



**TeamGym Manual
National Gymnastics for All
Program
2015 - 2017**



**Gymnastics
Australia**



Gymnastics Australia
Gymnastics for All

Introduction

TeamGym is a popular sport in Europe, where it originated in the 1990s. The sport has developed into a highly competitive activity for teams of 6 to 12 people across floor, tumbling, and mini trampoline and vault.

TeamGym in Australia began in 1999 as AusTeams, in line with the European event, at that time called EuroTeams. The first Australian Championships were held in 2002, before changing to TeamGym in 2003, followed by the 2nd and 3rd Australian Championships in 2004 and 2005. Other national priorities led to a break in the development of TeamGym in Australia.

The Gymnastics NSW (GNSW) Performance Team attended a TeamGym competition in Norway in 2009 and returned inspired to redevelop this great team sport. In 2010 pilot programs, workshops and a state championship were held to promote TeamGym in NSW. This manual was originally developed by GNSW and is an introductory stage to develop the skills of clubs, coaches, judges and gymnasts.

GNSW have encouraged other states to take up TeamGym and have been very generous in supporting the spread of knowledge around Australia through running workshops and assisting the national Gymnastics for All Technical Commission (GfA TC) to develop TeamGym nationally again. Gymnastics Australia (GA) is very grateful for their help.

National judges' workshops are being developed by GA and state events are being scheduled around the country. In 2016, the first of the revamped TeamGym Australian Championships will be held.

Gymnastics Australia encourages all clubs to get involved with TeamGym as a way to retain members and expand opportunities to enhance skills and friendships. The program allows for individual expertise within the fulfilling environment of a team event. With three levels, both recreational and competitive gymnasts with tumbling, dance or vaulting skills can be accommodated.

Further information: <http://www.gymnastics.org.au/national-gfa-events.html>

This manual is not to replace suitable coaching training and courses, all coaches should obtain the correct level of accreditation prior to commencing coaching activities.

The Team Gym manual has been compiled as a reference guide for GfA clubs and coaches. Whilst care has been taken in the preparation of this manual, GA does not accept any of the liability arising from the use of this resource including without limitation, from any of the activities and skills described.

Acknowledgements

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1. Participants

1.1 General

1.1.1 All team members must be a current member of their state gymnastics association.

1.1.2 Clubs may enter as many teams per section as they choose.

1.2 Participants

1.2.1 A team consists of between six to twelve members. If the team does not meet the required minimum number on the day of the event they may participate in the event but will be ineligible for apparatus or overall awards (certificate only).

1.2.2 Members of a team must wear the same team uniform. In mixed teams, members must wear appropriate clothing in the same colours.

1.2.3 Jewellery is not allowed.

1.2.4 Gymnastic footwear is optional for each gymnast and apparatus.

1.2.5 In extreme circumstances (i.e. injury during event), reserve gymnasts may be drawn from another competing team upon permission of the event head judge.

2. Events

2.1 Event Sections and Divisions

2.1.1 Teams are classified as:

- Men's team
- Women's team
- Mixed team

2.1.2 Event organisers may combine these sections at their own discretion.

2.1.3 Each section is divided into three divisions based on difficulty:

- Novice
- Intermediate
- Advanced

2.1.4 Difficulty sections will always be competed separately.

2.1.5 Teams must compete in the same difficulty section for all three apparatus.

2.2 Event Apparatus

2.2.1 There are three apparatus at TeamGym Events:

- Floor
- Tumbling
- Single mini trampoline

2.2.2 Event organisers will provide all apparatus required, however teams may bring their own mini trampoline for use at the event, providing it is deemed to meet minimum safety standards.

2.2.3 The floor area provided by the organisers must be no less than 12m x 12m.

2.2.4 The floor area must be covered by no less than 35mm mats, appropriately joined to form a continuous area.

2.2.5 The style of the floor provided by event organisers (i.e. sprung / non-sprung) must be notified to clubs before participation entries are received.

2.2.6 The performing area for tumbling must be an appropriate tumbling floor at least 10m x 1.8m, with a matted approach including a short ramp.

2.2.7 The style of the tumbling track provided by the event organisers (i.e. sprung/rod/air track) must be notified to clubs before participation entries are received.

2.2.8 Appropriate safety/overflow matting must be provided and placed by the event organiser.

2.2.9 The performance area for single mini trampoline must contain two mini trampolines and appropriately matted landing areas (300mm crash mats) with overflow matting.

2.2.10 There must be a clear approach to the single mini trampoline of at least 12 metres.

2.2.11 Teams may choose not to compete on an apparatus. Coaches must inform the apparatus head judge before the apparatus commences.

3. Music

3.1 General

- 3.1.1 Music is used for all apparatus and is chosen by the team.
- 3.1.2 Music can be instrumental or with lyrics.
- 3.1.3 Music must not contain inappropriate content or swearing. Routines on any apparatus with music containing sexual references, drug references or swearing will be terminated at the discretion of the head judge. Teams will forfeit the apparatus concerned.
- 3.1.4 Music must be provided in MP3 format on a USB, with all details included in the file name e.g. awesometeam.ABCclub.Mixed.Flir.Nov or on a separate CD as requested by the event organiser, clearly marked with the following:
- Name of Team
 - Club
 - Competition Section (Men's / Women's / Mixed)
 - Apparatus (Tumbling / Mini Trampoline / Floor)
 - Division (Novice / Intermediate / Advanced)

3.2 Interruption of Performance

- 3.2.1 Teams may be given the opportunity to repeat their routine under extraordinary circumstances. An extraordinary circumstance is deemed as:
- 3.2.1.1 When a team is unable to start their performance after assuming their starting position; or
- 3.2.1.2. If the performance is interrupted prior to its conclusion. For example:
- i. Incorrect music is cued.
 - ii. Music problems due to malfunction of equipment.
 - iii. Disturbances caused by general equipment failure i.e. lighting, stage venue, music.
 - iv. The introduction of any foreign object onto the performance areas by an individual or means other than the team.
 - v. Extraordinary circumstances causing the teams failure to appear on the performance area which is beyond the team's responsibility.
- 3.2.2. It is the responsibility of the team to immediately stop the routine if an extraordinary circumstance (as mentioned above) arises. A protest after the completion of the routine will not be accepted.
- 3.2.3. Should the team's routine be interrupted because of failure of the team's own equipment (CD, mini trampoline or air track), the team must either continue without music or withdraw from the competition.

4. Awards

- 4.1. TeamGym is a Gymnastics for All participation program.
- 4.2. Awards will be given on a score ranking of bronze, silver or gold.
- 4.3. Overall scores will be awarded the appropriate colour medal falling within the scores below:
Gold: 30.00 - 25.50
Silver: 25.49 - 21.00
Bronze: 20.99 – 0.00
- 4.4. Apparatus awards will be presented after each apparatus is performed with the rankings:
Gold: 10.00 - 8.50
Silver: 8.49 - 7.00
Bronze: 6.99 – 0.00
- 4.5. The style of awards presented (i.e. medals, certificates, trophies, prizes) is at the discretion of the event organisers, but should be notified to clubs before participant entries are received.
- 4.6. All members of participating teams receive a participation certificate.

5. Spotting

5.1 General

- 5.1.1 Each club must provide two suitable spotters to be positioned on, or immediately next to, the landing area for single mini trampoline during their team warm up and competition routines so that they can react quickly in case of danger.
- 5.1.2 Teams can provide a spotter for tumbling.
- 5.1.3 Additional spotters are also permitted to hold the single mini trampoline or landing mats during a single mini trampoline or tumbling routine.
- 5.1.4 A coach assisting any gymnast on any apparatus will result in a deduction. See judges' sheets for deduction points.
- 5.1.5 Coaches are not permitted to speak or provide instructions to gymnasts during a routine.

5.2 Technical Safety

- 5.2.1 Coaches must ensure that the skills chosen for performances are appropriate to the experience and ability of the gymnasts in the team. Dangerous or unrecognisable skills are not advised.
- 5.2.2 Coaches may be requested to remove or replace any unsafe skills identified during warm up by the apparatus head judge or event organiser.

6. Apparatus Specific – Floor

6.1 Floor Routine

- 6.1.1 The routine must be performed to music of the team's choice.
- 6.1.2 Music Length:
 - Novice up to 2 minutes
 - Intermediate up to 3 minutes
 - Advanced up to 4 minutes
- 6.1.3 There is no minimum time for a routine. The deduction for exceeding the maximum time limit is 0.5.
- 6.1.4 The group floor routine is performed freehand with no props, hand apparatus or large gymnastic apparatus allowed.
- 6.1.5 Gymnastics attire should be worn which complements the artistry of the exercise; the attire must not be lewd or suggestive. Character outfits and costumes are not allowed.

6.2 Floor Judging

- 6.2.1 The floor routine will be judged on performance and technique.
- 6.2.2 Coaches are encouraged to construct a routine which:
 - a. Utilises all team members
 - b. Moves around the performance area
 - c. Allows performers to interact with each other
 - d. Uses group formations and gymnastics movements
 - e. Choreographed in a way which is synchronous with the music

See Section 7 (judging) for more information.

6.3 Floor Special Requirements

- 6.3.1 Teams must choose group acrobatic and individual skills from the appropriate section.

Group balances must be held for a minimum of three seconds; must contain at least six members of the team (i.e. three pair skills or two trio skills etc.); and must be held AT THE SAME TIME to allow judges to recognise the elements.

For example, in a novice team there will be TWO occasions (see 6.3.2 6.3.3, 6.3.4) during the routine where at least six team members are holding an appropriate group acrobatic balance. All team members do not need to hold the same balance, but they must hold a recognised balance at the same time.

The same rules apply for individual skills (balances and jumps/leaps). These must be performed at the same time to allow judges to recognise the elements.

- 6.3.2 Novice teams must choose two acrobatics group skills, one jump or leap and one individual balance from the 'novice' section (see appendix) to include in their performances.
- 6.3.3 Intermediate teams must choose three acrobatics group skills, two jumps or leaps and two individual balances from the 'intermediate' section (see appendix) to include in their performances.

- 6.3.4 Advanced teams must choose four acrobatics group skills, two jumps or leaps and two individual balances from the ‘advanced’ section (see appendix) to include in their performances.

Gymnasts will not be penalised for choosing skills from a higher division, but there is no reward for attempting harder skills. If a team’s performance includes skills from a higher divisions, the head judge on the floor must be notified prior to the team’s performance.

- 6.3.5 Failure to include appropriate special requirement skills will result in a 1.0 mark deduction each time.

| Floor Summary | | | |
|----------------------|-------------------------------|---------------------|---------------------------|
| | Acrobatic group skills | Jump or Leap | Individual Balance |
| Novice | 2 | 1 | 1 |
| Intermediate | 3 | 2 | 2 |
| Advanced | 4 | 2 | 2 |

7. Apparatus Specific - Tumbling

7.1 Tumbling

- 7.1.1 Tumbling consists of two passes by each team.
- 7.1.2 A pass consists of two or more skills performed in a sequence without an absolute stop.
- 7.1.3 Tumbling must be performed to music of the team's choice.
- 7.1.4 Music should be long enough for both passes. Event organisers will fade out music at the conclusion of the second pass.
- 7.1.5 Rules as per Section 3.1, 3.2 (music) apply.
- 7.1.6 Gymnasts should be in appropriate uniform.
- 7.1.7 Tumbling passes are performed in one direction only. Exception: punch salto and variations in the reverse direction immediately following a back tumble pass are allowed.
- 7.1.8 Each pass consists of at least six team members.
- 7.1.9 Each pass can contain different, or the same, team members.
- 7.1.10 A spotter is allowed to stand by the tumbling strip without incurring a deduction. Normal deductions as per 5.1.4 and 5.1.5 apply.

7.2 Tumbling Judging

In accordance with UEG TeamGym Code of Points (COP), coaches are encouraged to choose skills which team members can perform without major faults with regard to body shape, amplitude, landings etc.

7.3 Tumbling Requirements

- 7.3.1 To be recognised as a special requirement each pass must contain at least two skills taken from the appropriate skill table (see appendix).
- 7.3.2 In the novice division, there is no deduction for repeating recognised skills.
- 7.3.3 In the intermediate and advanced divisions, skills will only be recognised ONCE for each team member. E.g. round-off flip (pass 1) and round-off back salto (pass 2) = three intermediate skills, not four.
- 7.3.4 Gymnasts will not be penalised for choosing skills from a higher division, but there is no reward for attempting harder skills.
- 7.3.5 Coaches should construct routines so that skills become progressively more difficult with each team member during each pass. This is known as intensification.
- 7.3.6 The difficulty of a pass is defined by the hardest skill performed. Skills are listed in the appendix in order of recognised difficulty.
- 7.3.7 Gymnasts should commence their pass as the person before them completes their second skill. This is known as streaming.
- 7.3.8 At the conclusion of the first pass, team members wait at the back of the landing area until all passes are completed before walking, marching or jogging back to the start together. At the conclusion of the second pass, team members will present to the judging panel.

| |
|---|
| Tumbling Summary |
| <ul style="list-style-type: none">• 6-12 members per tumbling pass |
| <ul style="list-style-type: none">• 2 x tumbling passes per team |
| <ul style="list-style-type: none">• Tumbling passes are performed in one direction only |
| <ul style="list-style-type: none">• Minimum of 2 skills per athletes per pass |
| <ul style="list-style-type: none">• Key elements – intensification and streaming |
| <ul style="list-style-type: none">• Performed to music |

8. Apparatus Specific - Single Mini Trampoline

8.1 Single Mini Trampoline

- 8.1.1 The single mini trampoline event consists of four jumps by each team. Two jumps are individual jumps, two jumps are synchronised jumps. Coaches can decide in which order the jumps are performed.
- 8.1.2 Single mini trampoline must be performed to music of the team's choice.
- 8.1.3 Music should be long enough for all four jumps. Event organisers will fade out music at the conclusion of the final jump.
- 8.1.4 Rules as per Section 3.1, 3.2 (music) apply.
- 8.1.5 Gymnasts should be in appropriate uniform.
- 8.1.6 Each pass consists of at least six team members.
- 8.1.7 Each pass can contain different, or the same, team members.
- 8.1.8 A gymnast cannot perform the same skill twice.
- 8.1.9 Synchronised jumps must be performed by two team members on adjacent mini trampolines and must be the same skill.

8.2 Single Mini Trampoline Judging

In accordance with the European Union Gymnastics Team Gym Code of Points (COP) coaches are encouraged to choose skills which team members can perform without major faults with regard to body shape, amplitude, landings. See Section 7 (Judging) for more information.

8.3 Single Mini Trampoline Requirements

- 8.3.1 Novice, intermediate and advanced teams should choose their skills from the table of skills appropriate to their difficulty level (see appendix for skills).
- 8.3.2 Gymnasts will not be penalised for choosing skills from a higher division, but there is no reward for attempting harder skills.
- 8.3.3 Coaches should construct routines so that skills become progressively harder with each team member, during each pass. This is known as intensification.
- 8.3.4 Gymnasts should commence their pass as the gymnast before them jumps. This is known as streaming.
- 8.3.5 At the conclusion of each jump, team members wait at the back of the landing area until all team members have jumped before walking, marching or jogging back to the start together. At the conclusion of the final jump, team members will present to the judging panel.

| Single Mini Trampoline Summary |
|--|
| • 2 x individual jump passes |
| • 2 x synchronised jumps passes |
| • No team member can repeat a skill |
| • Key elements – intensification and streaming |
| • Performed to music |

9. Judging

9.1 General

9.1.1 Judges are selected by the event organisers and should represent a variety of clubs. Clubs are encouraged to have a coach attend a Team Gym Judges workshop.

9.1.2 Judges must be in the competition area 30 minutes prior to competition for briefing.

9.2 Judging Panels

9.2.1 A judging panel consists of a head judge, panel judge and, where possible, a guest judge.

Head judge

- Must have attended a GfA TeamGym Coaches' and Judges' workshop
- Recommended they hold a Beginner judging accreditation (minimum) and understand deductive judging

Panel judge

- Must have attended a GfA TeamGym Coaches' and Judges' workshop
- Recommended they hold an Intermediate GA coaching accreditation (minimum) and understand deductive judging

Guest judge

- Would be considered an expert in GfA

9.3 Judges' Duties

Head judge - technical deductions, special requirements and performance

- Responsible for leading the judges briefing prior to any event
- Judge for performance (see section 9 scores)
- Support guest judge in their role
- Noting any deductions for special requirements where necessary
- Noting and deducting technical violations where necessary

Panel judge - execution and performance

- Responsible for deductive judging of execution as per requirements
- Judge for performance (see section 9 scores)
- Explain and justify deductions to the head judge where necessary

Guest judge

- Provide feedback to participants at the completion of event or apparatus
- This may take the form of a personal conversation, or
- Written feedback /review (pro-forma supplied by the event organiser)

9.4 For further clarification of judging criteria refer to the judges' manual and workshops.

10. Scores

10.1 Each apparatus across all sections and divisions is marked out of a maximum 10 points.

10.1.1 7.5 marks are dedicated to execution. It is from these 7.5 marks that errors in execution, such as body shape and falls are deducted.

10.1.2 2.5 marks are dedicated to performance. The criterion for performance varies for each apparatus. Judges will be rewarding teams whose performance demonstrates the following characteristics:

Floor

- Utilise all team members
- Move around the performance area
- Show interaction between team members
- Use group formations and gymnastics movement
- Construct a routine which is synchronous with the chosen music

Single Mini Trampoline

- Team work/precision in formations
- Synchronisation
- Streaming
- Intensification
- Skills appropriate to ability

Tumbling

- Team Work
- Streaming
- Precision in formations
- Intensification
- Skills appropriate to ability

A judging example:

| | | | |
|-----------------------|------------------------|-------------------------------|---------------|
| Panel judge: | Execution | 7.50 – 1.8 deductions | 5.70 |
| Panel and head judge: | + Performance | average of performance scores | + 2.25 |
| Head judge: | - Technical deductions | - 0.5 (no team uniform) | - 0.50 |
| | = Final score | | = 7.45 |

10.3 Technical deductions should be shared with coaches at the conclusion of each apparatus.

11. Protests

- 11.1 Protests must be made with the event organiser within 15 minutes of the completion of an apparatus, before the presentation of any awards.
- 11.2 Protests can only be made against faults in music playback, equipment defects, technical deductions (i.e. omission of an apparatus special requirement, uniform or jewellery).
- 11.3 Protests will be heard by a competition jury consisting of the event organiser and head judge.

12. Education

It is the coach's responsibility to ensure that they have the competency to coach the skills in the division in which the team is competing and can provide evidence to support their competence through attendance at education workshops and Gymsport accreditations. If you are unsure please contact the national Gymnastics for All Technical Commission for guidance. <http://www.gymnastics.org.au/gfa-national-commission.html>

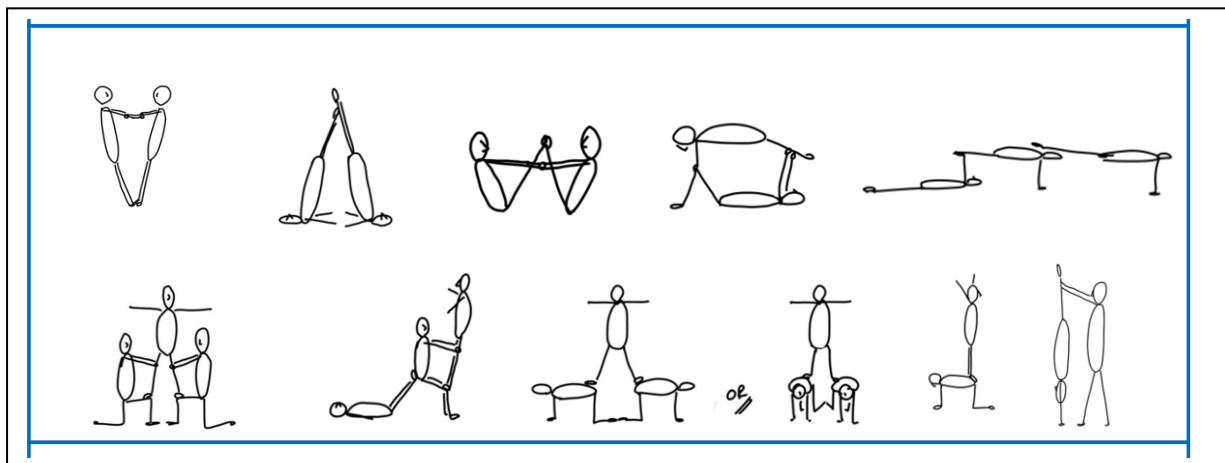
APPENDIX

Novice teams

Teams in the NOVICE division must choose skills from the following list:

| Single mini trampoline | Tumbling |
|--|---|
| | NB: Any variation in shape is accepted as a different skill i.e. tuck forward roll and straddle forward roll |
| <ul style="list-style-type: none"> • Straight jump • Star jump • Tuck jump • Straddle jump • Pike jump • Jump ½ turn • Jump full turn | <ul style="list-style-type: none"> • Forward roll and variations • Backward roll and variations • Handstand forward roll • Dive roll • Cartwheel and variation • Backward roll extension • Round off |

Novice acrobatic skills: floor routine



- Select 2 acrobatic skills from the novice table above
- Select 1 jump or leap
- Select 1 individual balance of any kind (i.e. scale, handstand, elephant stand etc.)

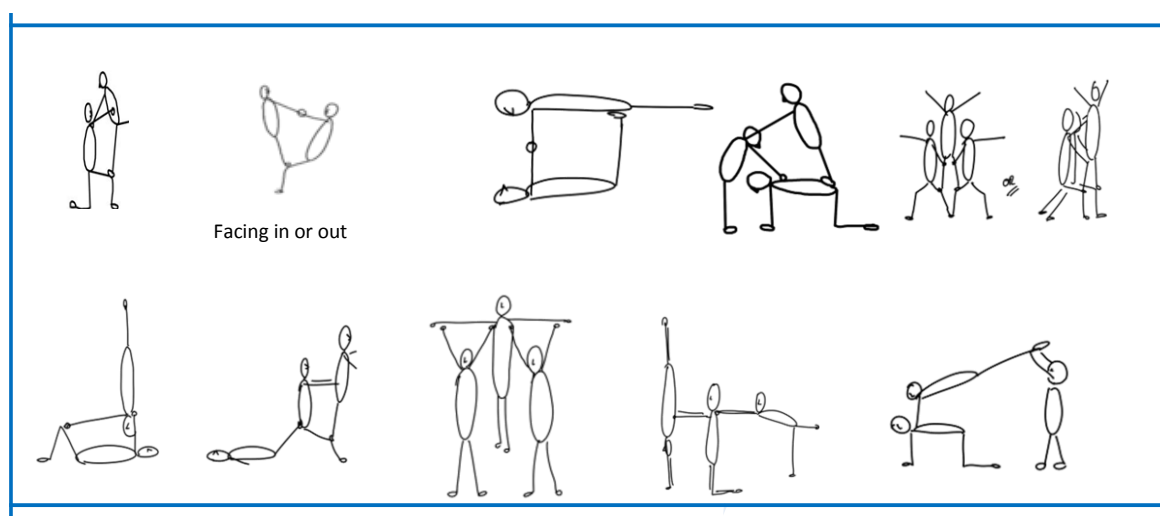
NB: group and individual balances must be held by at least six team members at the same time for 3 seconds to be recognised as a special requirement.

Intermediate teams

Teams in the INTERMEDIATE division must choose skills from the following list:

| Single mini trampoline | Tumbling |
|------------------------|---|
| | NB: Any variation in shape is accepted as a different skill i.e. tuck forward roll and straddle forward roll |
| | • Forward roll and variations |
| | • Backward roll and variation |
| | • Handstand forward roll |
| • Straddle jump | • Dive roll |
| • Pike jump | • Cartwheel and variations |
| • Jump ½ turn | • Backward roll extension |
| • Jump full turn | • Round off |
| • Front salto tuck | • Handspring |
| | • Forward walkover |
| | • Backward walkover |
| | • Back flip/flic |
| | • Front salto/punch front |

Intermediate acrobatic skills: floor routine



- Select 3 acrobatic skills from the intermediate table above
- Select 2 jumps or leap
- Select 2 individual balances of any kind (i.e. scale, handstand, elephant stand etc.)

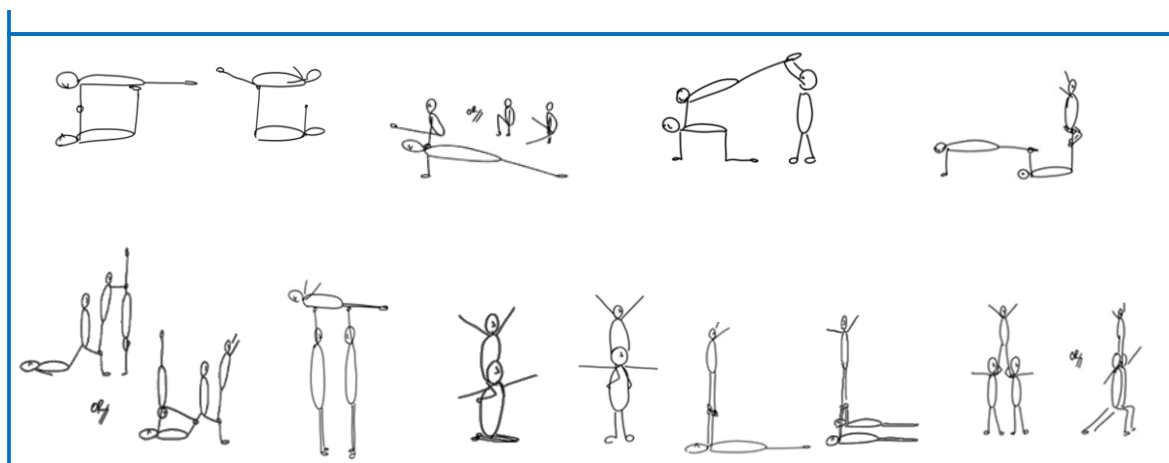
NB: group and individual balances must be held by at least six team members at the same time for 3 seconds to be recognised as a special requirement.

Advanced teams

Teams in the ADVANCED division must choose skills from the following list:

| Single mini trampoline Other skills must be approved by the head Judge prior to competition (i.e. double salto) | Tumbling NB: Any variation in shape is accepted as a different skill i.e. tuck forward roll and straddle forward roll |
|---|--|
| • Front salto tuck | • Round off |
| • Front salto pike | • Handspring |
| • Front salto ½ turn in tuck | • Forward walkover |
| • Barani / layout ½ turn | • Backward walkover |
| • Layout front salto | • Aerial cartwheel |
| • Twisting layout front saltos | • Back flip / whip |
| | • Salto forwards (punch front) |
| | • Salto backwards |
| | • Layout salto (forward and backward) |
| | • Twisting saltos |
| | • Side saltos |

Advanced acrobatic skills: floor routine



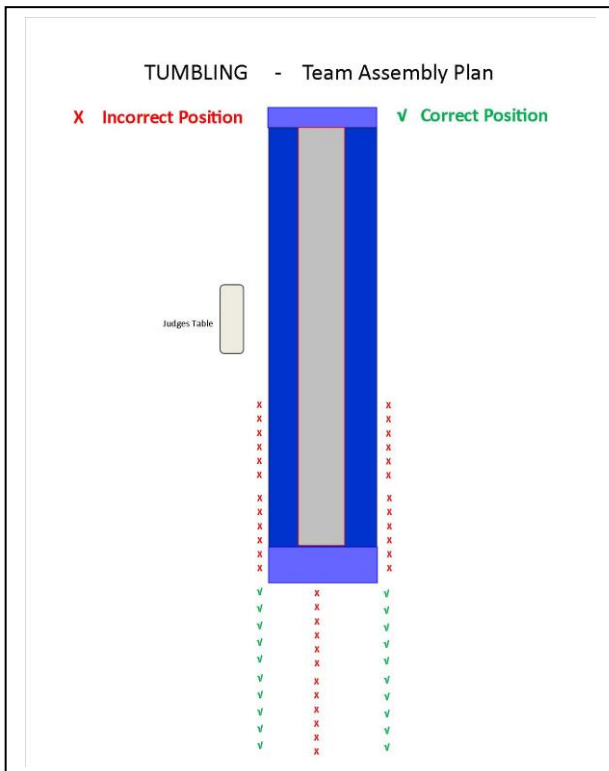
- Select 4 acrobatic skills from the advanced table above
- Select 2 jumps or leap
- Select 2 individual balances of any kind (i.e. scale, handstand, elephant stand etc.)

NB: group and individual balances must be held by at least six team members at the same time for 3 seconds to be recognised as a special requirement.

Team Assembly Plans

After each mini trampoline and tumbling pass, team members wait in a line for all remaining team members to complete their pass. In order to maintain safety, assemble plans have been developed for waiting team members. Once all are together, the team marches or jogs quickly back to the starting point for the next pass.

Tumbling



Mini Trampoline

