



**European  
Gymnastics**

2025-2028

# CODE OF POINTS

TEAMGYM

Seniors and Juniors

July 2025 (V1.1)

# Introduction

The TeamGym Code of Points applies to both Junior and Senior Competitions.

This new version of the code has been revised to improve the balance between difficulty and execution in order to promote safety and clean execution.

- Updates to Floor aim to increase the quality and artistry of the routines
- The total number of required difficulty elements for the floor routine has been reduced from ten to eight to allow for more fluency in the routines
- Raised composition value to emphasize more fluency and dynamics
- The value of some difficulties has been reviewed to encourage fluent transitions in and out of skills and more dynamic routines
- In Tumble and Trampet, execution has been more clearly divided into phases, i.e. take-off phase; aerial phase; preparation for landing; and the landing phase
- The landing phase will include new and more detailed deductions. Emphasis on absorbing the landing for zero deductions
- Stricter requirements for getting the difficulty approved
- The structure for Appendices 1 and 2 has been revised
- Information on how to fill out tariff forms has been added in Appendix 7
- Feedback has been considered from Technical Discussions at the International TeamGym Conference in January 2024, in Malmö, Sweden
- Feedback has also been considered from various subject matter experts, i.e. federations, coaches, gymnasts and judges

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

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Thanks also to Petr Gryga, who was a member up to December 2022, and Keith Hughes and Sólveig Jónsdóttir, who were members up to December 2017.

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

This revision of the CoP, V1.1, includes clarifications made following the two brevet courses held between May and July 2025. Further information can be found in the revision history.

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A7	Tariff Forms.....

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V1.1 – July 2025

## Revision History

Revision 1.0	First issue	April 2025
Revision 1.1	Second issue	July 2025

## Revision history (V1.1 July 2025)

Where	Section/Page	What	Clarification
Main document	Page 3	Information about revision V1.1	Add this text at the end: "This revision of the CoP, V1.1, includes clarifications made following the two brevet courses held between May and July 2025. Further information can be found in the revision history"
Main document	Page 9	Revision	Updated to revision V1.1 – July 2025
Main document	Page 13	Abbreviations not used	Delete abbreviations for VL, VT and VD
Main document	Page 14	Update "Body paint" in the glossary to include hair art	Change text to: "Temporary body and hair art, but not to exclude modest application of day to day make-up or permanent hair dye"
Main document	Page 14	"Sportive" not used in the Code of Points	Delete "Sportive" from the glossary
Main document	Art 7.1	Insert a bulleted list in 7.1 c)	7.1 c) Submit written details of apparatus set up <ul style="list-style-type: none"> <li>• Which Trampet required</li> <li>• Height of Trampet and Distance from the Vault</li> <li>• Height of the Vault</li> <li>• Presence of additional landing area in Tumble and Trampet</li> </ul>
Main document	Art 27.2.3	Insert reference to Appendix 5	27.2.3 Varying the Elements Between Rounds In a) Add "See Appendix 5 for the recognition of different elements"
Main document	Art 27.2.7	Error in section reference	The correct reference is Art 28.3
Main document	Art 29.8	Summary of Execution Deductions	The table, column 4, has been updated into reflect all the possible execution deductions. Updated rows are 2-17 and 10-11. 2. 0.3 3. 0.3/0.4/0.5 4. 0.3 5. 0.3/0.4 6. 0.3 7. 0.3 10. 0.3/0.4 11. 0.3
Main document	Art 32.2.3	Insert reference to Appendix 5	32.2.3 Varying the Elements Between Rounds Add in a) "See Appendix 5 for the recognition of different elements"
Main document	Art 32.2.6	Error in section reference	The correct reference is Art 33.3

Main document	Art 34.3.2	Deductions not listed in ascending order	<p>List the deductions in Art 34.3.2 in ascending order</p> <p>a) Gymnasts must touch the vaulting table with both hands, leaving with an extended body position through the vertical, and use the vaulting table to achieve a visible lift</p> <p>b) Deduction 0.1 per gymnast for leaving the vaulting table too early (angle when leaving the vault outside the 45° to the trampet side)</p> <p>c) Deduction 0.1 per gymnast for no visible lift off the vaulting table</p> <p>d) Deduction 0.1 or 0.2 per gymnast for not leaving the vaulting table with extended body position</p> <p>e) Deduction 0.2 per gymnast for leaving the vaulting table too late (angle when leaving the vault outside the 30° to the landing zone side)</p> <p>f) Deduction 0.2 per gymnast for not having straight arms when leaving the vaulting table</p> <p>g) Deduction 0.6 per gymnast for touching the vaulting table with only one hand. In case of no hands touching the vaulting table, see 34.7.3</p>
Main document	Art 34.6.1	Remove "last" in 34.6.1 b)	Change text in b) to: "Gymnasts should land the element with an upright body position"
Main document	Art 34.6.2	Missing text in 34.6.2 a)	Add in a) Gymnast should land in the landing zone
Main document	Art 34.8	Summary of Execution Deductions	<p>The table, column 4, has been updated into reflect all the possible execution deductions. Updated rows are 2-8.</p> <p>2. 0.3/0.4/0.5/0.6</p> <p>3. 0.3</p> <p>4. 0.3/0.4/0.5</p> <p>5. 0.3</p> <p>6. 0.3/0.4</p> <p>7. 0.3</p> <p>8. 0.3</p>
Appendix 1	Page 4	Spelling of form in HB603	Change "from" to "form"
Appendix 1	Page 9, Art 2.2	Remove text about turn/twist on row JX06	<p>Remove "Turn/twist must be fulfilled before leg change".</p> <p><i>None of the on row JX06 elements include twisting.</i></p>
Appendix 1	Page 9, Art 2.2	Text on row JX07	After "First leg must reach horizontal (no tolerance)", Add " Turn/twist must be fulfilled before leg change"
Appendix 4	Page 1	Incorrect DV in table	The difficulty value for Double Tsukahara tucked 1/1 is 2.1 (1.7 + 0.4)

Appendix 5	Page 2	Picture not showing correct angle	Replace picture to show the correct angle
Appendix 5	Page 3, Art 2	Remove incorrect sentence	In Art 2 remove the sentence "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." <i>The text in Appendix 5, section 7, regarding the recognition of different twisting elements is correct.</i>

## Abbreviations

The following abbreviations will appear throughout the Code of Points:

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

## Glossary

Aerial	This word appears in the Code of Points with two purposes. One is to describe a cartwheel performed without hands on floor. The other is used to describe the phase of an airborne element between take-off and preparation for landing.
Airborne	When an element has left the ground and is free of contact with any person or apparatus.
Arrive	The point at which the gymnast has made contact after an airborne element (before landing position or control is established). This is relevant for determining things like feet first landings.
Approved D-value	When the element was achieved, even if it wasn't used in evaluating the D Score (due to other elements having a higher D value or due to a deviation leading to Team Round Error for the series).
Body paint	Temporary body and hair art, but not to exclude modest application of day to day make-up or permanent hair dye.
Composition	Each apparatus has certain requirements that must be included within the performances. The Code of Points details these 'compositional' requirements.
Difficulty	The Code of Points details elements that can be chosen for performances with given values for how difficulty they are. These difficulty values are awarded if they are deemed by the judges to meet the requirements for those elements outlined in the Code of Points.
Execution	Deductions are made from 10.0 according to the Code of Points for how technically correct elements are 'executed' (performed).
Gymnastics footwear	For tumble and trampet gymnastics footwear refers to a thin and flexible shoe with a thin anti slip sole as alternative to bare feet. Although socks are permitted on floor, they are not gymnastics footwear and are not recommended for tumble and trampet, even if they have anti slip quality.
Landing	The point where a gymnast has absorbed the initial force of arrival, which may be before control has been established.
Mirroring	This refers to an individual gymnast's choice to use left or right sides when performing elements/movements. For example, one gymnast is performing a pirouette with left supporting leg and the other gymnasts are performing with the right supporting leg.
Running through	In case a gymnast on tumble or trampet runs towards the apparatus and does not attempt any recognisable element in the table of difficulty or does not perform any element
Team Round	For Tumble and Trampet performances, the first Round is called the Team Round. This is where all gymnasts must perform exactly the same series.
Zero DV Landing	When the difficulty of an element is deemed to be reduced to zero due to errors detailed in the Code of Points.

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

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



Part I

# **The CoP and rules for participants**

Sections 1-5

# PART I - THE CoP AND RULES FOR PARTICIPANTS

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## SECTION 1 – THE TEAMGYM CODE OF POINTS (CoP)

### Art 1 TeamGym and the CoP

#### 1.1 What is TeamGym?

TeamGym is a gymnastic discipline developed by European Gymnastics that is now performed around the world.

It is a competition for teams on three apparatus: Floor, Tumble and Trampet (mini-trampoline). All competing gymnasts must take part in the floor routine.

There are Male teams, Female teams and Mixed teams (comprised with equal numbers of male and female gymnast), in both Junior and Senior categories. Each team may consist of between 8 to 10 gymnasts.

All three apparatus are performed to optional music. The music must be instrumental with no lyrics.

#### 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
- Standardise the judging of the official competitions
- Assure the identification of the best teams in any competition
- Guide coaches and gymnasts in the preparation of competition exercises

#### 1.3 Configuration of the CoP

This Code is divided into 4 parts, which cover:

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

#### 1.4 Technical Regulations

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



## 1.5 Directives for Equipment

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

## SECTION 2 – RULES 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 Code of Points
- b) Make written requests through federations for evaluation of new elements
- c) Have their score publicly displayed, following their performance or in accordance with the specific regulations governing that competition
- d) Repeat their entire exercise with permission of the Superior Jury, if it has been interrupted for reasons beyond their control or responsibility. They may repeat the entire exercise at the end of the rotation. If they are the last Team in the rotation a time will be scheduled 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 TeamGym Equipment Directives
- b) Use magnesium (chalk) on all apparatus
- c) Have the coach check the settings of the Trampet and Vault
- d) Have the coach move the additional safety mat during their performance on Trampet or Tumble

#### 2.3 Warm-up in Qualifying & Final

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

#### 2.4 Award Ceremony Attire

To participate in the respective Award Ceremony, gymnasts and coaches must be dressed in their correct competition attire.

## Art 3 Responsibilities and Duties of the Gymnasts

### 3.1 Expectations of the Gymnasts

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

### 3.2 Competition Attire

#### 3.2.1 General

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 3.2.2). Gymnasts must wear non-transparent activewear. Arms or part of the arm may be visible. The attire must not be baggy or loose. Attire depicting war, violence, political, sexist ideologies, or religious themes are not allowed (See FIG Rules; Competition Clothing and Advertising).

Deductions applied by the E1 judge for a) to h) are marked with (E1) and by the Superior Jury for i) and j) marked with (SJ).

- a) The wearing of gymnastic footwear is optional for each gymnast for tumble/trampet. However, if footwear is chosen for floor the whole team must wear the same (E1)
- b) Bandages (including joint supports) are permitted but must be securely fastened and of a non-intrusive colour. Bandages can also be hidden under the competition clothing. Visible bandages shall always have the same colour as the area they cover (E1)
- c) No jewellery of any kind may be visible. Decorated hair grips (slides), ear studs and piercings are classed as jewellery (E1)
- d) Body paint is not allowed (tattoos are not deductible) (E1)
- e) Loose items such as belts, suspenders/braces and laces are not allowed (E1)
- f) Hair must be prepared so that it is clear of the eyes and clear of the apparatus (tumble and trampet). Hair grips must be secure and safe (E1)
- g) If a head covering is required by individuals, it should be securely close fitted without any peaks or excess material, and a colour in-keeping with the team presentation (E1)
- h) Competition numbers must not be loose or missing (E1)

- i) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent FIG Publicity Rules (SJ)
- j) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG Publicity Rules (SJ)

### 3.2.2 Gymnasts

Gymnasts must wear a leotard, sport shirt or unitard (one-piece leotard). Men are wearing long trousers or shorts. Wearing leggings of any length, long trousers or shorts are optional for women. Deductions by the SJ as shown by (SJ).

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

- a) The neckline of the front and back of the leotard/unitard/sports shirt 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 or sport shirts 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) Leggings may be worn under or over the leotard, but same for all members of the team (SJ)

### 3.2.3 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 99) to identify their gymnasts. If the whole team have no numbers, the deduction is made by the SJ. Individual missing or loose numbers are deducted by the E1.

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

## Art 4 Penalties for Unacceptable Behaviour

- a) The penalty for a violation of the rules and unacceptable behaviour is 0.30 (SJ)
- b) The penalty is deducted by the Chair of the Superior Jury, from the Final Team Score (SJ)

- c) In extreme cases, the gymnast, team or coach may be expelled from the competition hall, by the SJ, in addition to suffering the specified penalty (SJ)

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

<b>All other penalties are covered by the E1</b>	
<b>Violation</b>	<b>Penalty</b>
Violations of attire <ul style="list-style-type: none"> <li>▪ Missing a number</li> <li>▪ Incorrect attire – jewellery, bandage colour, body paint or footwear, etc.</li> </ul>	Deductions are taken on the Final Apparatus Score. See Art 25, Art 30 and Art 35

## Art 5 The Athletes' Oath

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

## SECTION 3 – RULES FOR COACHES

### Art 6 Rights of the Coaches

#### 6.1 The Coach is Guaranteed the Right to:

- a) The team coaches are guaranteed the right to be present on all apparatus, during training and warm up
- b) Move the additional safety mat during their performance in Tumble or Trampet
- c) Have their team's scores publicly displayed and may inquire the D Score to the Superior Jury

### Art 7 Responsibilities and Duties of the Coaches

#### 7.1 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, Work Plan and the European Gymnastics Technical Regulations that govern the competition
- c) Submit written details of apparatus set up
  - Which Trampet required
  - Height of Trampet and Distance from the Vault
  - Height of the Vault
  - Presence of additional landing area in Tumble and Trampet
- d) To check the equipment before the start of the team's performance and advise if the equipment is not set correctly
- e) Have one coach present on the tumble landing area, during the routine, for reasons of safety
- f) Have two coaches present on trampet landing area, during the routine, for reasons of safety
- g) Coaches must refrain from speaking to the gymnasts or from assisting them in any other way (give signals, shouts or similar) during their performance (E1)
- h) 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
- i) Refrain from discussions with active judges or other persons outside the competition area, during the competition (except medical staff and their own delegation)
- j) Refrain from undisciplined or abusive behaviour
- k) Always conduct themselves in an ethical and sportsmanlike manner
- l) Participate in their coach's competition attire in any applicable Award Ceremony

## 7.2 Coaches' Clothing

- a) When coaches are on the field of play, they must have uniformed attire that identifies them with their team and shows comparable care and attention paid to their presentation as that expected of the gymnasts. As such, a uniformed appearance from top to toe should be clear. Different styles of tops and bottoms are allowed, but they should match in terms of colour in the absence of branded uniform items (SJ)
- b) Footwear remains optional for each coach but if chosen they should match by colour as much as possible (e.g. one coach wearing black trainers with a red patch could be matched to the other coach wearing black socks) (SJ)
- c) Jewellery must not be visible (E1)
- d) Attire depicting war, violence, political, sexist ideologies, or religious themes are not allowed (See FIG Rules; Competition Clothing and Advertising) (SJ)
- e) If a head covering is required by individuals, it must be securely close fitted without any peaks or excess material, and a colour in-keeping with the team presentation (E1)
- f) Coaches must wear a national identification or emblem in accordance with the most recent FIG Publicity Rules (SJ)
- g) Coaches must adhere to any FIG publicity rules with the display of any logos, advertising and sponsorship (SJ)
- h) Coaches must not wear items that can be a danger or disturb the overall impression, when standing in for catching or supporting (E1). This includes:
  - Insecurely fastened or intrusive bandages
  - Jewellery, watches and rings etc.
  - Loose items such as belts, suspenders or braces
  - Unsecure hair grips
  - Lanyards (Accreditation or other)

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

Other penalties are covered by the E1	
Violation	Penalty
Jewellery, bandage colour, loose items, lanyards, etc.	Deductions are taken on the Final Apparatus Score. See Art 25, Art 30 and Art 35

### 7.3 Coach Duties on the Landing Area

- a) Safety spotting for the Tumble and Trampet is required during the whole team performance. This should include training and warming up
- b) The Execution Head Judge (E1) on Tumble and Trampet will only signal the start of the program when the safety spotters are in place
- c) Catching or supporting will always result in deductions (E panel)
- d) Failure to react in dangerous situations will also result in deductions (E panel)
- e) Coaches are not allowed to give any instructions to the gymnasts and/or disturb them during the performance (E1)
- f) Number of Coaches permitted on the landing area during Qualifying Competition and Final Competition:
  - Tumble 1 coach
  - Trampet 2 coaches
- g) An area will be provided for other coaches, medical staff and reserves during the performance

### 7.4 Penalties for Coach Behaviour

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

### 7.5 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. See Appendix 7
- c) Corrections, on Tariff Forms, can be made before the time stated in the Work Plan
- d) If a team qualifies for the Finals, new Tariff Forms must be re-entered in the system as stated in the Work Plan

## Art 8 The 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 European Gymnastics Rules governing the European Championships."

## Art 9 Inquiries

General procedures to request a review of difficulty scores (Inquiry) is included in the European Gymnastics Technical Regulations, (See Art 1.4). The process of making inquiries will appear in the Competition Work Plan.

The process for managing inquiries is as follows:

The competition organiser shall inform the chair of the superior jury of an inquiry. The chair will in turn alert the members of the Superior Jury.

The chair of the Superior Jury may consult the CD1 for details of their score.

The jury will convene and be notified of the score in question and receive a copy of the tariff sheet.

If there was no obvious calculation error from the judging panel the score will be re-evaluated by the Superior Jury. Each member of the superior jury will review the score independently with free use of video replay to be assured of accuracy. The jury will meet and agree the final score.



## SECTION 4 – RULES FOR JUDGES AND PANELS

### Art 10 Judges' Rights

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

Superior Jury, if the action was initiated by the Apparatus Supervisor; or Jury of Appeal, if the action was initiated by the Superior Jury

### Art 11 Responsibilities of the Judges

#### 11.1 General

Every Judge is fully and solely responsible for their score.

All members of the judging panels have the responsibility to:

- a) Have a thorough knowledge of:
  - The European Gymnastics Technical Regulations
  - The European Gymnastics Code of Points
  - The FIG General Judges' Rules
  - Any other technical information necessary to carry out their duties during a competition
  - Contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule
- b) Be in possession of the international Judge's Brevet valid for the current Cycle and produce the Judge's Log Book
- c) Attend all scheduled instruction sessions and meetings of judges before the respective competition
- d) Follow any special organisational or judging related instruction given by the governing authorities (e.g. Scoring system instructions)
- e) Attend competition hall training whenever possible
- f) 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
- g) Be well prepared, rested, vigilant, and punctually present before the start of competition, according to the instructions in the Work Plan
- h) Men wear the European Gymnastics prescribed competition uniform (dark blue/black suit or trousers and white shirt and tie. Women have the option to wear a dark blue/black skirt, white blouse and could also choose to wear a scarf/tie. Shoes should be dark coloured

- i) Every judge confirms their scores by entering into the computer (electronic submission) or when using score slips by signing the secretary's form, before leaving the panel, after each competition

## 11.2 Judges' Behaviour

During the championships, judges are expected to behave with the upmost integrity and evaluate scores in accordance with the Code of Points. All members of the judging panels must:

- a) Behave at all times in a professional and ethical manner
- b) Fulfil the functions outlined as specified in Art 14 below
- c) Evaluate each exercise accurately, consistently, quickly, objectively, and fairly and when in doubt, give the benefit of the 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
- g) TeamGym follows the FIG General Judges' Rules concerning unacceptable behaviour and the associated consequences

## Art 12 Judges' Oath (TR 7.12)

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

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

## Art 13 Composition of the Apparatus Panels

### 13.1 The Apparatus Panels

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

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

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

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

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

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

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

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

## Art 14 Duties of the Judges

### 14.1 The CD Panel

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

#### 14.1.1 The CD Panel Duties

- For the D Score: During the competition, check the value of difficulty elements, which comply with the norms
  - On Floor, each judge evaluates the outcome for each difficulty element and notes which they award, which they half, and which they do not give
  - On Tumble and Trampet, the average of the difficulty of all three rounds is the Judge's D Score
- For the C Score: During the competition, check the content of the composition requirements
  - On Floor, Tumble and Trampet each judge evaluates the composition requirements and deducts if some requirement is missing
- On Floor, there are no tolerances or discussions. However, on occasion CD judges may need to confer on the interpretation of the Code or the tariff sheets
- On Tumble and Trampet, if the panel scores are out of tolerance, the CD judges are allowed to discuss their scores and if required, amend their individual C Score and/or D Score

### 14.1.2 The CD1 Duties

- a) On Floor, timing provision for Difficulty Distribution should be made available for the CD judges
- b) Submit their own judgement before they see the other judges' results
- c) On Floor:
  - D panel score: Evaluate/check the outcome of each difficulty element based on the judgement of the panel. See Art 20.3.2 on how to calculate D panel scores. Judges' inputs are submitted without any reference to tolerances
  - C panel score: Calculate/check the panel score for composition and enter it into the computer. Judges' scores are submitted and accepted without any reference to tolerances
- d) On Tumble and Trampet
  - Review the tolerances between the judges' composition and difficulty scores
  - Call the judges to a meeting in the case of an unacceptable score difference
  - If scores remain out of tolerance, calculate the base score for difficulty or for composition
- e) Calculate the Final Composition and Difficulty Scores for their apparatus
- f) To be consulted, if necessary, by the Superior Jury to review any inquiries of the D Score
- g) After the competition, submit a written competition report as directed by the TG-TC President, with the following information:
  - Forms listing violations, ambiguities, and questionable decisions with the identification of the Team
  - Noteworthy changes in difficulty value and possible changes of contention, e.g. base score

## 14.2 The E Panel

The E Panel Judges evaluate independently, without bias or influence to determine their E Score.

### 14.2.1 The E Panel Duties

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges
- b) Record the execution deductions
- c) 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
- d) 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' execution scores
- g) Call the judges to a meeting in the case of an unacceptable score difference
- h) If scores remain out of tolerance, calculate the base score for execution
- i) Submit the Panel Execution Score and any HJ deductions
- j) Link with the Apparatus Supervisor
  - Inform of any errors in clothing (Art 3.2 and 7.2)
  - Inform of any behaviour faults (Art 5 and 8.5)
  - Inform if an interruption of the program was caused by the team or a technical matter
- k) Apply E1 (HJ) deductions as per Art 25, Art 30 and Art 35 and inform the panel

## Art 15 Functions of the Secretaries

The Secretaries need to know the CoP and the scoring system. They are usually appointed by the Organising Committee

The secretaries are a part of the judging panel and as such must adhere to the same expectations as the judges in terms of behaviour and presentation

The Secretaries support the judges in using the scoring system. They should also be in contact with the Organising Committee for a smooth running of the competition

## Art 16 Seating Arrangements of the Panels

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

### Floor – Front panel

E4	E3	E2	E1	Sec	CD1
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The front panel shall be situated in line with the centre of the floor area and shall be elevated as shown in the Equipment Directives.

### Floor – Side panels

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

**Tumble/Trampet**

<b>E4</b>	<b>E3</b>	<b>E2</b>	<b>E1</b>	<b>Sec</b>	<b>CD1</b>	<b>CD2</b>
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On Tumble and Trampet, the panels shall be situated together at a single table. The CD judges should be to the same side as the approaching gymnasts.

Apparatus supervisors should be seated where they have an appropriate and actual or virtual view of the performance and are accessible for questions from the panel.

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

## SECTION 5 - RULES FOR THE DUTIES OF THE SUPERIOR JURY

At official European Gymnastics Competitions, the members of the European Gymnastics TeamGym Technical Committee (or Category 1 judges assigned by the TC) will constitute the Superior Jury and may act as Apparatus Supervisors at the different apparatus.

### Art 17 Superior Jury

#### 17.1 Role and duties of the Superior Jury President

The President of the TeamGym Technical Committee or their 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 judges' meetings and instruction sessions
- c) To apply the stipulations of the Judging Regulations relevant to that competition
- d) To make sure that the time schedule published in the Work Plan is respected
- e) To control the work of the Apparatus Supervisors and intervene if deemed necessary
- f) To deal with inquiries as outlined herein (See Art 9)
- g) In cooperation with the members of the Superior Jury, to issue warnings to or replace any person, in any judging role, who is considered to be unsatisfactory or to have broken their oath
- h) To conduct an analysis, with the TC, to assess judging errors and bias and if required, submit the results to the European Gymnastics Disciplinary Commission
- i) To supervise the checking of the apparatus according to the TeamGym Equipment Directives
- j) To supervise the validation of the scoring system
- k) In unusual or special circumstances may substitute a judge for the competition
- l) To submit a report to the European Gymnastics Executive Committee, which must be sent to the European Gymnastics Office as soon as possible, but no later than 30 days after the event, which contains the following:
  - General remarks about the competition including special occurrences and conclusions for the future
  - Analyses of the judge's performance
  - Detailed list of all interventions and score changes
  - Technical analyses of the D judges' scores

## 17.2 Role and duties of the Superior Jury Members

The members of the TeamGym Technical Committee or their representatives will serve as members of the Superior Jury and/or 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 rules of judges' control with fairness, consistency and completely in accordance with the currently valid regulations and criteria
- c) Overseeing the total evaluation and the Final Scores for each team
- d) Checking the apparatus used at training, warm-up and competition with the European Gymnastics Equipment Directives, prior to the start of the competition
- e) Checking and validating the scoring system
- f) Checking and validating the video recording systems
- g) Checking and approving the judges' seating arrangements, including refreshments etc.

## 17.3 Procedures for all interventions

The Intervention of the Supervisors can only be made through the President of the Superior Jury (except for inquiries, see TR).

In case of an intervention, the President of the Superior Jury must contact the judges concerned and inform them of the score given by the Supervisor. The judges have the choice to change their score. In case judges decide not to change the score, the President of the Superior Jury may overrule them.

The President of the Superior Jury shall keep a record of all interventions and all changes of scores. This must be included in the report of the event.

### 17.3.1 D Score

Intervention of the President of the Superior Jury shall take place:

- In case of an inquiry
- In case of an impossible score
- In case of deviation between the Supervisor's score and the judges' D score the supervisor will advise the CD panel to check their scores once more. Any further intervention in this case would be via the President of the Superior Jury.





## PART II

# Evaluation of the Exercises

## SECTIONS 6-7

## PART II - EVALUATION OF THE EXERCISES

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### SECTION 6 - RULES GOVERNING THE SCORING

#### Art 18 Content of the D Score

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

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

#### 18.1 Recognition of the DV of Elements

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

#### 18.2 Recognition of Elements Performed

- a) On Floor
  - Elements will be recognised if they meet the requirements in the Appendix 1
  - DV consist of maximum eight different elements from the following groups:
    - Balance elements
    - Jumps/leaps/hops
    - Acrobatic elements
    - Group element
    - Flexibility element
  - All recognised elements must be marked on the tariff form
- b) On Tumble and Trampet
  - Elements will be recognised if they meet the requirements in the Appendices A3, A4 and A5

### 18.3 New Elements

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

Send new elements to the TG-TC by e-mail, via European Gymnastics, at any time during the year. New elements must be presented no later than two months before the Championships

- a) The request for evaluation must be accompanied with technical drawings, as well as with a video
- b) In order to be recognised as a new element, the element must be successfully performed at a European Gymnastics Championships
- c) The decision will then be communicated as soon as possible in writing to the Federation
- d) The judges will be informed before the respective competition

## Art 19 Content of the E Score

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

The execution deductions are described in the respective apparatus Sections.

## SECTION 7 - CALCULATING THE SCORES

### Art 20 Rules for Calculating the Score

#### 20.1 General

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

#### 20.2 Division of Points

	<b>Floor</b>	<b>Tumble/Trampet</b>
Composition (C)	3.0	2.0
Difficulty (D)	Open	Open
Execution (E)	10.0	10.0

#### 20.3 Calculation of the Floor CD Panel Scores

##### 20.3.1 C Score

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

##### 20.3.2 D Score

- During the performance, the judges give their input (Full, Half, No) of each difficulty element, and enter it into the computer. If computers are not used, judges deliver their input to the CD1 on paper
- To calculate the D Score, the CD1 will check the input from all 4 judges to determine the outcome of each difficulty element
- The final panel D Score is the sum of the awarded values of the difficulty elements. The awarded value per element is the average of the two middle scores (to two decimal places)

#### 20.4 Calculating the Tumble/Trampet CD Panel Scores

- After each performance, the judges calculate their C and D Scores to one decimal place. See Art 27.1 and 28.2 for Tumble and Art 32.1 and 33.2 for Trampet
- The tolerance for C and D Scores between judges is 0.2
- If they are in tolerance, the Panel Score is the average of the submitted C and D Scores respectively (as two separate scores calculated to two decimal places)

- d) If they are not within tolerance the CD1 will call for a meeting where the differences will be compared for each round
- e) If judges are unable to agree, the base score is used (calculated to three decimal places)

## 20.5 Calculating the CD Panel Base Score

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

$$\text{Base Score} = \frac{(\text{Average of the 2 scores} + \text{Score of the CD1})}{2}$$

Example for a two-judge CD panel and the C score is out of tolerance:

Judge CD1            C score 1.6

Judge CD2            C score 1.3

The scores remain out of allowable tolerance, so the Base Score will be used.

$$\text{The Final C Score} = \text{The Base Score} = \frac{(1.45 + 1.6)}{2} = \mathbf{1.525} \text{ (to 3 decimal places)}$$

## 20.6 Calculating the E Panel Scores

- a) After each performance, the judges calculate their score to one decimal place and submit this to the HJ (E1)
- b) The E1 reviews the scores, to see if they are in tolerance. The allowable difference between all judges' scores and the two middle scores, for Floor, Tumble and Trampet, are as shown in the table below
- c) If they are in tolerance, the Panel Score is the average of the two middle scores (to two decimal places)
- d) If they are not within tolerance the E1 will either call a meeting or will discuss a concern with a judge
  - For Floor, compare the E-deductions throughout the routine
  - For Tumble and Trampet, assess the differences per round
- e) If judges are unable to agree, the base score is used (calculated to three decimal places)

### Tolerance between judges for final E panel scores

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

#### 20.6.1 Calculating E panel Base Score

Base Score for the E panel

$$\text{Base Score} = \frac{(\text{Average of the 2 middle scores} + \text{Score of the E1})}{2}$$

Example for a four-judge E panel:

Judge E1 8.3\*

Judge E2 8.9

Judge E3 8.3

Judge E4 8.8\*

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

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

#### 20.7 Calculating the Score for Each Apparatus

- The 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
- 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
- The E panel assess the E score based on the execution of the routine
- The HJ (E1 and CD1) calculates the Panel Scores to three decimal places
- The Score of an apparatus is the addition of the C Score, the D Score, and the E Score, less any Head Judge E1 deductions, calculated to three decimal places

Example for a Floor Jury:

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

<b>C Score</b>	Composition	0.2 deductions from 3.0	2.800
<b>D Score</b>	Difficulty	Sum of all awarded elements	5.700
<b>E Score</b>	Execution	1.6 deductions from 10.0	8.400
<b>Head Judge (E1) deductions</b>			<u>-0.000</u>
			<b>Apparatus Score 16.900</b>

## 20.8 Calculating the Final Score for Each Team

- The Final Score for each Team is the sum of the three apparatus scores for Floor, Tumble and Trampet, less any penalties applied by the Superior Jury
- Example Final Score calculation

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

<b>Floor</b>	16.900
<b>Tumble</b>	15.725
<b>Trampet</b>	18.400
<b>Superior Jury (SJ) penalties</b>	<u>-0.000</u>
<b>Final Team Score</b>	<b>51.025</b>



Part III

# The Apparatus

Sections 8-10



## PART III - THE APPARATUS

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### 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
- b) Time limit for floor program is from 2 minutes and 15 seconds to 2 minutes and 45 seconds
- c) The whole program must be performed inside the floor area
- d) Entering the floor area:
  - The team must jog into the competition arena when the competition organisers direct them
  - The team line up at the edge of the floor area where they wait for the green flag/light
  - After the green flag/light, the team jog to their starting position on the floor
  - The team begin their program when the music starts

##### 21.2 Composition Requirements (3.0)

- a) The Composition score consists of three different composition requirements. These requirements are:
  - Rhythmic sequence (RS)
  - Planes
    - Sideways (↔)
    - Backwards (↑)
  - Formations
    - Eight different formations
    - A large formation (LF)
    - A small formation (SF)
    - A moving curved formation (CF)
- b) All composition requirements must be marked on the tariff form with the abbreviation/symbol marked in brackets

### 21.3 Difficulty Requirements (Open value)

- a) The Difficulty score consists of eight (8) different difficulty elements from all of the following categories:
  - Balance elements (2 or 3)
  - Jumps, Leaps and Hops (1 or 2)
  - Acrobatic elements (1 or 2)
  - Group element (1)
  - Flexibility element (1)
- b) These elements must all be marked on the tariff form and should not exceed 8 (from the categories above). (See Art. 23.3)
- c) All element values and difficulty requirements are shown in the Table of Difficulty in Appendix 1
- d) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts

### 21.4 Execution Requirements (10.0)

- a) Execution deductions can be made under the following headlines:
  - Summarised Execution deductions:
    - Synchronisation According to the Choreography
    - Uniformity in Execution
    - Amplitude and Extension
    - Balance and Controlled Execution
    - Precision in Formations
  - Additional Execution deductions:
    - Dynamic Execution
    - Movements not Corresponding to the Music
    - Line Violations
    - Wrong Number of Gymnasts
- b) All deductions are subtracted from 10.0
- c) Bonus (0.1) can be added to each judge's execution score

## Art 22 Composition (3.0)

### 22.1 General

- a) The composition score (C score) is calculated by the CD panel
- b) The composition score will be counted only from those C components marked on the tariff form. Each component must be marked once next to the formation where the component is performed. If more components are marked on the tariff form, only the first of each will be considered
- c) The maximum deduction for composition is 3.0

### 22.2 Definitions for Composition Requirements

#### 22.2.1 Rhythmic Sequence (RS) (0.4)

- a) There is a requirement to perform one RS, which is a continuous moving sequence crossing the floor
- b) During the sequence, all gymnasts must travel at the same time across the floor area. They can travel from side to side, back to front, front to back or diagonally from corner to corner. The number of elements is optional
- c) Travelling means that each gymnasts' centre of gravity must continue to move across the floor area without pauses (or stops) in the sequence
- d) Difficulty elements (elements from Appendix 1) are not allowed in the RS
- e) The whole team must perform the same sequence (mirroring is allowed)
- f) The starting and ending positions when travelling from side to side, back to front or front to back, must for each gymnast not be further than 3 m from the floor edge. For a diagonal RS, the distance is a maximum of 5 m from the floor corner measured as a radius of a circle with its centre in the floor corner
- g) The RS can be performed in one, two or three groups consisting of at least 3 gymnasts each. The groups may start from different positions on the floor and are allowed to choose different RS paths
- h) Changing the formation during the sequence is allowed
- i) The start and end of the RS must be marked on the floor tariff form with letters 'RS→' for start and 'RS←' for end. The RS should be shown in one formation box unless the shape of the formation changes during the RS
- j) Deduction 0.4 if the RS is missing or it is not according to the definition

### 22.2.2 Planes sideways and backwards $\leftrightarrow$ , $\uparrow$ (0.8)

- a) The floor program must include the gymnasts moving in two different planes: sideways and backwards
- b) In both planes, there must be three different movements or elements one after another in a sequence.
- c) The movements or elements must be clearly different from each other, not just variations of the same element. E.g. repeating chassés with different arm movements does not fulfil the requirement
- d) In the sideways plane, the side of the body is leading (left or right). It is allowed for some gymnasts to move to the right and some to the left, at the same time
- e) In the backward plane, the elements must be performed with the backside of the body leading
- f) Turning ( $>45^\circ$ ) is not allowed during planes
- g) Simple steps to connect the different movements or elements inside the planes, are allowed but not counted towards the three required movements or elements
- h) Difficulty elements (elements from Appendix 1) are not allowed in planes
- i) All gymnasts must do the same sequence for each plane at the same time (mirroring is allowed)
- j) Any planes performed in the Rhythmic Sequence are not counted
- k) Each plane (sideways and backwards) must be marked only once on the tariff form with arrows  $\leftrightarrow$ ,  $\uparrow$
- l) Deduction for missing plane (backwards or sideways) is 0.4/plane

### 22.2.3 Formations (2.0)

- a) Eight Different Formations
  - There must be at least eight different formations in the floor program
  - Formations are counted as different if the shape is different. Changing only the size, orientation or the location of the formation does not make it different (e.g. small circle is counted same as a big circle and a circle on the left side of the floor is counted same as a circle on the right side of the floor)
  - Formations can be static or moving, however they should be maintained long enough to be clearly identifiable
  - Each formation (different shape) must be marked on the tariff form
  - Deduction 0.2 for each missing formation
- b) Large Formation (LF)
  - There must be at least one large size formation, where all gymnasts are placed with consistent spacing to clearly present one shape (not several groups). All gymnasts together form one shape where every gymnast is spaced so that no gymnast or group of gymnasts are isolated

- The size of the formation must be at least from side to side and from back to front (no further than 1 m from each floor edge)
  - A diagonal line from corner to corner is not counted as a large formation
  - Large formation must be marked on the tariff form with letters LF
  - Deduction 0.2 for missing large formation
- c) Small Formation (SF)
- There must be at least one small size formation (compact) where all gymnasts are placed in one shape (not in several groups)
  - The size of the formation must not be bigger than 4 m x 4 m
  - Small formation must be marked on the tariff form with letters SF
  - Deduction 0.2 for missing small formation
- d) Moving Curved Formation (CF)
- There must be at least one moving curved formation where all gymnasts take part
  - A formation is counted as a moving curve if the path, along which the gymnasts are moving, is clearly curved and gymnasts follow each other along that curved shape
  - The curve must be clearly visible and contain at least three elements or movements
  - The size and the shape of the curve may change during the movement
  - The whole team can perform one formation together or two separated curves in two groups. The minimum number of gymnasts in one moving curved formation is four gymnasts
  - The start of the moving curved formation (the first shape) must be marked on the tariff form with letters CF
  - Deduction of 0.2 for missing moving curved formation

## 22.3 Summary of Composition Requirements

Composition Requirements	Deduction
1. Rhythmic Sequence	0.4
2. Planes	
- Sideways plane	0.4
- Backwards plane	0.4
3. Formations	
- Eight different formations	0.2/missing
- Large Formation	0.2
- Small Formation	0.2
- Moving Curved Formation	0.2

## Art 23 Difficulty (Open value)

### 23.1 General

- a) The difficulty score (D score) is calculated by the CD panel
- b) The difficulty score will be counted only from those D elements found in the Table of Difficulty in Appendix 1 and marked on the tariff form. Each required element must be marked only once

### 23.2 Forming the Difficulty Value

- a) The difficulty value consists of no more than eight different elements from the following categories:
  - Balance elements 2 or 3 elements including handstand
  - Jumps/Hops/Leaps 1 or 2 element(s)
  - Acrobatic elements 1 or 2 element(s)
  - Group Elements 1 element
  - Flexibility Elements 1 element
- b) Element values and difficulty requirements are shown in the Table of Difficulty. (See Appendix 1)
- c) In jumps/leaps/hops, acrobatic elements and group elements the given difficulty value can be increased 0.2 by adding movements in and out of the element (See Art. 23.6)
- d) At least three (3) of the difficulty elements must be performed after 1 minute 30 seconds to get the value for these last three elements. (Difficulty distribution, See Art 23.5 f)
- e) The values of balance elements (including handstand), jumps/leaps/hops, acrobatic elements, group element and the flexibility element are all summed up for the team's difficulty value

### 23.3 Marking the Difficulty Elements and Values

- a) The team must mark no more than eight difficulty elements on the tariff form. Only marked elements are counted towards the difficulty score. Elements must be marked in the right performing order, beside the formation (shape) in which the elements are performed
- b) The team can perform more than eight difficulty elements, but those additional elements must not be marked on the tariff form. If more than the allowed number of elements is marked on the tariff, only the first one/ones for each category is considered for calculating the DV
- c) Difficulty elements must be marked correctly with the code number and should also show the symbol whenever possible. The elements which are performed with "movements in and out" must be marked with +, e.g. G801+
- d) The letter in front of the code number explains the element group/category:
  - HB = Hand Supportive Balances
  - DB = Dynamic Balances

- SB = Standing Balances
  - J = Jumps/Hops/Leaps
  - A = Acrobatic elements
  - G = Group elements
  - F = Flexibility elements
- e) The first code number(s) refers to the value of the element
- f) The last two numbers refers to the row number in the difficulty table

## 23.4 Performance Requirements

- a) All gymnasts in the team must perform the same difficulty elements, with the same code number. Mirroring is allowed (e.g. performing a pirouette with different legs). In the Group Element the different groups may choose different kind of elements, but the code number must be the same
- b) The difficulty elements must be performed by all gymnasts at the same time, according to the choreography. "According to the choreography" means that the element is choreographed to be performed at the same time. If, for example, someone is late in the program but then performs the element correctly a bit later than the others, the team will still get the value of the element (although E deductions for being late)
- c) The performance of each difficulty element must comply with the difficulty requirements (See Appendix 1), otherwise it will not be counted as a difficulty element

## 23.5 Reduction of Element's DV

- a) The full DV of an element will be given only if all gymnasts perform the element according to the difficulty requirements
- b) If all gymnasts try to perform the element, but one or two gymnasts fail, the team will receive half of the element's DV. The only exception is the Group Element which needs to be correctly performed by all gymnasts
- c) If three or more gymnasts fail the element, the DV for the element will be zero for the team
- d) No more than three steps (walking or running) are allowed right before any difficulty element or series of linked difficulty elements, according to the choreography. Chassés and hurdle steps are not counted in the three-step limit. If one or two gymnasts take too many steps, the team will receive half of the element's DV. If three or more gymnasts take e.g. 4 steps before a leap, the DV for the element will be zero
- e) A gymnast must initiate the element sufficiently to show commitment to achieving the DV. The outcome is not a factor when determining a legitimate 'attempt' at the skill. A legitimate attempt is evaluated according to the difficulty requirements. An illegitimate attempt (not a serious try) is a zero DV for the team for that element
- f) Difficulty elements must be spread evenly in the floor program, this is called Difficulty Distribution (DD)

- At least the last three difficulty elements must be performed after 1 minute 30 seconds
- The time, 1 minute 30 seconds, must be marked on the tariff form, so it is clearly visible which difficulty elements that are performed after
- The team will lose the value of any of the last three difficulty elements that are performed before the time limit. This is the case even if the elements are performed correctly

## 23.6 Movements in and out of Difficulty elements

- There is a possibility to raise the D-value in jumps/leaps/hops, acrobatic elements and group element by adding movements in and out of the element
- Movements in and out of elements refers to the choreography seamlessly connecting the difficulty elements
- The movements may vary between gymnasts
- Difficulty elements must initiate within the choreography without delay. This means no stops or unnecessary pauses. The normal mechanics to initiate the skills are allowed, e.g. it is necessary to go down before going up in a jump
- Only one difficulty element may be connected in the same sequence
- Movements in:
  - There must be a continuous movement phrase of minimum three movements, where the gymnasts' centre of gravity is moving across the floor
  - It is allowed to take one step for the take-off between the choreography and the difficulty element
- Movements out:
  - There must be a continuous movement phrase of minimum three movements, where the gymnasts' centre of gravity is moving across the floor
  - After the difficulty element, the gymnasts must already be prepared to execute the choreographed pattern as soon as both feet have touched the ground
- If both, the movements in and movements out are performed correctly, the element's difficulty value will receive an additional 0.2
- If any of the gymnasts fail the criteria for movements in and out the additional 0.2 will not be awarded
- If the criteria for movements in and out are met, the additional 0.2 will be awarded for full and half DVs. However, if the D value becomes zero then the additional 0.2 will not be given



## 23.7 Difficulty Elements

### 23.7.1 Balance Elements (DB, SB, HB)

- a) One of the balance elements must be a handstand (HB1001) to be counted towards the DV
- b) One or two other balance elements may be counted towards the DV
- c) If team chooses to perform two or three balances the chosen elements need to be from different rows in Appendix 1

### 23.7.2 Jumps, Leaps and Hops (J)

- a) One or two different jumps (jumps, leaps and hops) may be counted towards the difficulty value
- b) If the team performs only one jump, they are free to choose any jump, leap or hop
- c) If the team chose to perform two elements from this category, then one of them must be a leap and the other is free choice
- d) Chosen elements must be from different rows in the Table of Difficulty

### 23.7.3 Acrobatic Elements (A)

- a) One or two different acrobatic elements may be counted towards the DV
- b) If the team is performing two acrobatic elements, those elements must be from different element groups (forward, backward or sideways)
- c) If two acrobatic elements from the same element group are marked on the tariff form, only the first one (marking order) is considered for calculating the DV

### 23.7.4 Group Element (G)

- a) One Group Element may be counted towards the DV
- b) Different groups must perform Group Elements at the same time with the same code number, but the elements do not need to look the same
- c) If the Group Element is not performed according to the definition, the value for Group Element is zero for the team (no half DV given)

### 23.7.5 Flexibility Element (F)

One Flexibility Element may be counted towards the DV

## Art 24 Execution (10.0)

### 24.1 General

- a) The execution score (E score) is calculated by the E panel
- b) To calculate the judge's E score all Summarised Execution Deductions (Art 24.3) and Additional Execution Deductions (Art 24.5) are taken from 10.0
- c) Each judge gives a score to an accuracy of 0.1
- d) Execution bonus (Art 24.7) 0.1 can be rewarded on each judge's own E score
- e) Head Judge's (E1) deductions will be taken from the final floor score

### 24.2 Summarising Execution Deductions

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

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

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

- c) Guidelines for summarising execution deductions are found in Appendix 2
- d) A fault can only be deducted once, even if it could be classified under more than one heading of summarised execution deductions (Art 24.3)

## 24.3 Summarised Execution Deductions

See Appendix 2 for further details

### 24.3.1 Synchronisation According to the Choreography

- a) The team should perform the elements at the same time when intended according to the choreography
- b) Deductions: Minor/Moderate/Major

### 24.3.2 Uniformity in Execution

- a) The team should perform the same movements and elements the same way unless the choreography clearly dictates otherwise
- b) All difficulty elements should be performed the same way or otherwise this deduction will be used (e.g. different leg separation between gymnasts in balances or jumps)
- c) Deductions: Minor/Moderate/Major

### 24.3.3 Amplitude and Extension

- a) Movements in the floor program should be performed with optimal amplitude
- b) Extension should be visible in all movements through the whole program, e.g. no floppy feet
- c) Deductions: Minor

### 24.3.4 Balance and Controlled Execution

- a) The floor program should be performed with balance and control
- b) For example, there will be a deduction for extra steps, jumps, arm and leg movements to keep the balance. Also, a hand support and a fall will be deducted
- c) Deductions: Minor/Moderate/Major

### 24.3.5 Precision in Formations

- a) The formations should be exact (e.g. straight lines when that is intended)
- b) All gymnasts should be placed so that the shape of the formation is clear and correct according to the drawn formations in the tariff form. It is enough that the shape of the formation is correct, gymnasts do not need to be placed exactly as the dots are on the tariff
- c) Deductions: Minor

## 24.4 Summary of Execution Deductions to be Summarised

Execution Deductions to be Summarised	Minor	Moderate	Major
1. Synchronisation according to the choreography	x	x	x
2. Uniformity in Execution	x	x	x
3. Amplitude and Extension	x		
4. Balance and Controlled Execution	x	x	x
5. Precision in Formations	x		

## 24.5 Additional Execution Deductions

### 24.5.1 Dynamic Execution (1.0)

#### a) Lack of fluency in connecting elements

- The performance of the floor routine should show continuity with a logical and natural fluency from the beginning until the end of the program
- The momentum should be used from the past movement instead of creating 'new' force
- Any gymnast that purposelessly disturbs or breaks the continuity of the program, stays still or is just waiting, will be deducted each time. However, it is allowed to have minor pauses while preparing to perform balances or include pauses that amplifies the music or the character of the choreography. These short moments will not be deducted

#### b) Isolated movements

- Any gymnast or group of gymnasts performing sequences with purposeless isolated arm or leg movements without the body being involved will always result in a deduction. However, it is allowed to have short periods of isolated movements that amplifies the music or the character of the choreography. These short movements will not be deducted

#### c) Easy access between formations

- All transitions (changing one formation shape to another, e.g. preparing for Group Element) must be performed by easy access, without taking extra/large steps or squeezing into insufficient space. Not having easy access is deductible each time

#### d) Deduction 0.1 for Dynamic execution, per any given point of the routine

### 24.5.2 Movements not Corresponding to the Music (0.6)

- a) There must be a relationship between the music and the selected movements. The program must give the feeling to "see what you hear and hear what you see". Movements must correspond to the music concerning the dynamics and the character
- b) Deduction 0.2 for having parts of the program without relationship between movement and the music

### 24.5.3 Line Violations (0.1/ each time)

- a) Exceeding the prescribed Floor area (14 m x 16 m), that is touching the floor with any part of the body outside the border marking, will result in a deduction each time
- b) Border markings (the white line) are part of the performing area
- c) Deduction 0.1 each time

### 24.5.4 Wrong Number of Gymnasts (1.0 per gymnast)

- a) In case there are too few or too many gymnasts performing there will be a deduction per missing or extra gymnast
- b) If a mixed team does not have an equal number of male and female gymnasts, a deduction will be applied per missing or extra gymnast
- c) After an interruption to the program that reduces the number of gymnasts there will be no deduction for wrong number of gymnasts (See Art 25.1)
- d) Gymnasts may not be replaced during the floor routine (See Art 25.7)
- e) Deduction 1.0 per missing or extra gymnast

## 24.6 Summary of Additional Execution Deductions

Additional Execution Deductions	Deduction
1. Dynamic Execution	0.1/each time (max 1.0)
2. Movements not Corresponding to the Music	0.2/0.4/0.6
3. Line Violations	0.1/each time
4. Wrong Number of Gymnasts	1.0/gymnast

### 24.7 Execution Bonus (0.1)

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

## Art 25 Head Judge (E1) Deductions

E1 deductions are taken from the final Apparatus score

### 25.1 Interrupting the Floor Program (1.0)

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

## 25.2 Incorrect Timing (0.3/2.0)

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

## 25.3 Incorrect Music (0.3)

- a) The complete presentation is performed to the team's choice of music
- b) The music should be instrumental with no lyrics, this means no clear words even if we do not know what the words mean. Human voice may be used as an instrument, e.g. humming, whistling and other tones are allowed
- c) HJ deduction 0.3 once for absence of music or music with clear lyrics

## 25.4 Incorrect Attire (0.3)

- a) The following will cause deductions for incorrect clothing (other than SJ deductions)
  - Missing competition number (individual gymnasts)
  - Footwear (if not worn by entire team)
  - Loose items (including loose competition numbers)
  - Body painting
- b) HJ deduction 0.3 once for incorrect attire

## 25.5 Wearing Jewellery (0.3)

- a) No jewellery of any kind may be visible according to Art 3.2.1
- b) HJ deduction 0.3 once

## 25.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

- a) The bandages (including joint supports) should be securely fastened and of a non- intrusive colour, according to Art 3.2.1 and 7.2
- b) HJ deduction 0.3 once for insecurely fastened or intrusively coloured bandages

## 25.7 Not Respecting the Apparatus or Competition Requirements (0.3)

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

- Entering the arena against the competition requirements
  - Not jogging to the starting position on floor area
  - Changing gymnasts during the floor program
- b) HJ deduction 0.3 per item for not respecting apparatus/competition requirements

## 25.8 Summary of Execution HJ Deductions

Execution HJ Deductions	Deduction
1. Interrupting the Floor program	1.0/gymnast
2. Incorrect Timing <ul style="list-style-type: none"> <li>- Under/over timing</li> <li>- Very short program</li> </ul>	0.3 2.0
3. Incorrect Music	0.3 once
4. Incorrect Attire	0.3 once
5. Wearing Jewellery	0.3 once
6. Wearing Insecure or Intrusively Coloured Bandages	0.3 once
7. Not Respecting the Apparatus or Competition Requirements <ul style="list-style-type: none"> <li>- Entering the arena against the competition requirements</li> <li>- Not jogging to the starting position on floor area</li> <li>- Changing gymnasts during the floor program</li> </ul>	0.3/item

## SECTION 9 – TUMBLE

### Art 26 Apparatus Requirements

#### 26.1 General Requirements

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



## 26.2 Composition Requirements (2.0)

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

- Team Round (1st round)
- Correct Performing Order in 2nd and 3rd Rounds
- Varying the Last Element Between Rounds
- Performing Both Forward and Backward Rounds
- Performing a Round with at Least 360° Twist
- Performing a Round with Minimum Double Salto (only seniors)
- Avoiding Blind Landings in Triple Saltos
- Performing the Correct Number of Elements

## 26.3 Difficulty Requirements (Open value)

- The difficulty of each series on Tumble is open
- The series difficulty value is calculated from the two different elements with the highest difficulty values
- The difficulty values of the most common valid elements and series are shown in the Table of Difficulty (Appendix 3). 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 adding values for twisting

## 26.4 Execution Requirements (10.0)

- The execution (E) score for each round is calculated by taking deductions from 10.0 points according to Art 29
- The execution faults are explained in more detail in the Table of General Faults and Penalties contained in Appendix 6
- Execution Bonus (+0.1) can be added to the execution score as explained in Art 29.9

## Art 27 Composition (2.0)

### 27.1 General

- a) The composition score is calculated by the CD panel
- b) 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
- c) For composition, all elements with an approved D-value are considered. In the Team Round, skills may contribute towards the compositional requirements even when a gymnast is not performing the exact same series as the majority of the team

- d) Any element(s) performed after a pause, a fall or intermediate steps will not be counted under composition
- e) If there are less than six gymnasts in the round, no composition deductions under Art 27.2 are taken for the missing gymnast
- f) If there are more than six gymnasts in a round, only the first six gymnasts are counted for composition

## 27.2 Definitions for Composition Requirements

The composition deduction for each item is shown in the header

### 27.2.1 Team Round (0.2 per gymnast)

- a) In the first round every gymnast must perform the exact same series. It is called the Team round. See Appendix 5 for the recognition of different elements
- b) Deduction 0.2 per gymnast not performing the Team Round

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

- a) In the second and third rounds, increasing the difficulty is allowed within the rounds
- b) The series must be performed in difficulty order. However, within each round, single saltos must be performed before double saltos and double saltos before triple saltos
- c) Within the single salto, double salto and triple salto sections, the series must be performed in difficulty order
- d) Deduction 0.1 per gymnast for not correct order in 2nd and 3rd rounds

### 27.2.3 Varying the Last Element Between Rounds (0.2 per gymnast each time)

- a) If any gymnast performs exactly the same last element from another round, there will be a deduction of 0.2 per gymnast each time. See Appendix 5 for the recognition of different elements
- b) The round where the last element is performed the most times is free from deduction
- c) This deduction is not taken when performing the wrong series in the Team Round
- d) Deduction 0.2 per gymnast each time for repeating the last element

### 27.2.4 Performing Both Forward and Backward Rounds (0.2 per gymnast)

- a) A forward/backward round is where all performed element(s) in the series are forwards/backwards
- b) The team must perform at least one round backwards and one round forward
- c) Deduction is based on the round that comes closest to fulfilling the requirement
- d) Deduction 0.2 per gymnast for missing forward or backward rounds

#### **27.2.5 Performing a Round with at Least 360° Twist (0.2 per gymnast)**

- a) The team must perform one round where all gymnasts perform a series that contains an element with at least 360° twist
- b) Deduction is based on the round where the twist is performed by the most gymnasts
- c) Deduction 0.2 per gymnast for not performing a round of twisting

#### **27.2.6 Performing a Round with Minimum Double Salto (0.2 per gymnast for senior teams only)**

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

#### **27.2.7 Avoiding Blind Landings in Triple Saltos (0.3 per gymnast each time)**

- a) A blind landing occurs when the gymnast lands the triple salto in the forward direction (+/-90°)
- b) Triple saltos with blind landing are for safety reasons not recommended and will result in a composition deduction
- c) In elements valued at zero for difficulty, the composition deduction for blind landing is not applied. See Art 28.3
- d) Deduction 0.3 per gymnast and element for performing blind landings in triple saltos

#### **27.2.8 Performing the Correct Number of Elements (0.3 per gymnast and missing element)**

- a) In case a gymnast performs fewer elements in a series than required, there is a deduction. A gymnast must initiate the element sufficiently to show commitment to achieving the DV. The outcome is not a factor when determining a legitimate 'attempt' at the skill. A legitimate attempt does not incur a deduction for missing element
- b) The deduction applies to any round but, would not apply if a gymnast was just performing a different series in the Team Round. There must be less than the required number of elements for the deduction to apply
- c) In case of Running Through, the composition deduction for missing element is not taken
- d) Deduction 0.3 per gymnast for each missing element in the series

## 27.3 Summary of Composition Requirements

Composition Requirements	Deduction
1. Team Round	0.2/gymnast
2. Correct Performing Order in 2nd and 3rd Rounds	0.1/gymnast each time
3. Varying the Last Element Between Rounds	0.2/gymnast each time
4. Forward or Backward Rounds	0.2/gymnast
5. Performing a Round with at Least 360° twist	0.2/gymnast
6. Performing a Round with Minimum Double Salto (Senior Teams only)	0.2/gymnast
7. Avoiding Blind Landings in Triple Saltos	0.3/gymnast and element
8. Performing the Correct Number of Elements	0.3/gymnast and element

## Art 28 Difficulty (Open value)

### 28.1 General

The Difficulty Score is calculated by the CD Panel.

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

The element values are shown in Table of Difficulty in Appendix 3.

### 28.2 Forming the Difficulty Value

- The difficulty value for each round is calculated by taking the highest two D values from different elements in each gymnast's series and adding them together
- The difficulty value for the team is the average difficulty of all three rounds, rounded down to the nearest 0.1
- In case more than six gymnasts perform in a round, the difficulty value is based on the elements performed by the first six gymnasts

### 28.3 Taking the Difficulty Value to Zero

All elements are re-evaluated on what is actually performed. Elements can also be re-evaluated as zero difficulty for the following reasons:

- Not Feet First:** This is where the gymnast arrives without the first contact being with the soles of the feet before any other body part
- Under Rotated Fall:** If the gymnast arrives feet first but falls under rotated before any additional step(s) are taken

- c) **Collapsing Fall:** If the gymnast arrives feet first but collapses to a complete closing of joints at hip or knees before falling
  - d) **Elements Performed After a Pause:** Any element(s) performed after a pause, a fall or intermediate steps will not be counted for difficulty
  - e) **Running Through:** Will be re-valued at zero for difficulty
  - f) **Coach Making the Skill:** Any coach support at take-off or if a coach gives a strong push/support that tries to correct an obvious loss of height or rotation before landing will be re-valued at zero for difficulty. Strong push/support is a support that takes the majority of the gymnast's body weight or clearly changes the height and/or rotation of the gymnast
  - g) **Error in Team Round:** In the case of a Team Round, if what is performed is different from what the majority of the team performs, the series difficulty for that gymnast will be zero
- If in doubt, benefit should be given in favour of the gymnast.

## Art 29 Execution (10.0)

### 29.1 General

- a) The Execution Score is calculated by the E Panel
- b) Each E judge calculates execution scores for each round by subtracting the total execution faults (as per Articles 29.3 - 29.7) for all gymnasts in the round from 10.0
- c) Each E judge submits a single score that is the average of their three execution scores (one for each round) rounded to the nearest 0.1
- d) Some deductions refer to the entire series, while others are related to the execution of each element or the last element in particular
- e) Any element(s) performed after a pause, a fall or intermediate steps are not deducted for under execution
- f) Execution bonus 0.1 (Art 29.9) can be rewarded on each judge's score
- g) E1 Head Judge's deductions will be taken from the final tumble score

### 29.2 Definitions of Execution Faults

Execution faults are grouped into the phases of the element. These are: Take-off; Aerial; Preparation for Landing; and Landing. The maximum deduction for each item is shown in the header. See Appendix 6

## 29.3 Take-off phase

### 29.3.1 Early Twisting (0.1)

- a) The hip should be transversely aligned at the point of take-off (45° tolerance)
- b) Deduction 0.1 per gymnast/element for initiating the twist too early

## 29.4 Aerial phase

### 29.4.1 Height of Single Final Salto (0.3)

- a) This deduction only applies to single saltos that are the final skill in a gymnast's series
- b) The final salto must be performed at appropriate height, which is defined and deductible for single saltos
- c) Deduction 0.1, 0.2 or 0.3 per gymnast for too low final single salto

### 29.4.2 Body Shape in Saltos (0.5)

Tucked, pucked, piked and straight body positions in saltos should be performed with a clear and defined body shape, with feet and legs kept together, as well as feet pointed. Arms must be close to the body

- a) Shape deductions are for the whole element and not per salto
- b) Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults
- c) Deduction 0.1 per gymnast/element for split/crossed legs
- d) Deduction 0.1 per gymnast/element for head errors
- e) Deduction 0.1 per gymnast/element for feet errors
- f) Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists

## 29.5 Preparation for landing phase

### 29.5.1 Opening (0.3)

- a) Opening relates to the exit from the last rotation of the final element in the series provided it is a salto
- b) When there is a direct kick out from the optimal aerial shape to extended body position (>150° hip and knee angles), which is held until the last 120° of upper body rotation to complete the salto, there shall be no deduction for opening
- c) Please note that a tucked/pucked/piked salto can open to extended body position at any point and end the aerial phase in preparation for landing. However, this extended body position should be held until the last 120° of upper body rotation (2 o'clock at the extended legs)
- d) Deduction 0.1 per gymnast for partial opening

- e) Deduction 0.1 per gymnast for late opening or opening not held
- f) Deduction 0.3 per gymnast for no opening

### 29.5.2 Completion of Twist (0.4)

- a) The twist should be completed before the last 90° of rotation to complete the salto
- b) In twisting elements, the hip defines the degree of the turn/twist
- c) Deduction 0.1 for not completing the twist before the last 90° of salto rotation
- d) Deduction 0.1 per gymnast/element for under/over rotation of the twist 30°–45° at the landing
- e) Deduction 0.3 per gymnast/element for under/over rotation of the twist >45° at the landing

## 29.6 Landing Phase

### 29.6.1 Landing position (0.3)

- a) Landing positions are assessed at the point where a gymnast has absorbed the initial force of arrival, which may be before control has been established
- b) Gymnasts should land the last element with an upright body position
- c) Upper body positions clearly above horizontal are not deductible. Bending the legs are also not deductible unless hips drop below the knees (which is a deep squat)
- d) Deduction 0.1 or 0.2 for upper body position
- e) Deduction 0.3 for deep squat

### 29.6.2 Landing the Last Element Inside the Landing Zone (0.3)

- a) Gymnast should land the last element in the landing zone
- b) The first point of contact with the landing area, should be inside the coloured landing zone
- c) It is allowed to step outside the landing zone after the initial contact with the landing area
- d) Deduction 0.1 for first point of contact being on or astride the division of the landing zone
- e) Deduction 0.3 per gymnast for landing outside the landing zone

### 29.6.3 Control in Landing (1.0)

- a) The landing should be controlled and show a visible 'stop' position (even if not held, as gymnasts will need to exit the landing area without delay)
- b) It is also permitted for one foot to step away from the apparatus so long as the hips do not turn more than 45°
- c) There is no need to bring the feet back together after control has been attained before departing the landing area

- d) Movement of other body parts (e.g. non supportive arm movement) are not deductible
- e) 0.1 is deducted for a minor correction before controlling the landing. E.g. a single step or jump away from the apparatus that either turns the hips more than 45° or moves both feet from the point of arrival
- f) 0.2 is deducted for a moderate correction before controlling the landing. E.g. a single step or jump back towards the apparatus or to the side
- g) 0.3 is deducted for a major or multiple corrections in an effort to gain control. E.g. multiple steps in any direction
- h) 0.5 is deducted for light touch of hands, elbow or knee with landing mat or apparatus without weight bearing
- i) 1.0 is deducted when a gymnast falls (supportive weight is taken by any other part of the body besides the feet before control can be shown). Where a gymnast has made multiple steps to gain control and leaves the landing mat on their feet, and then falls, the deduction will be 0.3 not 1.0

#### 29.6.4 Coaches' Actions (1.5)

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

### 29.7 Other Deductions

#### 29.7.1 Body Shapes in Elements other than Saltos (0.4)

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

#### 29.7.2 Momentum (0.3)

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



### 29.7.3 Streaming (0.1)

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

### 29.7.4 Jogging Back Together Between Rounds (0.4)

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

### 29.7.5 Running Through (3.0)

- a) In case a gymnast runs towards the apparatus and is not attempting any recognizable element or is not performing any element there will be a deduction of 3.0 per gymnast
- b) No other execution deductions under Art 29.3 - 29.7.3 are taken for the gymnast

### 29.7.6 Wrong Number of Gymnasts (3.0)

- a) In case there are too few or too many gymnasts performing there will be a deduction of 3.0 per missing/extra gymnast
- b) If a mixed team does not have an equal number of male and female gymnasts, a deduction of 3.0 will be applied per missing or extra gymnast per round
- c) No other execution deductions are taken for the extra gymnast

## 29.8 Summary of Execution Deductions (E panel)

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

<b>Execution Deductions (10.0)</b>	<b>0.1</b>	<b>0.2</b>	<b>0.3 or more</b>
1. Early Twisting (0.1 per gymnast/element)	X		
2. Height of Single Final Salto (0.3 per gymnast)	X	X	0.3
3. Body Shape in Saltos (0.5 per gymnast/element)	X	X	0.3/0.4/0.5
4. Opening (0.3 per gymnast)	X	X	0.3
5. Completion of Twist (0.4 per gymnast/element)	X	X	0.3/0.4
6. Landing Position (0.3 per gymnast)	X	X	0.3
7. Landing inside the Landing Zone (0.3 per gymnast)	X		0.3
8. Control in Landing (1.0 per gymnast)	X	X	0.3/0.5/1.0
9. Coaches' Actions (1.5 per gymnast)			1.0/1.5
10. Body Shape in Elements other than Saltos (0.4 per gymnast/element)	X	X	0.3/0.4
11. Momentum (0.3 per gymnast)	X	X	0.3
12. Streaming (0.1 per gymnast)	X		
13. Jogging Back Together Between Rounds (0.4 per team)			0.4
14. Running Through (3.0 per gymnast)			3.0
15. Wrong Number of Gymnasts (3.0 per gymnast)			3.0

## 29.9 Execution Bonus (0.1)

Execution Bonus is only rewarded if the following criteria are fulfilled in at least one round:

- a) Identical technique between all gymnasts
- b) All landings in that round should be upright and under control
- c) Bonus 0.1 per team on each judge's final E score

## Art 30 Head Judge (E1) Deductions

E1 deductions are taken/subtracted from the final apparatus score.

### 30.1 Incorrect Timing (0.3)

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

## 30.2 Incorrect Music (0.3)

- a) The complete presentation is performed to the team's choice of music
- b) The music should be instrumental with no lyrics, this means no clear words even if we do not know what the words mean. Human voice may be used as an instrument, e.g. humming, whistling and other tones are allowed
- c) HJ deduction 0.3 for absence of music or music with clear lyrics

## 30.3 Incorrect Attire (0.3)

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

## 30.4 Coach Giving Verbal or Visual Instructions (0.3)

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

## 30.5 Wearing Jewellery (0.3)

- a) No jewellery of any kind may be visible on gymnasts or coach according to the Art 3.2.1 and 7.2
- b) HJ deduction 0.3 once

## 30.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

- a) The bandages (including joint supports) should be securely fastened and of a non-intrusive colour according to the Art 3.2.1 and 7.2
- b) HJ deduction for insecurely fastened or intrusively coloured bandages 0.3 once

## 30.7 Not Respecting Apparatus or Competition Requirements (0.3/item)

- a) The deduction for not respecting the apparatus or competition requirements is used in the following cases:
  - Entering the arena against the competition requirements
  - Marking 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 failing to maintain their duty as safety spotter on the landing area. This may involve brief moments of leaving the landing area in fulfilling that duty. If leaving the landing area due to supportive action or injury there is no deduction

b) HJ deduction for not respecting apparatus or competition requirements 0.3 per item

### 30.8 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	Deduction
1. Incorrect Timing	0.3
2. Incorrect Music	0.3 once
3. Incorrect Attire	0.3 once
4. Coach Giving Verbal or Visual Instructions	0.3 once
5. Wearing Jewellery	0.3 once
6. Wearing Insecure or Intrusively Coloured Bandages	0.3 once
7. Not Respecting the Apparatus or Competition Requirements <ul style="list-style-type: none"> <li>- Entering the arena against the competition requirements</li> <li>- Marking the run-up with clothes or other items</li> <li>- Starting the performance before the green flag/light from E1</li> <li>- More than one coach in the landing area</li> <li>- Coach leaving the landing area</li> </ul>	0.3/item

## SECTION 10 – TRAMPET

### Art 31 Apparatus Requirements

#### 31.1 General Requirements

- a) All trampet performers must participate in the Floor Program unless excused by the European Gymnastics doctor due to injury (Penalty is disqualification of the team)
- b) The program is performed to music
- c) The time limit is 2 minutes and 45 seconds
- d) Each team performs three different rounds
- e) Each team must perform rounds both with and without the vaulting table
- f) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round
- g) Mixed teams must have the same number of male and female gymnasts performing in each round
- h) Entering the trampet performance:
  - The team must jog into the competition arena when the competition organisers direct them
  - The team lines up at the run up where they wait for the green flag/light
  - After the green flag/light, the music will begin, and the team may start their performance
- i) Marking the run-up with clothes or other things is not allowed
- j) All gymnasts must land their element in the landing area
- k) After the first and second rounds, the gymnasts should return by jogging back together
- l) Two coaches (and only two) must be present for safety spotting on the landing area

#### 31.2 Composition Requirements (2.0)

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

- Team Round (1st round)
- Correct Performing Order in 2nd and 3rd Rounds
- Varying the Elements Between Rounds
- Performing a Round with Twisting (different requirement for Juniors and Seniors)
- Performing a Round with Minimum Double salto
- Avoiding Blind Landings in Triple Saltos
- Performing Rounds both With and Without the Vaulting Table

### 31.3 Difficulty Requirements (Open value)

- The difficulty of each element on Trampet is open
- The difficulty value for the gymnast is calculated from the performed element
- The difficulty values of the most common valid elements are shown in the Table of Difficulty (Appendix 4). 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

### 31.4 Execution Requirements (10.0)

- The execution (E) score for each round is calculated by taking deductions from 10.0 points according to Art 34.1
- The execution faults are explained in more detail in the Table of General Faults and Penalties contained in Appendix 6
- Execution Bonus (+0.1) can be added to the execution score as explained in Art 34.9

## Art 32 Composition (2.0)

### 32.1 General

- a) The composition score is calculated by the CD panel
- b) 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
- c) For composition, all elements with an approved D-value are considered. In the Team Round, skills may contribute towards the compositional requirements even when a gymnast is not performing the exact same series as the majority of the team
- d) If there are less than six gymnasts in the round, no composition deductions under Art 32.2 are taken for the missing gymnast
- e) If there are more than six gymnasts in a round, only the first six gymnasts are counted for composition

### 32.2 Definitions for Composition Requirements

The composition deduction for each item is shown in the header

#### 32.2.1 Team Round (0.2 per gymnast)

- a) In the first round every gymnast must perform the exact same element. It is called the Team round. See Appendix 5 for the recognition of different elements
- b) Deduction 0.2 per gymnast for not performing the Team Round

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

- a) In the second and third rounds, increasing the difficulty is allowed within the rounds
- b) The elements must be performed in difficulty order. However, within each round, single saltos must be performed before double saltos and double saltos before triple saltos
- c) Within the single salto, double salto and triple salto sections, the elements must be performed in difficulty order
- d) Deduction 0.1 per gymnast for not correct order in 2<sup>nd</sup> and 3<sup>rd</sup> rounds

### 32.2.3 Varying the Elements Between Rounds (0.2 per gymnast each time)

- a) If any gymnast performs exactly the same element from another round, there will be a deduction of 0.2 per gymnast each time. See Appendix 5 for the recognition of different elements
- b) The round where the element is performed the most times is free from deduction
- c) This deduction is not taken when performing the wrong element in the Team Round
- d) Deduction 0.2 per gymnast each time for repeating the same element

### 32.2.4 Performing a Round with Twisting (0.2 per gymnast)

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

### 32.2.5 Performing a Round with Minimum Double Salto (0.2 per gymnast)

- a) The team must perform one round that contains double or triple saltos
- b) Double and triple saltos are counted from the trampet to landing. Tsukahara, Kasamatsu and handspring salto are considered as double saltos. Double Tsukahara, double Kasamatsu and handspring double salto are considered as triple saltos
- c) Deduction is based on the round where the double/triple saltos are performed by the most gymnasts
- d) Deduction 0.2 per gymnast for not performing a round with minimum double salto

### 32.2.6 Avoiding Blind Landings in Triple Saltos (0.3 per gymnast each time)

- a) A blind landing occurs when the gymnast lands the triple salto in the forward direction (+/-90°)
- b) Triple saltos with blind landing are for safety reasons not recommended and will result in a composition deduction
- c) In elements valued at zero for difficulty, the composition deduction for blind landing is not applied. See Art 33.3
- d) Deduction 0.3 per gymnast and element for performing blind landings in triple saltos

### 32.2.7 Performing Rounds both With and Without the Vaulting Table (2.0 per team)

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

## 32.3 Summary of Composition Requirements

Composition Requirements	Deduction
1. Team Round	0.2/gymnast
2. Correct Performing Order in 2nd and 3rd Rounds	0.1/gymnast each time
3. Varying the Elements Between Rounds	0.2/gymnast each time
4. Performing a Round with Twisting	0.2/gymnast
5. Performing a Round with Minimum Double Salto	0.2/gymnast
6. Avoiding Blind Landings in Triple Saltos	0.3/gymnast each time
7. Performing Rounds both With and Without the Vaulting Table	2.0/team



## Art 33 Difficulty (Open value)

### 33.1 General

The Difficulty Score is calculated by the CD Panel.

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

The element values are shown in Table of Difficulty in Appendix 4

### 33.2 Forming the Difficulty Value

- a) The difficulty value for each round is calculated by taking the D values in each gymnast's element and adding them together
- b) The difficulty value for the team is the average difficulty of all three rounds, rounded down to the nearest 0.1
- c) In case more than six gymnasts perform in a round, the difficulty value is based on the elements performed by the first six gymnasts

### 33.3 Taking the Difficulty Value to Zero

All elements are re-evaluated on what is actually performed

Elements can also be re-evaluated as zero difficulty for the following reasons:

- a) **Not Feet First:** This is where the gymnast arrives without the first contact being with the soles of the feet before any other body part
- b) **Under Rotated Fall:** If the gymnast arrives feet first but falls under rotated before any additional step(s) are taken
- c) **Collapsing Fall:** If the gymnast arrives feet first but collapses to a complete closing of joints at hip or knees before falling
- d) **Running Through:** Will be re-valued at zero for difficulty
- e) **Coach Making the Skill:** Any coach support at take-off or if a coach gives a strong push/support that tries to correct an obvious loss of height or rotation before landing will be re-valued at zero for difficulty. Strong push/support is a support that takes the majority of the gymnast's body weight or clearly changes the height and/or rotation of the gymnast
- f) **Error in Team Round:** In the case of a Team Round, if what is performed deviates from the majority of the team, the element difficulty for that gymnast will be zero

If in doubt, benefit should be given in favour of the gymnast.

## Art 34 Execution (10.0)

### 34.1 General

- a) The Execution Score is calculated by the E Panel
- b) Each E judge calculates execution scores for each round by subtracting the total execution faults (as per Articles 34.3 - 34.7) for all gymnasts in the round from 10.0
- c) Each E judge submits a single score that is the average of their three execution scores (one for each round) rounded to the nearest 0.1
- d) Execution bonus 0.1 (Art 34.9) can be rewarded on each judge's score
- e) E1 Head Judge's deductions will be taken from the final trampet score

### 34.2 Definitions of Execution Faults

Execution faults are grouped into the phases of the element. These are: Take-off; Aerial; Preparation for Landing; and Landing. The maximum deduction for each item is shown in the header. See Appendix 6

### 34.3 Take-off phase

#### 34.3.1 Early Twisting (0.1)

- a) The hip should be transversely aligned at the point of take-off (45° tolerance)
- b) Deduction 0.1 per gymnast/element for initiating the twist too early

#### 34.3.2 Contact with the Vaulting Table (0.6)

- a) Gymnasts must touch the vaulting table with both hands, leaving with an extended body position through the vertical, and use the vaulting table to achieve a visible lift
- b) Deduction 0.1 per gymnast for leaving the vaulting table too early (angle when leaving the vault outside the 45° to the trampet side)
- c) Deduction 0.1 per gymnast for no visible lift off the vaulting table
- d) Deduction 0.1 or 0.2 per gymnast for not leaving the vaulting table with extended body position
- e) Deduction 0.2 per gymnast for leaving the vaulting table too late (angle when leaving the vault outside the 30° to the landing zone side)
- f) Deduction 0.2 per gymnast for not having straight arms when leaving the vaulting table
- g) Deduction 0.6 per gymnast for touching the vaulting table with only one hand. In case of no hands touching the vaulting table, see 34.7.3

## 34.4 Aerial phase

### 34.4.1 Height of Single Salto (0.3)

- a) This deduction only applies to single saltos not multiple saltos
- b) The salto should be performed at appropriate height, which is defined and deductible for single saltos
- c) Deduction 0.1, 0.2 or 0.3 per gymnast for too low single salto

### 34.4.2 Body Shape in Saltos (0.5)

Tucked, pucked, piked and straight body positions in saltos must be performed with a clear and defined body shape, with feet and legs kept together, as well as feet pointed. Arms should be close to the body

- a) Shape deductions are for the whole element and not per salto
- b) Deduction 0.1, 0.2 or 0.3 per gymnast/element for hip and knee angle faults
- c) Deduction 0.1 per gymnast/element for split/crossed legs
- d) Deduction 0.1 per gymnast/element for head errors
- e) Deduction 0.1 per gymnast/element for feet errors
- f) Deduction 0.1 per gymnast/element for arms not close to the body and axis of rotation in twists

## 34.5 Preparation for landing phase

### 34.5.1 Opening (0.3)

- a) Opening relates to the exit from the last rotation in the element
- b) When there is a direct kick out from the optimal aerial shape to extended body position ( $>150^\circ$  hip and knee angles), which is held until the last  $120^\circ$  of upper body rotation to complete the rotation there shall be no deduction for opening
- c) Please note that a tucked/pucked/piked salto can open to extended body position at any point and end the aerial phase in preparation for landing. However, this extended body position should be held until the last  $120^\circ$  of upper body rotation (2 o'clock at the extended legs)
- d) Deduction 0.1 per gymnast for partial opening
- e) Deduction 0.1 per gymnast for late opening or opening not held
- f) Deduction 0.3 per gymnast for no opening

### 34.5.2 Completion of Twist (0.4)

- a) The twist should be completed before the last  $90^\circ$  of rotation to complete the salto/element
- b) In twisting elements, the hip defines the degree of the turn/twist

- c) Deduction 0.1 for not completing the twist before the last 90° of salto/element rotation
- d) Deduction 0.1 per gymnast/element for under/over rotation of the twist 30°–45° at the landing
- e) Deduction 0.3 per gymnast/element for under/over rotation of the twist >45° at the landing

## 34.6 Landing phase

### 34.6.1 Landing position (0.3)

- a) Landing positions are assessed at the point where a gymnast has absorbed the initial force of arrival, which may be before control has been established
- b) Gymnasts should land the element with an upright body position
- c) Upper body positions clearly above horizontal are not deductible. Bending the legs are also not deductible unless hips drop below the knees (which is a deep squat)
- d) Deduction 0.1 or 0.2 for upper body position
- e) Deduction 0.3 for deep squat

### 34.6.2 Landing inside the Landing Zone (0.3)

- a) Gymnast should land the element in the landing zone
- b) The first point of contact with the landing area, should be inside the coloured landing zone
- c) It is allowed to step outside the landing zone after the initial contact with the landing area
- d) Deduction 0.1 for first point of contact being on or astride the division of the landing zone
- e) Deduction 0.3 per gymnast for landing outside the landing zone

### 34.6.3 Control in Landing (1.0)

- a) The landing should be controlled and show a visible 'stop' position (even if not held, as gymnasts will need to exit the landing area without delay)
- b) It is also permitted for one foot to step away from the apparatus so long as the hips do not turn more than 45°
- c) There is no need to bring the feet back together after control has been attained before departing the landing area
- d) Movement of other body parts (e.g. non supportive arm movement) are not deductible
- e) 0.1 is deducted for a minor correction before controlling the landing. E.g. a single step or jump away from the apparatus that either turns the hips more than 45° or moves both feet from the point of arrival
- f) 0.2 is deducted for a moderate correction before controlling the landing. E.g. a single step or jump back towards the apparatus or to the side

- g) 0.3 is deducted for a major or multiple corrections in an effort to gain control. E.g. multiple steps in any direction
- h) 0.5 is deducted for light touch of hands, elbow or knee with landing mat or apparatus without weight bearing
- i) 1.0 is deducted when a gymnast falls (supportive weight is taken by any other part of the body besides the feet before control can be shown). Where a gymnast has made multiple steps to gain control and leaves the landing mat on their feet, and then falls, the deduction will be 0.3 not 1.0

#### 34.6.4 Coaches' Actions (1.5)

- a) The compulsory coaches standing in are only there to react in case of dangerous situations, not to draw attention to themselves
- b) The coaches are there to avoid injury to the gymnasts and not to stop gymnasts from falling over
- c) Only coaches' actions that results in a feet first landing are deductible
- d) Deduction 1.0 per gymnast for support
- e) Deduction 1.5 per gymnast for not acting in a dangerous situation

### 34.7 Other deductions

#### 34.7.1 Streaming (0.1)

- a) Streaming (time between each gymnast) should be even between all gymnasts. At least two gymnasts must be moving at the same time. However, the next gymnast should not start their element until the previous gymnast has landed
- b) Deduction 0.1 each time per gymnast for irregular streaming

#### 34.7.2 Jogging Back Together Between Rounds (0.4)

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

#### 34.7.3 Running Through (3.0)

- a) In case a gymnast runs towards the apparatus and is not attempting any recognizable element or is not performing any element there will be a deduction of 3.0 per gymnast
- b) In case a gymnast passes over the vaulting table without any hand contact, there will be a deduction of 3.0 per gymnast
- c) No other execution deductions under Art 34.3 - 34.7.1 are taken for the gymnast

#### 34.7.4 Wrong Number of Gymnasts (3.0)

- a) In case there are too few or too many gymnasts performing there will be a deduction of 3.0 per missing/extra gymnast per round
- b) If a mixed team does not have an equal number of male and female gymnasts, a deduction of 3.0 will be applied per missing or extra gymnast per round
- c) No other execution deductions are taken for the extra gymnast

#### 34.8 Summary of Execution Deductions (E panel)

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

Execution Deductions (10.0)	0.1	0.2	0.3 or more
1. Early Twisting (0.1 per gymnast/element)	X		
2. Contact with the Vaulting Table (0.6 per gymnast)	X	X	0.3/0.4/0.5/0.6
3. Height of Single Salto (0.3 per gymnast)	X	X	0.3
4. Body Shape in Saltos (0.5 per gymnast)	X	X	0.3/0.4/0.5
5. Opening (0.3 per gymnast)	X	X	0.3
6. Completion of Twist (0.4 per gymnast)	X	X	0.3/0.4
7. Landing position (0.3 per gymnast)	X	X	0.3
8. Landing inside the Landing Zone (0.3 per gymnast)	X		0.3
9. Control in Landing (1.0 per gymnast)	X	X	0.3/0.5/1.0
10. Coaches' Actions (1.5 per gymnast)			1.0/1.5
11. Streaming (0.1 per gymnast)	X		
12. Jogging Back Together Between Rounds (0.4 per team)			0.4
13. Running Through (3.0 per gymnast)			3.0
14. Wrong Number of Gymnasts (3.0 per gymnast)			3.0

#### 34.9 Execution Bonus (0.1)

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

## Art 35 Head Judge (E1) Deductions

E1 deductions are taken/subtracted from the final apparatus score.

### 35.1 Incorrect Timing (0.3)

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

### 35.2 Incorrect Music (0.3)

- a) The complete presentation is performed to the team's choice of music
- b) The music should be instrumental with no lyrics, this means no clear words even if we do not know what the words mean. Human voice may be used as an instrument, e.g. humming, whistling and other tones are allowed
- c) HJ deduction 0.3 for absence of music or music with clear lyrics

### 35.3 Incorrect Attire (0.3)

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

### 35.4 Coach Giving Verbal or Visual Instructions (0.3)

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

### 35.5 Wearing Jewellery (0.3)

- a) No jewellery of any kind may be visible on gymnasts or coaches according to the Art 3.2.1 and 7.2
- b) HJ deduction 0.3 once

### 35.6 Wearing Insecure or Intrusively Coloured Bandages (0.3)

- a) The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the Art 3.2.1 and 7.2
- b) HJ deduction for insecurely fastened or intrusively coloured bandages 0.3 once

### 35.7 Not Respecting Apparatus or Competition Requirements (0.3/item)

- a) The deduction for not respecting the apparatus or competition requirements is used in the following cases:
  - Entering the arena against the competition requirements
  - Marking the run-up with clothes or other things, or extending the run-up
  - Starting the performance before the green flag/light from the Head Judge (E1)
  - More than two coaches on the landing area
  - Both coaches failing to maintain their duty as safety spotter on the landing area. This may involve brief moments of leaving the landing area in fulfilling that duty. If leaving the landing area due to supportive action or injury there is no deduction
- b) HJ deduction for not respecting apparatus or competition requirements 0.3 per item



### 35.8 Summary of Head Judge (E1) Deductions

Summary of Execution HJ Deductions	Deduction
1. Incorrect Timing	0.3
2. Incorrect Music	0.3 once
3. Incorrect Attire	0.3 once
4. Coach Giving Verbal or Visual Instructions	0.3 once
5. Wearing Jewellery	0.3 once
6. Wearing Insecure or Intrusively Coloured Bandages	0.3 once
7. Not Respecting the Apparatus or Competition Requirements <ul style="list-style-type: none"> <li>- Entering the arena against the competition requirements</li> <li>- Marking the run-up with clothes or other things, or extending the run-up</li> <li>- Starting the performance before the green flag/light from E1</li> <li>- More than two coaches on the landing area</li> <li>- Both coaches leaving the landing area</li> </ul>	0.3/item

## PART IV - THE APPENDICES

- A1 Floor - Table of Difficulty
- A2 Floor - Summarised Execution Faults
- A3 Tumble - Table of Difficulty
- A4 Trampet - Table of Difficulty
- A5 Tumble and Trampet - Element Recognition for Difficulty
- A6 Tumble and Trampet - General Faults and Penalties
- A7 Tariff Forms

## APPENDIX 1

### FLOOR - GENERAL REQUIREMENTS FOR ALL DIFFICULTY ELEMENTS

To get the difficulty value for the element, the team must fulfil all the difficulty requirements for the element. The whole team must perform the same difficulty element in the same way (e.g. all gymnasts landing on one leg). Mirroring is allowed. If not otherwise noted the team can choose the way the element is performed (e.g. take-off direction, taking off/landing on one or two feet, body shape or the placement of arms and legs).

The difficulty elements must be performed by all gymnasts at the same time, according to the choreography.

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

Difficulty elements must all be marked on the tariff form.

**Body straight:** In elements with straight body requirement body exceeding/bending the tolerance is 30°.

**Body position:** In elements with upright body position the tolerance is 30°. In elements with upper body horizontal, body position is measured from the upper side of the torso (hip to inside shoulder joint), the tolerance is 15°. In elements with upper body not twisted the tolerance for twisting is 15°. In elements with body line at horizontal the tolerance is 30°.

**Leg separation/hip angle/knee angle:** In elements with flexibility requirement (e.g. leg separation or hip/knee angle in jumps/balances etc.) there is a general 15° tolerance for the leg separation and hip/knee angle requirements. Showing additional flexibility or smaller hip/knee angles does not affect the DV.

**Legs/knees together:** In elements with legs/knees together the tolerance is 15°.

**Legs/hips straight:** In elements with straight legs/hips requirement the tolerance is 15°.

**Arms straight:** In elements with arms straight requirement the tolerance is 15°.

**Rotation/twist:** The rotation/twist must be fulfilled, measured at the hips (take-off and landing/start and end in a pirouette). The tolerance for any under or over rotation at the start and/or the end of an element is 45° in total.

General difficulty requirements for element groups are listed below.

In the table of difficulty the first column contains the specific difficulty requirements. Some of the difficulty elements have additional details marked in the element box. Pictures are guidelines.

## **1. General difficulty requirement for Balances**

### **1.1 Hand Supportive Balances (HB)**

There must be a recognised shape without any additional movement. The whole body must be held in a static position for at least two seconds. Where there is slight movement, the difficulty will still be given e.g. for a handstand, the legs are moving slightly, but the hands are not moving. Only the hands must touch the floor (exceptions: HB202, HB602, HB203, HB603 and HB803). Legs must be straight (except in HB1001). The body line must be horizontal according to the definition of the element.

### **1.2 Dynamic Balances (DB)**

#### **1.2 A Dynamic Balances - Pirouettes**

A forward pirouette means turning in the direction of the supporting leg. A backward pirouette means turning in the opposite direction of the supporting leg. The Pirouette must be performed on one foot, on toes. Although, the turn must not be done by jumping, a slight hop to maintain balance will not affect the DV.

Optional placement of the free leg and arms. The free leg and the supporting leg can be straight or bent. The number of turns and height of the free leg define the value of the element. The free leg must be held in the correct position for at least  $\frac{3}{4}$  of the rotation.

A pirouette starts when the free leg and the heel is lifted from the ground. It is finished when the rotation has stopped; heel of the supporting leg touches the floor; or the free leg touches the floor.

All gymnasts must start the turn facing the same direction, according to the choreography.

#### **1.2 B Dynamic Balances - Power Elements**

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

There must be a controlled and continuous movement showing dynamic strength. The movement must be performed by using muscle power, not by the gravity. No pause  $\geq 2$  sec allowed. No fall or more than one step allowed. Starting and ending positions must be clearly visible, but no need to be held for two seconds.

No supportive weight on the legs during power elements.

### **1.3 Standing Balances (SB)**

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. Where there is slight movement, the difficulty will still be given e.g. scale, the arms are moving slightly, but the supporting leg is not moving. Legs must be straight. The elevated leg must be kept in the required position. When the free leg is bent (forwards/side) the heel is used to define the angle to the hip.

## 2. General difficulty requirements for Jumps, Leaps and Hops (J)

A recognised body shape (position) must be shown somewhere during the flight. The shape, twisting and landing must be according to the definition of the element.

Jump: Take-off from two feet and landing on two feet or one foot.

In jumps with twists all gymnasts must start the jump facing the same direction, according to the choreography.

Leap: Take-off from one foot and landing on the other foot, exceptions: switch leaps.

Hop: Take-off from one foot and landing on the same foot.

In twisting leaps and hops, the hips must be facing the same direction as the path taken by the gymnast at the point of take-off.

## 3. General difficulty requirements for Acrobatic elements (A)

For element recognition we refer to the definitions in Appendix 5. This includes 30° tolerance for straight legs in piked position.

## 4. General difficulty requirements for Group elements (G)

All gymnasts of the team must take part and play an active role in either a visible lift off the floor or a throw (i.e. lift, being lifted, throw and/or catch or being thrown) which can be done in one (1), two (2) or three (3) groups of at least three (3) gymnasts (in each group). If performed in groups, the performed group elements must have the same code number but the elements do not need to be similar.

Lift means that the group must get at least one of the gymnasts totally off the floor by the active support of fellow gymnasts.

- The lifted gymnast(s) can be clearly lifted by the others, or the others can support them so that they will be able to stay off the floor during the Group Element.

- Active support means that the supporter needs to work to perform the lift or to keep their own position to really support the lifted gymnast (e.g. not just lying or 'balasana' on the floor). Standing support, kneeling on all four or similar, while others use them to lift, is acceptable.

If the team is performing a throw from one group to another, the throwing and the catching group are counted as parts of one group.

In Group Elements with rotations and twists, the turn is always in reference to the gymnast(s) being lifted or thrown (no tolerance in rotation/twist). Rotation/twist during the lift is measured from ground to ground. Rotation/twist during the throw is measured during the free flight phase.

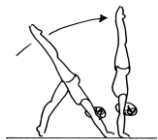

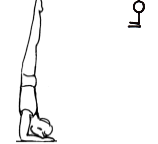
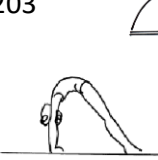

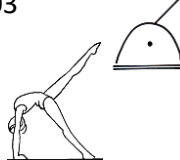
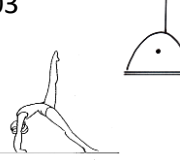


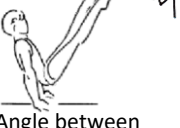

## 5. General difficulty requirements for Flexibility elements (F)

















The position must be clearly shown but it does not have to stay still. The shape must be fixed and well defined during the flexibility element.

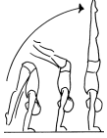


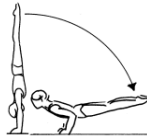

The position must be clearly shown but does not have to stay still. Leg separation defines the element, legs must be straight. Hip angle requirement must be fulfilled. The upper body fold requirement must be totally fulfilled, no tolerance.

## Floor - Table of Difficulty

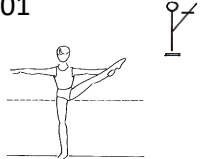
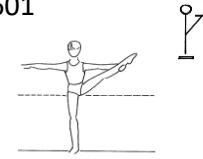
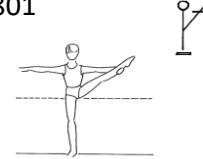
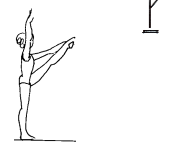
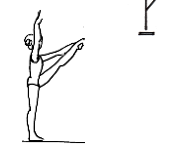
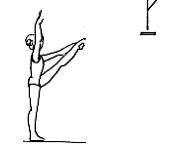
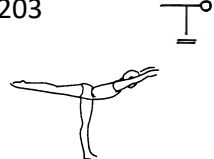
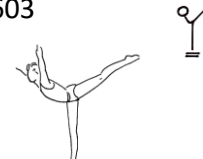
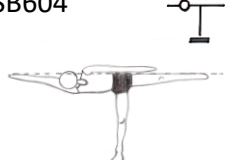
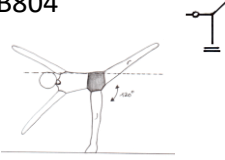
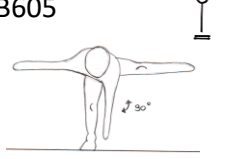
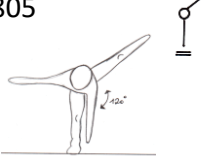
### 1 Balances





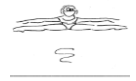


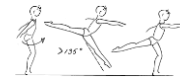
1.1 Hand Supportive Balances	0.2	0.4	0.6	0.8	1.0
<b>Handstand</b> HB1001: The arms must be straight (45° tolerance) and the legs above hip level. The placement of legs must be the same for the whole teams (45° tolerance on the posture and position of legs).					HB1001  Handstand
<b>Headstand/Forearmstand</b> Legs together	HB202  Head on floor		HB602  Forearm on floor		
<b>Planche on elbows/bridge</b> HB403: Body is supported on both hands on elbows or straight arms. Body line must be horizontal. Legs together or separated. HB203/HB603/HB803: Shoulders must be at least on top of the hands (as defined by a vertical straight line through the centre of the shoulders). No tolerance in free leg height.	HB203 	HB403  Planche on elbows	HB603  Leg 45° from vertical	HB803  Leg vertical	
<b>Straddle pike- or pike sitting-support</b> HB604/HB804: Legs together or separated. Both hands are placed at the side of the body, close to the hip. Leaning on the arms is not allowed.	HB204 	HB404  Legs together	HB604  Angle between legs and floor 45°	HB804  Angle between legs and floor 90°	




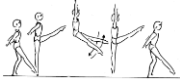
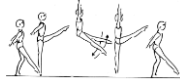


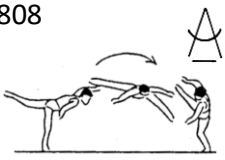


1.2 A Dynamic Balances - Pirouettes	0.2	0.4	0.6	0.8	1.0
<b>Forwards</b>	DB201   Rotation 360°		DB601   Rotation 540°	DB801   Rotation 720°	
<b>Backwards</b>	DB202   Rotation 360°		DB602   Rotation 540°	DB802   Rotation 720°	
<b>Forwards</b> Free leg without hand support 90° When the free leg is bent the heel is used to define the angle to the hip.			DB603   Rotation 360°	DB803   Rotation 540°	




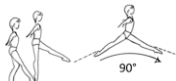




1.2 B Dynamic Balances - Power Elements	0.2	0.4	0.6	0.8	1.0
<b>Press up to handstand</b> Starting position is optional. Legs straight.			DB604  Legs separated	DB804  Legs together	
<b>Headstand/handstand to planche legs together or separated</b> DB405: From a controlled headstand, body straight, lowering to a planche on elbows with body line horizontal DB805: From a controlled handstand, to a planche on elbows with body line horizontal		DB405  Headstand to planche		DB805  Handstand to planche	
<b>From handstand to straddle pike sitting support</b> Lowering from handstand to straddle pike sitting support. Legs must be straight the whole way.				DB806  Legs separated	


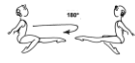
















1.3 Standing Balances					
Standing Balances	0.2	0.4	0.6	0.8	1.0
<b>Side balance with help of hand</b> Free leg on the side with help of hand. Body in upright position.	SB201  Leg separation 90°		SB601  Leg separation 135°	SB801  Leg separation 180°	
<b>Frontal balance</b> Free leg in front with help of hand/hands. Body in upright position.	SB202  Leg separation 90°		SB602  Leg separation 135°	SB802  Leg separation 180°	
<b>Scale</b> Upper body must be horizontal or above.	SB203  Leg separation 90°		SB603  Leg separation 135°		
<b>Scale sideways without help of hand</b> Upper body must be horizontal. The upper body and the leg must stay in the frontal plane. The hip must be extended, upper body not twisted.			SB604  Leg separation 90°	SB804  Leg separation 120°	
<b>Side balance</b> Upper body at horizontal, free leg to the side.			SB605  Leg separation 90°	SB805  Leg separation 120°	






2 Jumps, Leaps and Hops (J)					
2.1 Jumps	0.2	0.4	0.6	0.8	1.0
<b>Straight jump with twisting</b> Body straight, straight legs together.		J401  Twist 360°	J601  Twist 540°		
<b>Tuck jump with twisting</b> Tucked position, hip and knee angle 90°.			J602  Twist 360°	J802  Twist 540°	
<b>Straddle pike jump with or without twisting</b> Leg separation 90°, clear pike 90°, legs straight without a kick.		J403 		J803  Twist 180°	
<b>Sissone (landing on one foot)</b> Legs straight, front leg minimum at 45° (no tolerance).			J604  Leg separation 135°	J804  Leg separation 180°	

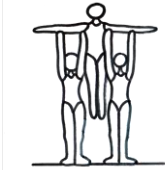


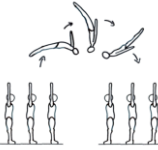
2.2 Leaps	0.2	0.4	0.6	0.8	1.0
<b>Cat leap with and without twisting</b> Legs bent. Leg change during the flight. Thighs horizontal (no tolerance). J405: Legs straight after leg change, showing leg separation 135°.	J205 	J405  Leg separation 135°	J605  Twist 360°		
<b>Scissors leap</b> Legs straight. Leg change during the flight. First leg must reach horizontal (no tolerance).	J206  Leg separation 90°		J606  Leg separation 135°		
<b>Scissors leap with twisting 180° (Entrelacé)</b> Legs straight. Leg change during the flight. First leg must reach horizontal (no tolerance). Turn/twist must be fulfilled before leg change. Leg separation after the turn defines the element.			J607  Leg separation 90°	J807  Leg separation 135°	
<b>Butterfly</b> Legs separated, upper body at horizontal, thighs horizontal or above, no tolerance, stomach downwards.				J808 	
<b>Double stag leap</b> Legs bent 90°. Leg separation is measured between thighs.			J609  Leg separation 135°	J809  Leg separation 180°	

Leaps continue	0.2	0.4	0.6	0.8	1.0
<b>Split leap to straddle pike position with twisting</b> Legs straight without a kick. Leg separation defines the element. Clear pike 90°.		J410  Twist 90°	J610  Twist 180° Leg separation 90°	J810  Twist 180° Leg separation 135°	
<b>Split leap forward</b> Legs straight without a kick.	J211  Leg separation 90°		J611  Leg separation 135°	J811  Leg separation 180°	
<b>Switch leap</b> Legs straight without a kick. First leg must swing forwards at least 45° (no tolerance) before the leg change. Leg separation after the leg change defines the element.			J612  Leg separation 135°	J812  Leg separation 180°	

2.3 Hops	0.2	0.4	0.6	0.8	1.0
<b>Wolf hop with or without twisting</b> Straight leg in front, other leg tucked. Knees together. Hip and bent knee angles 90°.		J413 		J813  Twist 180°	
<b>Straight hop with twisting</b> Body straight, straight legs together without a kick.			J614  Twist 360°	J814  Twist 540°	
<b>Straight hop with twisting, one leg bent</b> Body straight, one leg straight, one leg bent. Hip and bent knee angles 90°.		J415  Twist 360°			
<b>Tuck hop with twisting</b> Tucked position, hip and knee angles 90°.				J816  Twist 360°	

3 Acrobatic Elements					
3.1 Forward Elements	0.2	0.4	0.6	0.8	1.0
<b>Forward saltos</b> Take-off and landing optional (one foot/two feet) Exception - A401: The landing in sitting position must be with hands and foot before any other part of the body. A601: Tucked position A801: Piked position		A401  Sitting salto	A601  Tucked salto	A801  Piked salto	
<b>Forward elements</b> A402, A802: Take-off from one leg and landing optional (one foot/two feet)		A402  Handspring		A802  Free handspring	
3.2 Backward Elements	0.2	0.4	0.6	0.8	1.0
<b>Backward saltos</b> A803: Take-off from 1 leg, landing on 1 or 2 legs, salto in tucked position			A603  tucked salto	A803  Gainer salto tucked	
<b>Backward elements with hand contact</b> A604: Take-off from 2 legs, landing on 1 or 2 legs A804: Take-off from 1 leg, landing on 1 or 2 legs		A404  Walk over bw	A604  Flic flac	A804  Gainer Flic flac	

3.3 Sideways Elements	0.2	0.4	0.6	0.8	1.0
<b>Sideways salto</b> The sideways salto can vary in terms of take off direction (between forwards and sideways with 45° tolerance). Taking off/landing can be on one or two feet. Body position is optional (eg.: tucked, piked). Landing must be sideways.				A805  Sideways salto	
<b>Sideways cartwheel elements</b> A406: The team may choose to use the first or the second hand in a cartwheel.	A206  Cartwheel	A406  Cartwheel with one hand		A806  Free cartwheel	
<b>Sideways Gumbi</b> A807: Gumbi= "Bridge circle": Cartwheel in an arched position, started sideways or backwards.				A807  Gumbi	

4 Group elements	0.2	0.4	0.6	0.8	1.0
<b>Lift</b> G601: The lifted gymnast(s) must be off the ground for at least 2 seconds. G801: The rotation/twist during the lift is measured from ground to ground.			G601  Lift	G801  Lift with rotation in longitudinal, transverse or sagittal axis ( $\geq 180^\circ$ )	
<b>Throw</b> The thrown gymnast(s) must show clear flight, free of supporting gymnasts. G802: The rotation/twist during the throw is measured during the free flight phase.			G602  Throw	G802  Throw with rotation in longitudinal, transverse or sagittal axis ( $\geq 90^\circ$ )	



5 Flexibility Elements	0.2	0.4	0.6	0.8	1.0
<b>Straddle pike sitting fold</b> Leg separation 90°. F801: Upper body folded all the way down, chest or/and shoulders touch the floor.		F401  Hip angle 45°		F801 	
<b>Piked fold, legs together</b> F602/F802: Chest or/and shoulders must touch straight legs.		F402  Hip angle 45°	F602 	F802 	
<b>Split</b> Thighs must touch the floor. The position of upper body and arms is optional.					F1003 
<b>Side Split</b> Legs and hip in straight line. The position of upper body and arms is optional. F1004: Thighs must touch the floor.				F804  Leg separation 135°	F1004 
<b>Kneeling leg lift sideways</b> Free leg on the side with help of hand. Hips straight. Leaning on side and hand touching the floor is optional.		F405  Leg separation 90°		F805  Leg separation 135°	F1005  Leg separation 180°

## APPENDIX 2

### FLOOR – SUMMARISED EXECUTION FAULTS

#### 1 Guidelines for Summarising Execution Deductions

- Assess the errors per gymnast before assessing the team deduction
  - GYMNAST first
  - TEAM second
- Multiple errors for any one gymnast at any moment can collectively increase the level of error from minors to moderates or moderates to majors. Identify all individual faults, at the given point of the routine, and classify them per gymnast, as either minor, moderate or major. In case there is more than one fault, they are added and rounded down to the nearest classified fault (0.2 for moderate, 0.4 for major) according to the first row in the table above (One gymnast makes the fault). All execution faults in CoP 24.3 are considered at the same time
  - E.g. one gymnast makes one minor and one moderate fault ( $0.1 + 0.2 = 0.3$ ). This is rounded down to 0.2 and classified as a moderate fault for that gymnast
  - E.g. one gymnast makes one minor and two moderate faults ( $0.1 + 0.2 + 0.2 = 0.5$ ), which is rounded down to 0.4 and classified as a major fault for that gymnast
- Estimate the number of gymnasts making the minor, moderate and major faults as identified above. For each size of fault, it could be either one gymnast, less than half of the team or half or more of the team
  - E.g. two gymnasts (less than half of the team) make minor faults, and one gymnast makes a major fault
- Summarise the deductions for the team. The summarised execution deduction for the team is defined by the number of gymnasts making faults classified as minor, moderate or major. The available deductions at any given point of the routine are 0.1, 0.2, 0.4, 0.7 or 1.0. Combinations of different sizes of faults are added and rounded down to the nearest available deduction according to the table in CoP section 24.2
  - In case there are only minor faults, the maximum deduction can never exceed 0.4
  - In cases there are moderate faults, including any minor faults, the maximum deduction can never exceed 0.7
  - In case there are major fault(s) including any minor and/or moderate faults, the maximum deduction can never exceed 1.0
- When assessing the team deduction, the collective summarised errors of all the gymnasts cannot increase the level of error. E.g. multiple gymnasts with summarised moderate errors cannot result in more than a moderate deduction

## 2 Floor – Summarised Execution Deductions

Floor Execution Faults/Deductions	Minor	Moderate	Major
<b>1.1 Synchronisation</b>			
Deduction if a gymnast is not synchronised with the rest of the team when intended	Gymnast about one beat ahead/after	Gymnast about two beats ahead/after (e.g. coming earlier down from a balance element)	Gymnast “lost”; performing totally different or not performing at all
<b>1.2 Uniformity in execution</b>			
Deduction if there are differences in performing elements meant to be the same, including difficulty related mistakes (E.g. leg separation, twisting, angles, bent supporting legs)	Subtle differences, e.g. <15° variation of leg separation within the team	Visible differences, e.g. >15° - 45° variation of leg separation within the team	Large differences, e.g. >45° variation of leg separation within the team
<b>1.3 Amplitude and Extension</b>			
Deduction if missing amplitude or extension	Performance with restrictive movement, e.g. not pointed feet		
<b>1.4 Balance and controlled execution</b>			
Deduction if lack of balance or control	Extra/contra movements to maintain balance, one hop/jump/step to maintain balance	Several hops/jumps/ steps to maintain balance, hand/knee support	Fall Total loss of balance leading to a heavy fall to seat, lying or hands and knees
<b>1.5 Precision in formations</b>			
Deduction if gymnasts are not forming the shape shown on the tariff form	Gymnast out of formation		

## APPENDIX 3

### Tumble - Table of Difficulty

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

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

#### 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

The DV of all saltos performed at the start are based on the values for the listed basic elements.









































E.g. the DV for a straight salto with half twist performed as a starting salto is calculated from the element Straight salto (At start) and the additional value for half twist (0.3 + 0.1).

































The DV for a straight starting salto with one and a half twist is calculated from the basic element Straight salto 1/1 (At start) and the additional value for half twist (0.4 + 0.1).

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

## APPENDIX 4

### Trampet - Table of Difficulty

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 	1H
0.40	Handspring		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<
1.10	Tsukahara straight	TSU /	T/
1.30	Tsukahara straight 1/1 ★	TSU / 360	T/2
1.50	Tsukahara straight 2/1 ★	TSU / 720	T/4
0.90	Handspring salto tucked	 = 	HO
1.00	Handspring salto piked	 = 	H>
1.20	Handspring salto straight	 = 	H\
1.00	Handspring salto tucked ½	 =  180	HO1
1.10	Handspring salto piked ½	 =  180	H>1
1.30	Handspring salto straight ½	 =  180	H\1
1.50	Handspring salto straight 1½	 =  540	H\3
1.70	Handspring salto straight 2½	 =  900	H\5
1.70	Double Tsukahara tucked	TSU 	TOO
1.90	Double Tsukahara piked	TSU 	T<<
2.10	Double Tsukahara straight	TSU 	T\
2.10	Double Tsukahara tucked 1/1	TSU  360	TOO2
1.80	Handspring double tucked ½	 =  180	HOO1
2.00	Handspring double piked ½	 =  180	H<<1
2.40	Handspring double straight ½	 =  180	H\1
2.20	Handspring dbl. tucked 1½	 =  540	HOO3
2.60	Handspring dbl. tucked 2½	 =  360  540	HO2O3

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
0.70	Double salto tucked		OO
0.80	Double salto piked		>>
0.90	Double salto straight		\
0.80	Double salto tucked ½	 180	OO1
0.90	Double salto piked ½	 180	>>1
1.00	Double salto tucked 1½	 540	OO3
1.00	Double salto straight ½	 180	\1
1.20	Double salto straight 1½	 540	\3
1.40	Double salto straight 2½	 900	\5
1.70	Double salto straight 3½	 1260	\7
1.60	Triple salto tucked ½	 180	OOO1
1.80	Triple salto piked ½	 180	>>>1
2.10	Triple salto straight ½	 180	\1
2.00	Triple salto tucked 1½	 360  180	O2O1O
2.40	Triple salto tucked 2½	 360  360  180	O2O2O1
2.90	Triple salto tucked 3½	 360  360  540	O2O2O3

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

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

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

#### Additional Values for Twisting

a) 0.1 for each half twist (180°) in single and double saltos

b) 0.2 for each half twist (180°) in triple saltos

c) 0.1 extra for twisting 1080° and for each further full twist

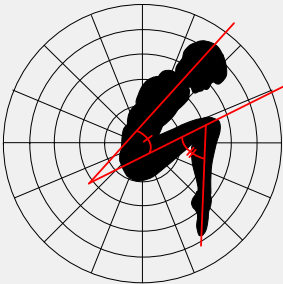

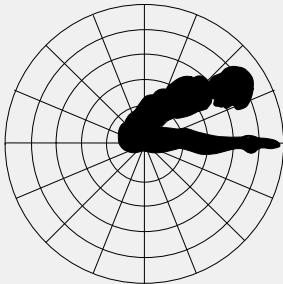
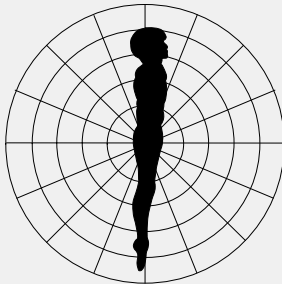
The difficulty value for triple saltos with blind landings are calculated by removing the additional value for twisting.

## APPENDIX 5

### TUMBLE AND TRAMPET - ELEMENT RECOGNITION FOR DIFFICULTY

#### 1 Required Body Positions in Saltos

Gymnasts can rotate in tucked/pucked, piked or straight body positions to the following shape requirements

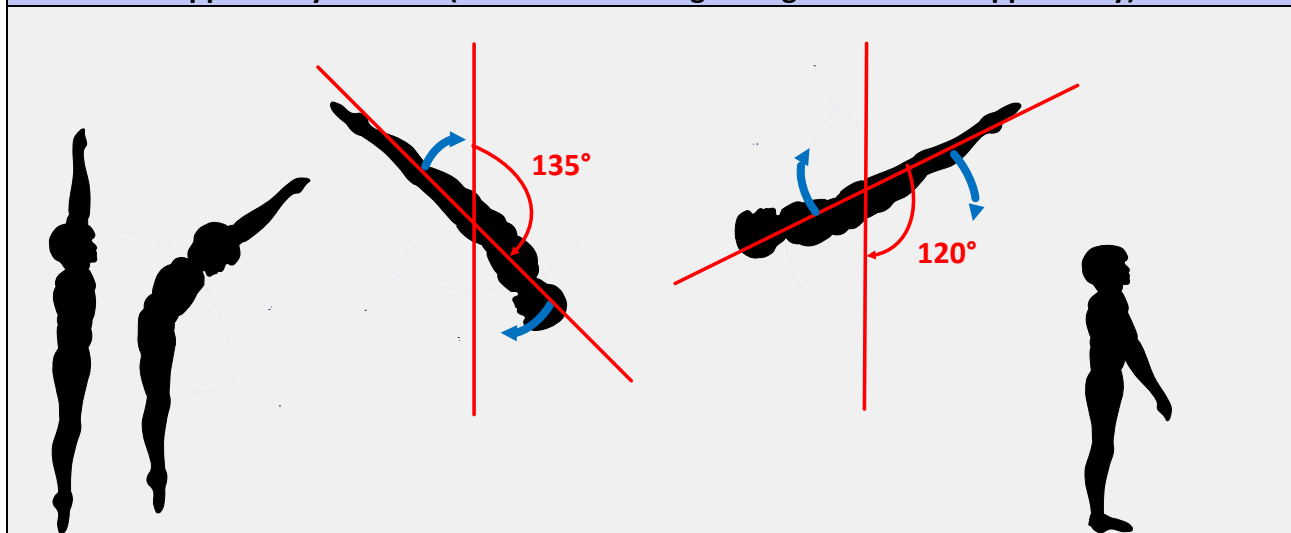
Tucked position	Pucked position	Piked position	Straight position
			
<p>In a tucked body position the knees and hips are bent and drawn towards the chest</p> <p>A tuck must achieve a hip angle no greater than 135° and knee angle no greater than 135°</p>	<p>A pucked body position is a modification of the tucked position for twisting multiple saltos **</p> <p>A pucked body position is typically 120° in the hips and 90°-120° in the knees</p>	<p>In a piked body position the body is bent in the hips with the legs straight</p> <p>A Pike must achieve a hip angle no greater than 135° and no less than 150° at the knees. * Knee angles less than 150° will be considered tucked</p>	<p>A straight body position is exactly 180° in both hips and knees</p> <p>A Straight must achieve a hip angle no less than 135° * and knee angles no less than 135°. Knee angles less than 135° will be considered tucked</p>

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

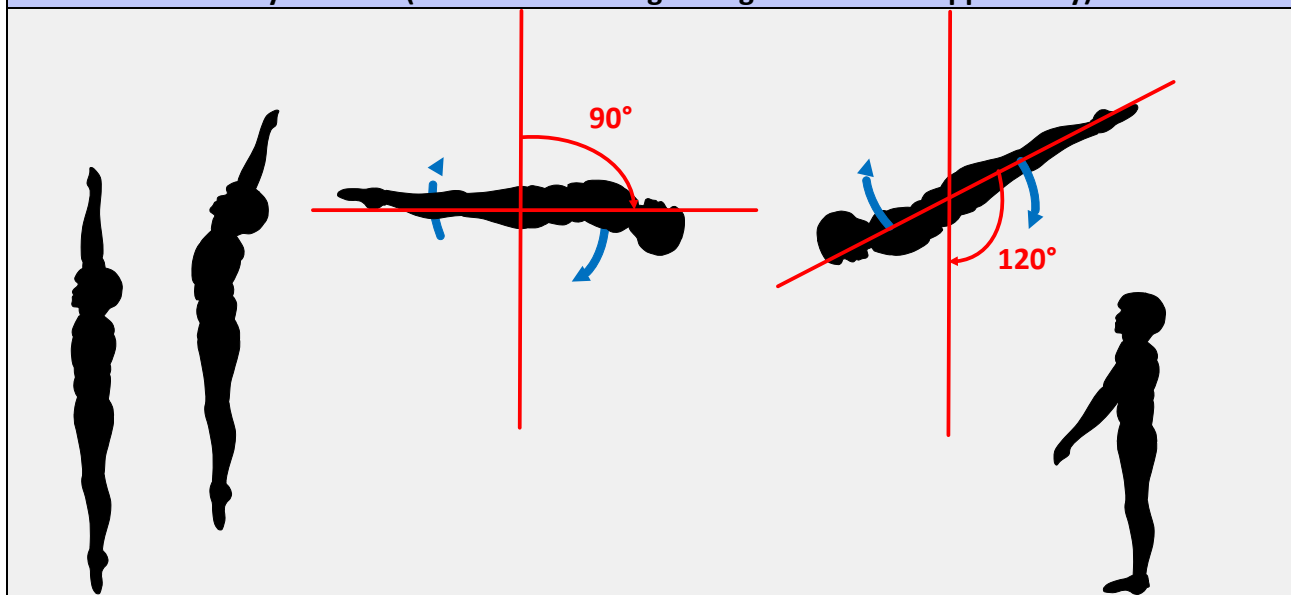
\*\*In double and triple saltos with more than half twist, the tucked position may be slightly modified (opened) and is then referred to as a pucked position. The pucked position is regarded as tucked in terms of difficulty.

Shape is evaluated during the aerial phase.

**Forward Salto – Aerial Phase: From the first 135° of upper body rotation to the last 120° of upper body rotation (2 o'clock at the legs if aligned with the upper body)**

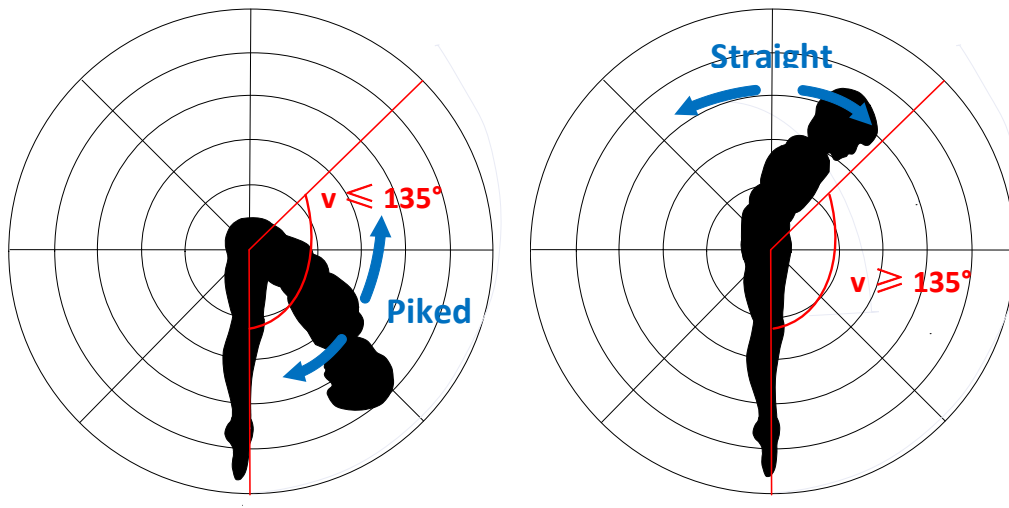


**Backward Salto Aerial Phase: From the first 90° of upper body rotation to the last 120° of upper body rotation (2 o'clock at the legs if aligned with the upper body)**



The lowest value shape shown during the aerial phase defines the difficulty value of the element. A straight salto must be shown throughout the aerial phase, whereas tuck, puck and pike need only be shown during the aerial phase. This is also the case with double and triple saltos where shape must be achieved in each respective rotation for tuck/puck/pike and held throughout for straight.





Recognition of piked (left) versus straight (right) body positions. The pictures indicate the angle at the hips. Red lines show  $135^\circ$  between legs and upper body.

## 2 Twisting Requirements

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

There is a  $90^\circ$  tolerance for division of twists.

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

## 3 Double and Triple Saltos

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

## 4 Whipback

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

## 5 Elements other than saltos

For round-off, handspring, flyspring and flic flac there must be contact from hands and feet. The minimum requirement is light contact from at least one hand and foot.

Round-off – Although starting forwards from a run this skill is classified under backward elements because it conventionally begins backward tumbles. It involves a transition from feet to hands with a 180° turn before returning to the feet. The body positioning of a round off varies depending if a horizontal or vertical direction is intended after it.

Handspring – This is a forwards tumbling element involving a forward lunge, transitioning from feet to hands and back to feet with an extended body shape. Exit from a handspring to two feet or a step out depending on what skills are intended to follow.

Flyspring – This is a forwards tumbling element involving an off balance entry forwards from two feet, transitioning to hands and back to feet with an extended body shape. Flyspring exits are to two feet.

Flic Flac – Also known as back flip, back handspring and often abbreviated to 'flic'. This is a backwards tumbling element involving an off balance position, transitioning backwards from feet to hands and back to feet again. The body position on exit depends on what skill is intended to follow.

For all of the above skills the arms and legs should be fully extended as they leave the track but entry may vary.

## 6 Tsukahara with 360° twist and Kasamatsu

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

## 7 Recognition of Different Elements

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

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 a double salto with half twist in and full twist out.

When performing double and triple saltos with two or more twists the exact placement of the twists is not considered. A double straight salto with 540° twist in the first and 360° twist in the second salto is thus recognised as the same element as a double straight with 360° twist in the first and 540° twist in the second salto.

These principles of shape and twist placement in salto may affect composition, in particular, the team round.

## APPENDIX 6

### 1 Tumble and Trampet - General Execution Faults and Penalties

Various different deductions apply at each phase of salto and vaulting elements. Each deduction detailed below also notes how much or how many deductions can be given as follows:

Note:

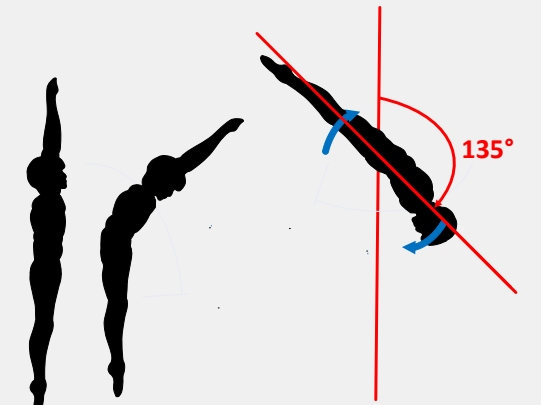
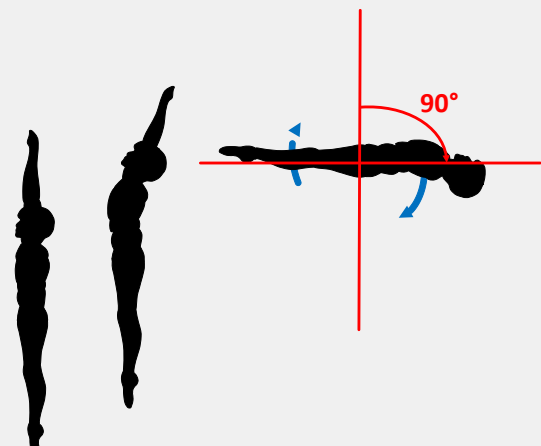
- i. All deductions in this section can be applied but must not exceed the maximum deduction noted in brackets in the header
- ii. Only one deduction can be applied

#### 1.1 Phases of Salto and Vaulting Elements

##### 1.1.1 Take-off phase

The deductions that apply to this phase are early twisting (Trampet & Tumble) and vault take off (Trampet vault only).

- Forward Saltos: This is from contact with the floor/apparatus to the first 135° of upper body rotation.
- Backward Saltos: This is from contact with the floor/apparatus to the first 90° for upper body rotation

	<p>For all forward saltos, the take-off phase is evaluated from contact with the floor/apparatus to the first 135° of upper body rotation</p>
	<p>For all backward saltos, the take-off phase is evaluated from contact with the floor/apparatus to the first 90° for upper body rotation</p>

### 1.1.2 Aerial Phase

This starts from the end of the take-off phase. The finish point depends on the salto shape. Body Shape in Saltos and Height of Single Saltos is the only deduction in this phase.

- Tucked, Pucked and Piked Shapes: The aerial phase of these skills ends after the optimal shape has been achieved and begins to open
- Straight Shape: The aerial phase of these skills ends in the last 120° of upper body rotation (2 o'clock for legs aligned with body)

### 1.1.3 Preparation for Landing Phase

This is from the end of the aerial phase (see above) to the arrival at the landing mats.

### 1.1.4 Landing Phase

This phase is from the point of first touch contact with the mats to the gymnast reaching a stationary position (inclusive of any coach action to secure this across all phases).

## 1.2 Execution faults during the Take off Phase

### 1.2.1 Early Twisting (0.1 - ii)

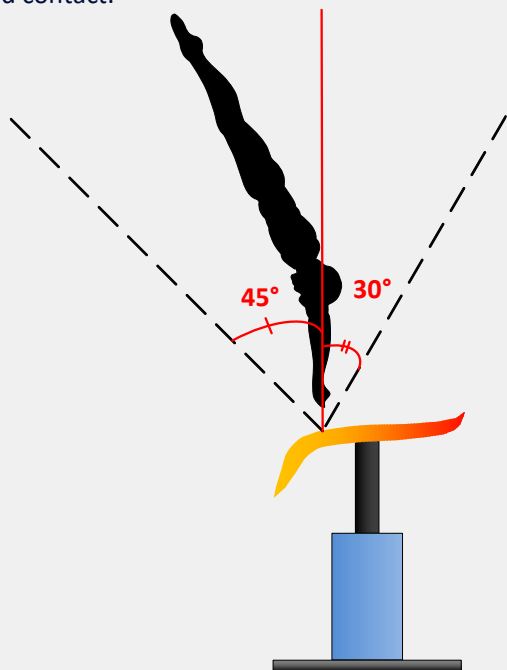
Early Twist	Application:	<p>All salto elements. Not intended for vault or other tumble elements e.g. handsprings, cartwheels and flick flac.</p> <p>The hip should be transversely aligned at the point of take-off (45° tolerance)</p>		
	Scope	0.1	0.2	0.3
Hip >45° at the point of take-off	Per gymnast/per element	X		

### 1.2.2 Contact with the Vault (0.6 - i)

<p>Gymnasts must touch the table with both hands, leaving** the vaulting table in an extended body position through the vertical*, and use the vaulting table to achieve a visible lift off the table.</p> <p>When leaving the vaulting table, the gymnast should be vertical (-45° to +30° from the vertical line through the point of contact), and in an extended body position (knee, hips, shoulder angle &gt;150°) with straight arms (&gt;135° in the elbows).</p> <p>There are no requirements for body position before leaving the vaulting table (first flight).</p>
--

**\* How to assess the vertical:**

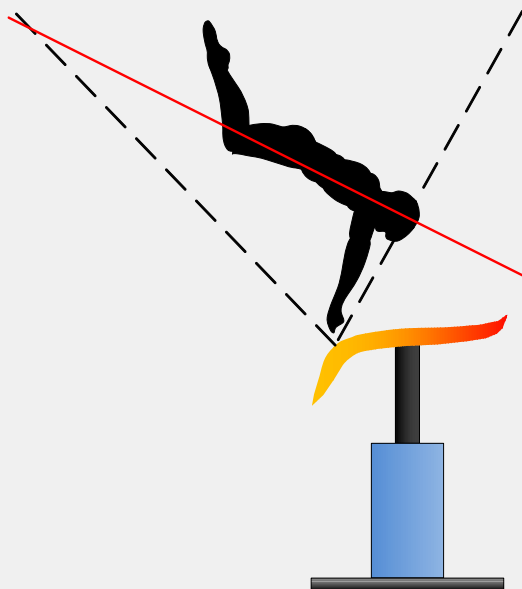
A vertical line from the point of hand contact establishes 'the vertical' with 45° to the trampet side of the vault and 30° to the landing zone side. This creates a cone shaped zone about the point of hand contact.



Assessing the vertical and angles of tolerance

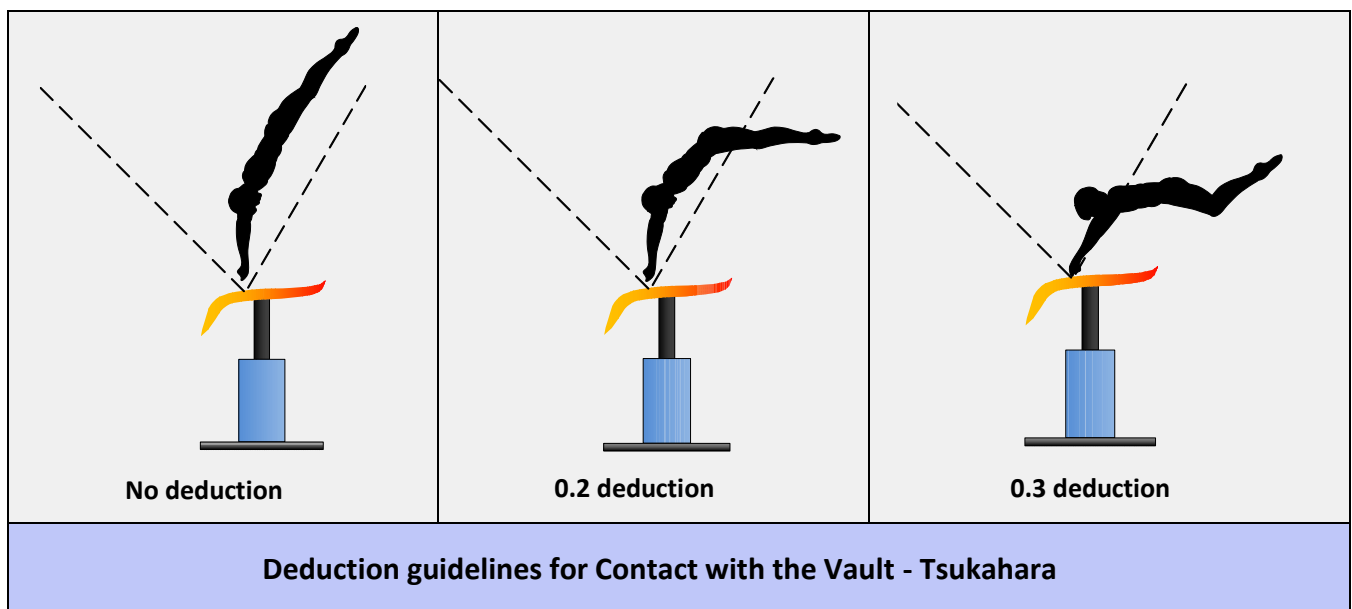
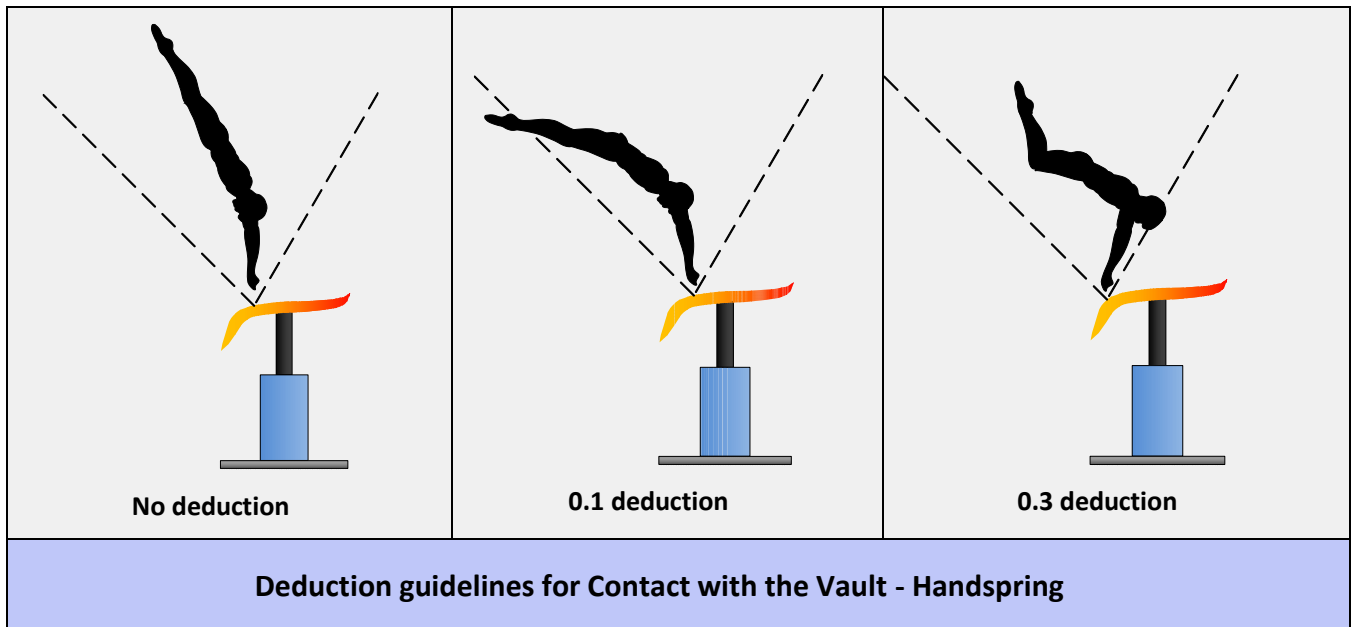
**\*\* How to assess the position upon leaving the vault:**

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



Angle when leaving the vault

Execution Faults		0.1	0.2	0.3 or more
- Leaving the vaulting table too early (angle when leaving outside the 45° to the trampet side)	per gymnast	X	-	-
- Leaving the vaulting table too late (angle when leaving outside the 30° to the landing zone side)		-	X	-
- Not leaving the vaulting table with extended body position (>150°)		X	X	-
- Not having straight arms when leaving vaulting table		-	X	-
- Touching the vaulting table with only one hand		-	-	0.6
- No visible lift of the vaulting table		X	-	-

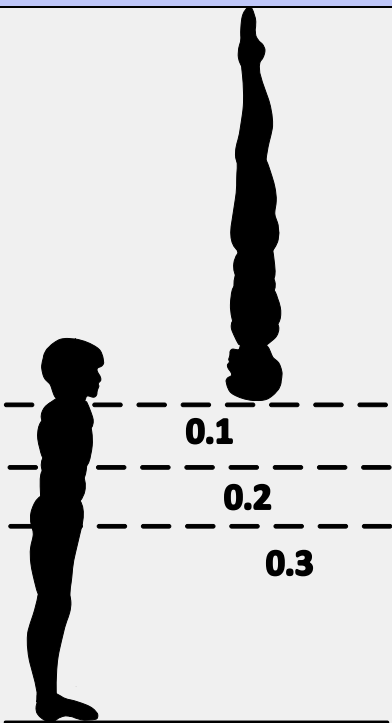
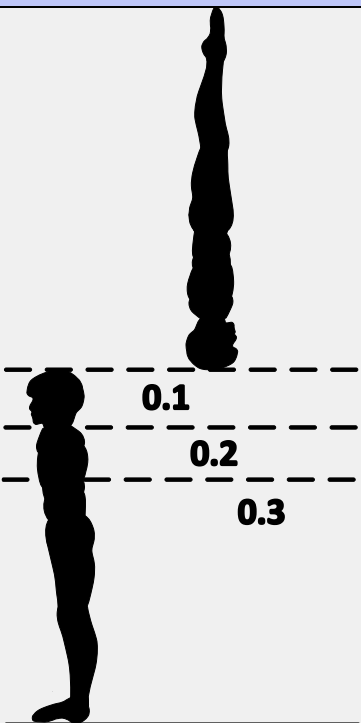
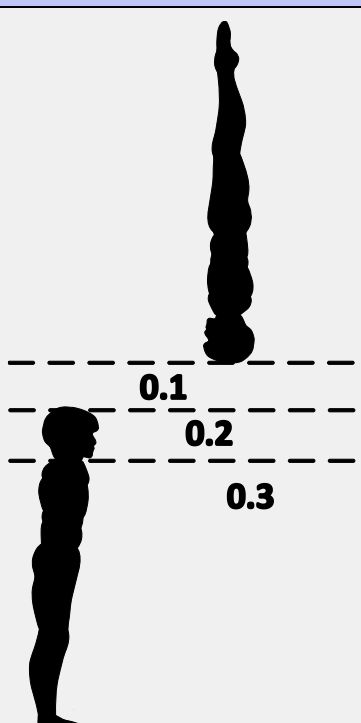


### 1.3 Execution Faults during the Aerial phase

#### 1.3.1 Height of Single Salto (0.3 - ii)

This deduction only applies to single saltos not multiple saltos. For tumble this only relates to the final skill in a gymnast's series.

Reference position would be the gymnast's standing height on the landing mat.

Tumble Forward	Tumble Backward	Trampet
		

### 1.3.2 Body Shape in Saltos (0.5 - i)

Body shape is evaluated during the aerial phase. For tucked, pucked and piked shapes this is between take off phases and the achievement of the optimal shape before the shape begins to open. Opening is the release of the optimal body shape moving towards the extended body position before landing. In the absence of any opening the aerial phase shall finish at the last 120° of upper body rotation. Therefore, this deduction applies to the best shape achieved during the aerial phase. However, for straight shapes, the shape must be held from the end of the take-off phase to the last 120° of upper body rotation.

Where double and triple saltos are concerned, the shape of each rotation is evaluated when deciding the overall deduction for the element.

Other body errors (split/crossed legs, head errors, feet errors and arms not close to body/axis of rotation) are deductible across the aerial phase (including the opening), but each can only be taken once per gymnast.

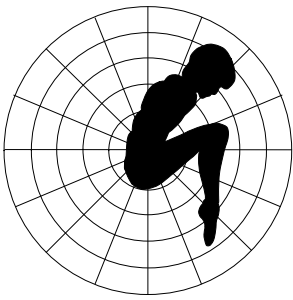
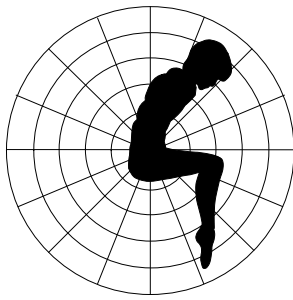
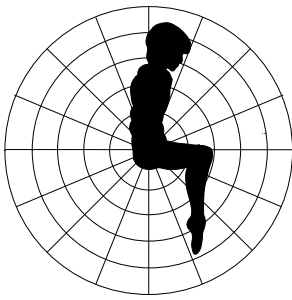
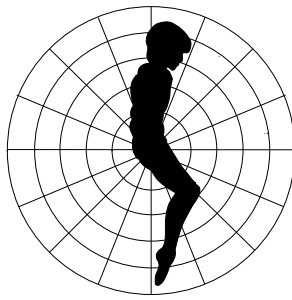
Not intended for other tumble elements e.g. handsprings, cartwheels and flic flac.

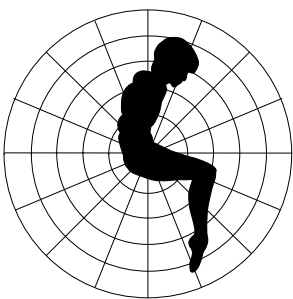
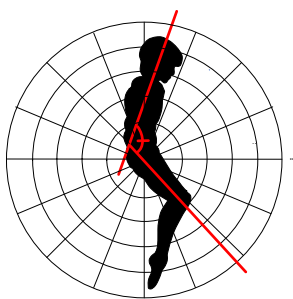
Tucked/pucked, piked and straight body positions must be performed with clear and defined body shape, with feet and legs kept together and the feet and toes pointed. Both hip and knee angles must be considered for body position deductions. Deductions for body position in multiple saltos are taken per element (not for each rotation of the element) and should be an overall impression of the shapes shown in the element.

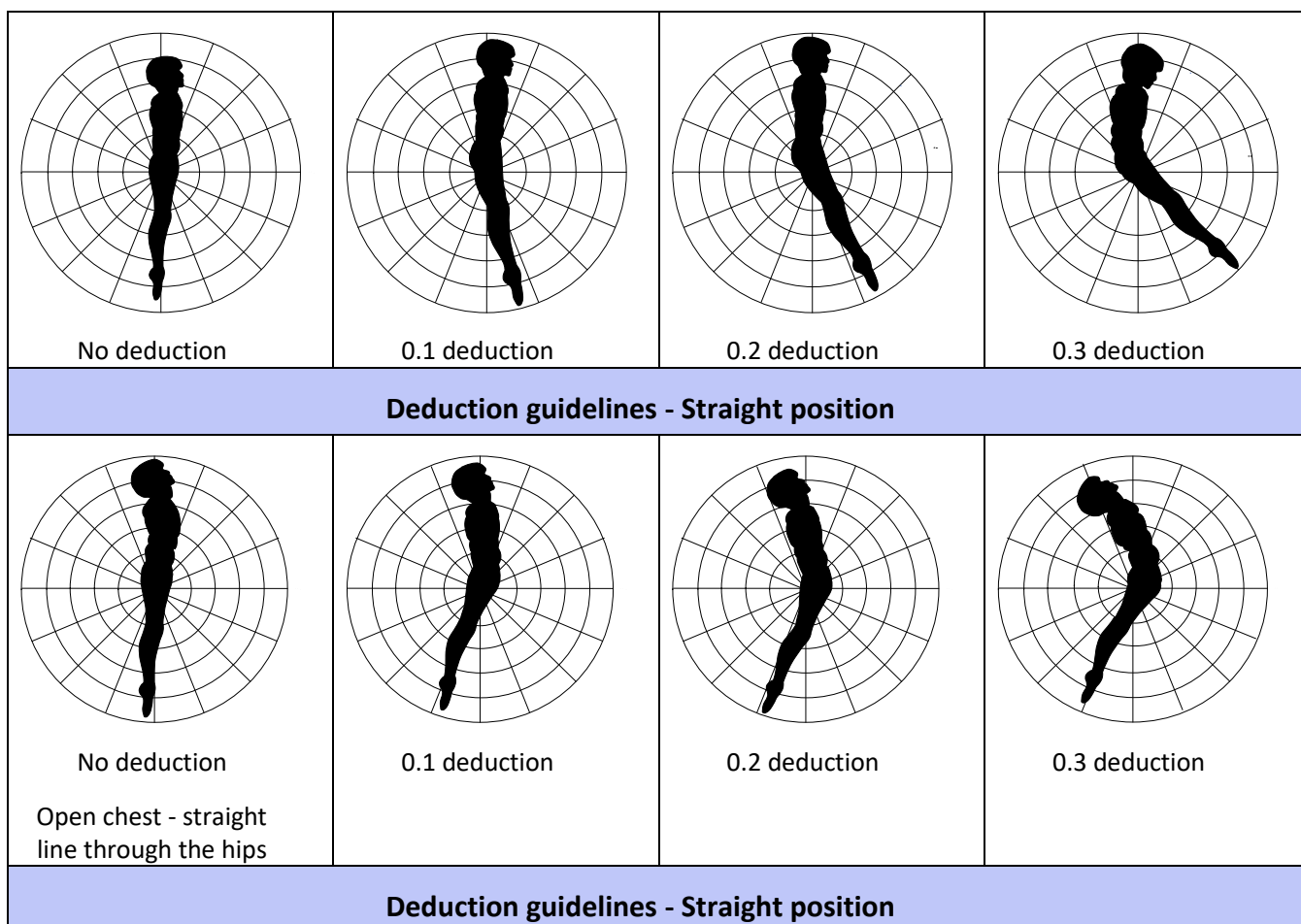
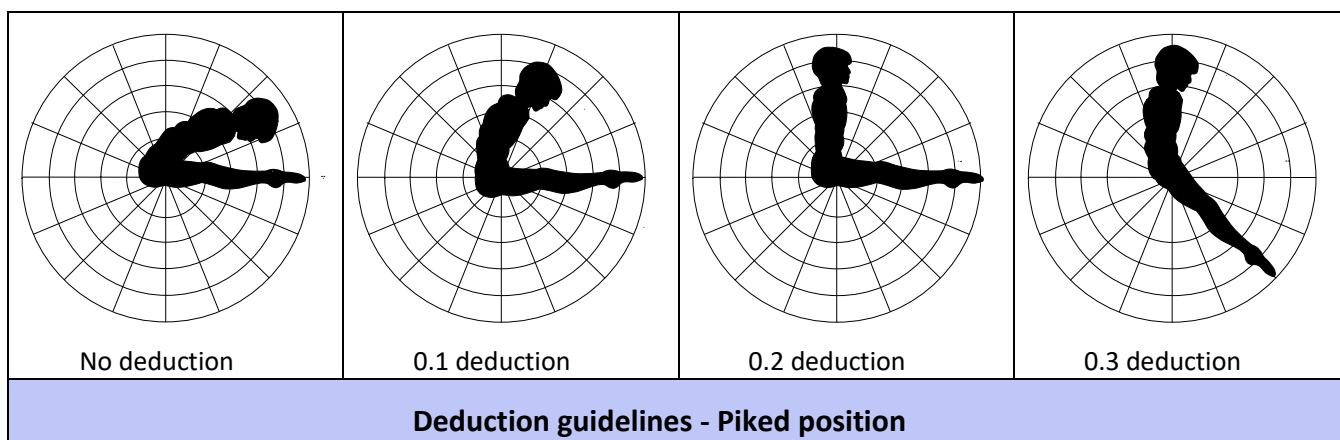
The pucked position is allowed when twisting more than 180° in multiple saltos.



Body shape and other body errors	Application:	All salto elements		
	Scope	0.1	0.2	0.3
Body shape (hip and knee angle faults)	Per gymnast/ per 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		

			
No deduction	0.1 deduction	0.2 deduction	0.3 deduction
Deduction guidelines - Tucked position			

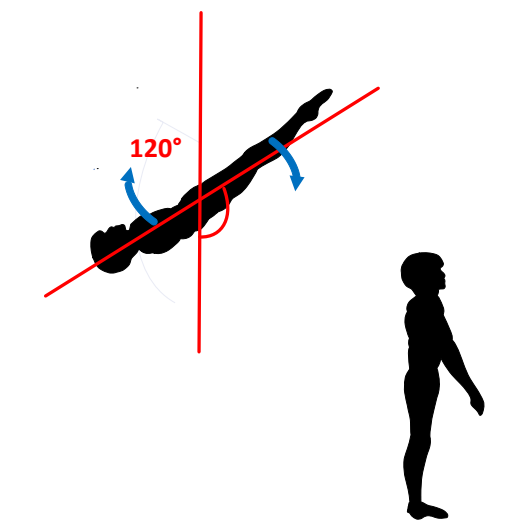
			
No deduction Hip angle ~120°	0.1 deduction Hip angle ~135°		
Deduction guidelines - Pucked position			



## 1.4 Execution Faults during Preparation for landing

### 1.4.1 Opening (0.3 - i)

Where there is a direct kick out from the optimal aerial shape (tucked/pucked/piked) to extended body position ( $>150^\circ$  hip and knee angle), which is held until the last  $120^\circ$  of upper body rotation (all shapes) there should be no deduction for opening.



The following is deductible under opening:

- Partial opening: The optimal body shape moves to a more deductible shape without kicking out to the extended body position ( $150^\circ$  hip and knee angle). There are 0.1 for partial opening ( $135^\circ$ - $150^\circ$  hip and knee angle).
- Late opening: Extended body position achieved after  $120^\circ$  of upper body rotation (i.e. 2 o'clock kick out)
- Extended shape not held: This is where the extended body shape (of any salto) is not held until the last  $120^\circ$  of upper body rotation (2 o'clock kick out)
- No Opening: This is where the shape never achieves the open body position before landing

Opening	Application:	All final saltos (including the last rotation in multiple saltos)		
	Scope	0.1	0.2	0.3
Partial opening to minimum extended body position	Per gymnast	X		
Late opening or opening not held		X		
No opening				X

### 1.4.2 Completion of Twist (0.4 - i)




Twisting	Application:	All salto elements		
	Scope	0.1	0.2	0.3
Twist not completed by the last 90° of upper body rotation	Per gymnast / per element	X		
Under / over rotated twist at the point of arrival		X (30°-45°)		X (>45°)

## 1.5 Execution Deductions during the Landing Phase

### 1.5.1 Landing position (0.3 - ii)

Landing positions are assessed at the point where a gymnast has absorbed the initial force of arrival, which may be before control has been established. Gymnasts should land the last element with an upright body with feet within the landing area. Upper body positions clearly above horizontal (90°) are not deductible. Bending the legs are also not deductible unless hips drop below the knees (which is a deep squat).

Landing Position	Application:	All final elements		
	Scope	0.1	0.2	0.3
Upper body position	Per gymnast / per element	X	X	
Deep knee bend (squat)				X

Hip Angles (There is no deduction for bending the knees unless below hips)	Deductions
	<p>No deduction - Upper body clearly above horizontal (90° relative vertical)</p>
	<p>0.1 Upper body close to horizontal (90° relative vertical)</p>
	<p>0.2 Upper body clearly below horizontal (90° relative vertical)</p>

### 1.5.2 Landing the Last Element inside the Landing Zone (0.3 - ii)

The first point of contact with the landing area should be inside the coloured landing zone (1.5 x 3.0 m).

If the landing area outside the landing zone is touched with any part of the body as first point of contact, there will be a 0.1 deduction.

If the first point of contact is completely outside the landing zone, there will be a 0.3 deduction.

It is allowed to step outside the landing zone after the initial contact with the landing area.

Landing Zone	Application:	All final elements		
	Scope	0.1	0.2	0.3
Landing Zone	Per gymnast / per element	X		X

**Landing area**

### 1.5.3 Control in Landing (1.0 - ii)

The landing should be controlled and show a visible 'stop' position (even if not held, as gymnasts will need to exit the landing area without delay)

It is also permitted for one foot to step away from the apparatus so long as the hips do not turn more than 45°

There is no need to bring the feet back together after control has been attained before departing the landing area

Movement of other body parts (e.g. non supportive arm movement) are not deductible

0.1 is deducted for a minor correction before controlling the landing. E.g. a single step or jump away from the apparatus that either turns the hips more than 45° or moves both feet from the point of arrival

0.2 is deducted for a moderate correction before controlling the landing. E.g. a single step or jump back towards the apparatus or to the side

0.3 is deducted for a major or multiple corrections in an effort to gain control. E.g. multiple steps in any direction

0.5 is deducted for light touch of hands, elbow or knee with landing mat or apparatus without weight bearing

1.0 is deducted when a gymnast falls (supportive weight is taken by any other part of the body besides the feet before control can be shown). Where a gymnast has made multiple steps to gain control and leaves the landing mat on their feet, and then falls, the deduction will be 0.3 not 1.0

Control in Landing	Application:	Final elements		
	Scope	0.1	0.2	0.3 or more
Loss of control	Per gymnast / per element	X	X	X
				0.5
				1.0

#### 1.5.4 Coaches' Actions (1.5 - ii)

Coach Actions	Application:	A compulsory coach standing in on the landing area 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.		
	Scope	0.1	0.2	0.3 or more
Coach support *	Per gymnast/ per element			1.0
Coach not taking action in a dangerous situation **	Per gymnast/ per element			1.5

\* Only support that results in a feet first landing is deductible

\*\* Gymnast coming down to contact head and shoulders/chest first with no reasonable action to try and remedy from the coach

#### 1.6 Other deductions

##### 1.6.1 Streaming (0.1 - i)

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

##### 1.6.2 Jogging Back Together Between Rounds (0.4 - ii)

Gymnasts must jog back to the run up after round one and two. They should return together				
Execution Faults	Scope	0.1	0.2	0.3 or more
Not jogging back	per team for each round	-	-	0.4
Not returning together		-	-	



### 1.6.3 Running through (3.0 - i)

In case a gymnast runs through without performing any valid element there will be a deduction. No other execution faults are taken for the gymnast				
Execution Faults	Scope	0.1	0.2	0.3 or more
Running through	per gymnast	-	-	3.0

### 1.6.4 Wrong Number of Gymnasts (3.0 - i)

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 in each round, there will be a deduction. No other execution faults or special deductions are taken for the extra gymnast				
Execution Faults	Scope	0.1	0.2	0.3 or more
More than 6 or less than 6 gymnasts	per missing/extra gymnast	-	-	3.0
More or less than 3 men and less or more than 3 women in a mixed team		-	-	
Examples: 2 men and 4 women will be deducted $1 \times 3.0 = 3.0$ (1 woman should be replaced by 1 man) 5 men and 1 woman will be deducted $2 \times 3.0 = 6.0$ (2 men should be replaced by 2 women) 3 men and 2 women will be deducted $1 \times 3.0 = 3.0$ (1 gymnast/woman is missing)				

### 1.6.5 Body Shape for Elements other than Saltos (0.4 - i)

Tumble only. Elements like round off, flic flac and handspring (not the saltos) must be performed with a clear and defined body shape, with feet and legs kept together when appropriate, as well as feet pointed. Legs and arms should be straight as they leave the track. It is possible to deduct for both head and feet errors				
Execution Faults	Scope	0.1	0.2	0.3
Arms/shoulder, hip, and knee angle faults	per gymnast/element	X	X	-
Split/crossed legs, head, or feet errors		X	-	-
One hand support		X	-	-

### 1.6.6 Momentum (0.3 - i)

**Tumble only. The gymnast must keep momentum until the final landing. The kinetic energy can be transferred between rotation, speed, and height. Loss of momentum is deducted from minor to major. The maximum deduction 0.3 is applied when the gymnast is almost standing still**

Execution Faults	Scope	0.1	0.2	0.3
Loss of momentum	per gymnast	X	X	X

# APPENDIX 7

## TARIFF FORMS

### 1. Floor Tariff Forms

How to mark elements on the tariff form:

#### a) Composition

- Composition requirements must be marked in the correct order of performance and next to the formation where they are to be performed
- A minimum of eight formations (different shapes) to be shown, in the order they are to be performed. A shape is marked by using one dot or cross per gymnast, even though what comes to judging the shape is what counts not the perfect position of single gymnasts. Only different shapes are to be marked, not different orientations, locations or sizes of the same shapes. The Rhythmic sequence should be shown in one box unless the shape changes during the sequence
- Rhythmic sequence RS →, RS ←
- Planes
  - Sideways ↔
  - Backwards ↑
- Large Formation LF
- Small Formation SF
- Moving Curved Formation CF

#### b) Difficulty

- A maximum of eight difficulty elements can be marked on the tariff form
  - Balance elements (2 or 3 including handstand)
  - Jumps/Leaps/Hops (1 or 2)
  - Acrobatic elements (1 or 2)
  - Group element (1)
  - Flexibility element (1)
- Difficulty elements must be marked in the correct order of performance and next to the formation where they are to be performed
- Difficulty elements must be marked with the code numbers and should also show the symbol whenever possible
- Where movements in and out of the element are intended a “+” must be added after the element’s code number
- Difficulty distribution (DD) must be marked with “DD” and a horizontal line

## 2. Tumble Tariff Forms

How to mark elements on the tariff form:

- Add symbols for all elements in the series
- Values of difficulty elements are counted by the tariff system or manually

## 3. Trampet Tariff Forms

How to mark elements on the tariff form:

- Add symbols for all elements in the series
- Values of difficulty elements counted by the tariff system or manually

## 4. Tariff Form Examples

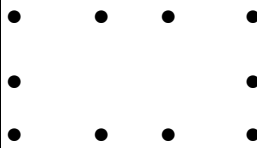
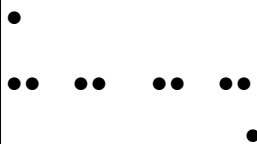
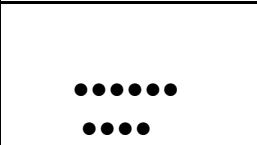
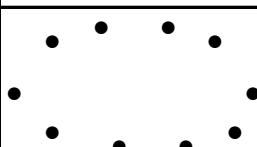

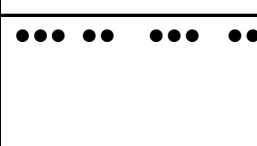

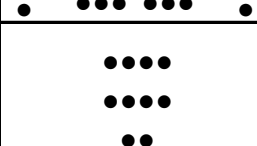
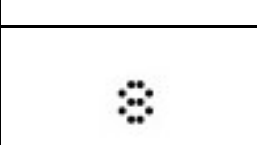
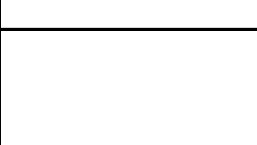
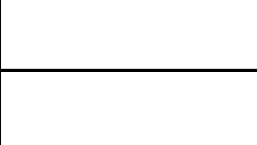

The next three pages show examples of tariff forms for all three apparatus

- a) Floor
- b) Tumble
- c) Trampet

## Floor tariff form

Name of competition

Country code, category, section

		LF		Composition and difficulty requirements in performing order		
	!	HB1001		LF	0.2	
				HB1001	1.0	
				J606+	0.6+0.2	
	≤	J606+ ↑		↑	0.4	
		CF		CF	0.2	
	⊗ → ⊗	A805 DB801		A805	0.8	
		RS →		DB801	0.8	
				J803	0.8	
		RS ← DD		G802	0.8	
	⊗	F1003		SF	0.2	
				Formations		

## Tumble tariff form

Name of competition

Country code, category, section

### Round 1

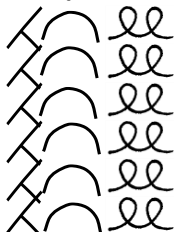
1-6 (8, 3, 17, 18, 11, 5)



	Sum deductions
	Score
Running through (3.0) - Wrong number of gymnasts (3.0)	

### Round 2

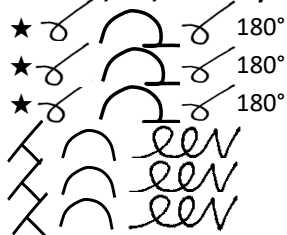
1-6 (2, 3, 17, 18, 11, 5)



	Sum deductions
	Score
Running through (3.0) - Wrong number of gymnasts (3.0)	

### Round 3

1-6 (2, 4, 17, 18, 8, 3)



	Sum deductions
	Score
Running through (3.0) - Wrong number of gymnasts (3.0)	


Bonus (0.1)	E1	E2		Head Judge deductions	
Score	E3	E4			

## Tramper tariff form

Name of competition

Country code, category, section

### Round 1


1-6 (8, 3, 17, 18, 11, 5)  180


	Sum deductions
	Score
Running through (3.0) - Wrong number of gymnasts (3.0)	


### Round 2

1-6 (2, 3, 17, 18, 11, 5)


360  180

360  180

360  180

360  180

360  180

360  180

	Sum deductions
	Score
Running through (3.0) - Wrong number of gymnasts (3.0)	

### Round 3

1-6 (2, 4, 17, 18, 8, 3)

TSU/

 180

 180

 180

 180

 180

	Sum deductions
	Score
Running through (3.0) - Wrong number of gymnasts (3.0)	

Bonus (0.1)	E1	E2		Head Judge deductions	
Score	E3	E4			