)

Gymnast must land the last element in the landing area. The tape connecting the landing area to the tumble track is part of the landing area.

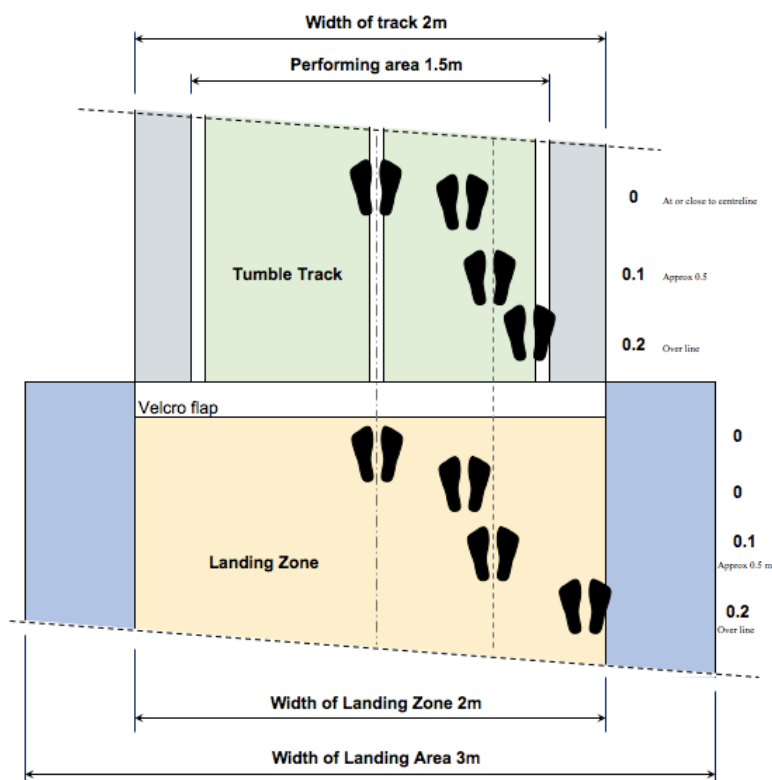
- Not landing the last element in the landing area	per gymnast	---	---	X
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Tumble Faults	Application	0.1	0.2	0.3 or >
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3.7 Performing along the Centre Line (0.2)

Elements should be performed along the centre of the track and landing area. The deduction could be taken both when deviating on the track and on the landing area (max 0.2).

- For not performing along the centre line	per gymnast	>0.5 m	Outside the performing area or Landing Zone	---
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3.8 Special deductions (2.0)

In case a gymnast is performing fewer valid elements than required (usually three) in the series, there will be a deduction. In the junior competition, where one round may contain only two elements, the deduction for missing element is based on having less than two elements in that round.

- Missing element in the series	per missing element	---	---	1.0
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4 Trampet

Trampet Faults	Application	0.1	0.2	0.3 or >
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4.1 Visible lift off the vault (0.4)

There must be a visible lift from the hands off the vault. No lift off or just touching the vaulting table with hands will receive a maximum deduction.

Blocking in the handspring/tsukahara allows a change from the horizontal speed to upward direction providing height. The centre of gravity of the body is lifted and the path the body will take is changed.

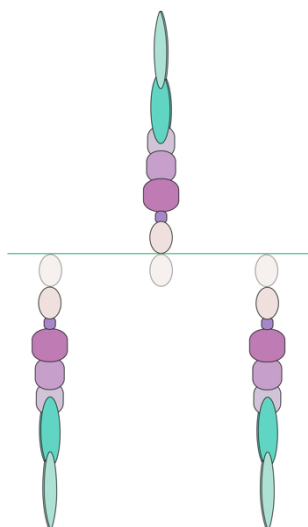
- Lack of lift off the vault	per gymnast	---	X	---
- No visible lift off the vault		---	---	0.4

4.2 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 straight salto.

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

- Too Low	per gymnast / element	---	X	---
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4.3 Length of the Salto (0.1)

The maximum length of the salto, is the height of the salto.

- Too Long	per gymnast	X	---	---
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Trampet Faults	Application	0.1	0.2	0.3 or >
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4.4 Landing on the Centre Line (0.2)

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

- For not landing along the centre line	per gymnast	>0.5 m	Outside the Landing Zone	---
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