# TeamGym

## Technical Handbook

## 2018

Gymnastics
NEW ZEALAND

# INTRODUCTION

TeamGym is a team performance sport with three disciplines displaying acrobatic and gymnastic elements to music.

**Floor**: Incorporates dance, sports acrobatics and tumbling elements to be rhythmic and entertaining while demonstrating co-ordination, balance and statics, strength, flexibility and spring.

**Tumbling**: Relies on good teamwork for synchronicity and uniformity while demonstrating athletes tumbling abilities.

**Spring:** Relies on good teamwork for uniformity and synchronicity while demonstrating athletes vault and mini-trampoline abilities.

TeamGym is not only entertaining and exciting for spectators to watch but encourages participation across a range of abilities and ages that encourages teamwork, creativity, originality and showmanship to provide the audience with an energetic, enthusiastic and dynamic performance.

TeamGym therefore, has been identified as a target sport to achieve the Gymnastics New Zealand (Gymnastics NZ) 2016-2020 outcomes of growth with a focus on retention of participants.

## Development

TeamGym is a gymnastic discipline originating from Scandinavia and developed by the Union of European Gymnastics (UEG) that is growing in popularity not only in Europe but around the world. The influence of the Ollerup (Danish) coach exchange programme in the Wellington/Whanganui regions over the past 20 years has brought the capability and culture of TeamGym to these regions and is now well established there.

The goal is to develop a National TeamGym programme that provides opportunities for gymnasts of all abilities to perform together, providing local and national pathways with a view to international opportunities in the future.

This Handbook is a transitional programme in 2018 to get clubs started in TeamGym. It will provide the starting point for a future national programme to be established with input from the New Zealand Gymnastics Community.

## Acknowledgements

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# CONTENTS

**Introduction** ..... 1

**1. Programme Structure** ..... 4

1.1 Programme Framework ..... 4

1.2 Division Descriptions ..... 4

**2. Events** ..... 5

2.1 Event Pathways ..... 5

2.2 Quality Events ..... 5

**3. Team Requirements** ..... 5

3.1 General Requirements ..... 5

3.2 Team Composition ..... 5

3.3 Dress Code ..... 6

**4. Coach Rules and Responsibilities** ..... 7

4.1 Coach Conduct.... ..... 7

4.2 Coach Qualifications ..... 7

**5. Judge Rules and Responsibilities** ..... 7

5.1 Judge Responsibilities ..... 7

5.2 Judge Conduct ..... 7

5.3 Judge Qualifications ..... 7

**6. Apparatus Requirements** ..... 8

6.1 General ..... 8

6.2 Floor ..... 8

6.3 Tumbling ..... 8

6.4 Spring ..... 8

6.5 Role of the Spotter ..... 9

**7. Routine Requirements** ..... 10

7.1 General ..... 10

7.2 Music ..... 10

7.3 Interruption of Performance ..... 11

7.4 Performance Requirements ..... 11

7.5 Performance Definitions..... 11

**8. Apparatus Specific – Floor** ..... 12

8.1 Choreography Requirements ..... 12

8.2 Overall Performance..... 12

8.3 Floor Element Definitions ..... 13

8.4 Technical Element Requirements ..... 14

**9. Apparatus Specific - Tumbling**..... 16

9.1 Technical Element Requirements ..... 16

**10. Apparatus Specific – Spring** ..... 18

10.1 Technical Element Requirements..... 18

**10. Judging** ..... 20
11.1 Judging Panels ..... 20
11.2 Duties of Judges ..... 20
11.3 The Recorder ..... 20
11.4 Scoring ..... 20
11.5 Performance Judging Requirements ..... 21
11.6 Technical Judging Requirements ..... 22
**Appendix 1 – Judging Sheets** ..... 24
Floor Performance ..... 24
Floor Technical ..... 25
Tumbling Performance – Two Passes ..... 26
Tumbling Technical – Two Passes ..... 27
Tumbling Performance – Three Passes ..... 28
Tumbling Performance – Three Passes ..... 29
Spring Performance ..... 30
Spring Technical ..... 31
**Appendix 2 – Floor Skill Examples** ..... 32
Floor Skills 2 – Turns and Spins ..... 33
Floor Skills 3 – Jumps and Leaps ..... 34
Floor Skills 4 – Balance and Supports ..... 35
Floor Skills 5 – Acrobatics Skills ..... 37

# 1.0 PROGRAMME STRUCTURE

## 1.1 Programme Framework

The TeamGym Programme has been aligned with the Gymnastics NZ Programme Framework as shown in Diagram 1. The national framework provides for participation (Gym For All (GFA) and Recreation) and performance pathways that meet the needs of all that wish to participate. A TeamGym performance pathway has not yet been developed.

**Diagram 1:** National TeamGym Programme Pathway

| **Age Guide** | ***Performance Pathway*** | | ***Participation Pathway*** | |
|---|---|---|---|---|
| **Years** | **International** (European pathway) | **Development** (age based) *To be developed | **Advanced Participation** (ability based GFA) | **Participation** (GFA/Recreation) |
| 17+ | Senior (16+ yrs) | * | Advanced | Open Senior |
| 14-16 | Junior (13-17 yrs) | * | | |
| 11-13 | | * | Intermediate | Open Novice |
| 8-10 | | * | Junior | |
| 5-7 | | | Pre-TeamGym Skills | |

## 1.2 Division Descriptions

| **Participation** | |
|---|---|
| **Open Novice** | Age – No age restriction<br>Designed as an introductory and inclusive division with a focus on encouraging participation. Suitable for participants;<br>• Of any age or level of ability<br>• Who do not compete TeamGym all year round<br>• As a fun group activity – parents, family, friends |
| **Open Senior** | Age - Required to be 17 years and over<br>Suited for any participants that are participating in an adult gymnastics class or retired competitive gymnasts.<br>. |
| **Advanced Participation** | |
| **Junior** | Age - Recommend 8 + years<br>Suitable for developing gymnasts with basic skill ability comparable to Elementary Gymnasts or Levels 1 - 4 Incentive Awards. |
| **Intermediate** | Age - Recommend 11 + Years<br>Suitable for more experienced gymnasts comparable to Elementary/Junior Gymnasts or Levels 5 – 7 of Incentive Awards. |
| **Advanced** | Age - Recommend 14 + years<br>Suitable for advanced gymnasts comparable to Junior/Senior Gymnasts. |

# 2.0 EVENTS

## 2.1 Event Pathways

**Club Competition**: A network of local club hosted competitions in each province or region.

**National Clubs**: A national event is proposed for all Gym For All participation (2020). The aim of this event would be to provide an opportunity for all clubs and members to attend a national club competition.

**International Events**: Pathways to TeamGym festival/competitions internationally would provide clubs with an incentive for participating in TeamGym and for retention of members. At present NZ clubs have an open invitation to compete at the Australian National Clubs Carnival each year – usually in September.

**Note**: For any Gymnastics NZ affiliated club teams or individuals that wish to travel and compete in an overseas competition (GFA or competitive) they must seek written permission from Gymnastics NZ before doing so.

## 2.2 Quality Events (2019)

To ensure TeamGym events are delivered to a set standard, competitions will be required to be registered with Gymnastics NZ by 2019. This will enable;

- A national calendar to be put in place and advertised by Gymnastics NZ
- Clubs to have the information and tools to be able to provide a quality and safe event for all involved e.g. venue suitability, equipment requirements.
- Enable GNZ and National TeamGym Committee to collect information for continued development and track the success of the programme.

# 3.0 TEAM RULES AND RESPONSIBILITIES

## 3.1 General Requirements

- All team members must be a member of a Gymnastics NZ member club and therefore, members of Gymnastics NZ.
- All ages are taken as at 1st January of the year of competition.
- Safety is held in the utmost importance. The choice of skills and composition of routines must never allow difficulty to take preference over technique. The performance should always be suitable to the ability level of each and every team member.
- The head judge reserves the right to place teams in a higher division if a coach has incorrectly entered them in a lower division, excluding novice division.
- Clubs may enter as many teams as they wish into a TeamGym event, however, participants may only compete in one team during the event.

## 3.2 Team Composition

- Teams are made up of 6 – 12 members
- Teams consist of all male, all female, or mixed members.
- Teams must enter in the division applicable to the majority of the members (75%) applying the 25% rule.

**25% Rule –** As per the general and specific requirements of each apparatus, 25% or less of team members may perform skills one step lower or higher than the division in which the team is entered. Applies to all divisions to allow for a range of ability levels within a team, as long as the majority of the team is at a certain level. Teams with one to three gymnasts of a higher/lower level are therefore not penalised by having to go into a higher/lower division when the majority of their team members are not at that level.

The following table outlines the specific numbers allowed to be performing higher/lower division skills as per team size.

| Team Size | Number of gymnasts allowed to perform skills from a higher division |
|---|---|
| 6 | 1 |
| 7 | 1 |
| 8 | 2 |
| 9 | 2 |
| 10 | 2 |
| 11 | 2 |
| 12 | 3 |

- All team members must perform on floor, on all other apparatus only a minimum of six have to be preforming at any one time. This allows teams to interchange or increase/decrease the number of members performing on an apparatus (or even on subsequent passes within an apparatus) as long as the minimum number of members is 6. It is immaterial whether gymnasts are from a GFA or competitive background and teams may be mixed along these lines.
- If the team does not meet the required minimum number of members on each apparatus they can still compete under the following options:
    - Incur a 5-point deduction under the violations in technical judging
    - Draw one reserve gymnast from another competition team from the same club with permission from the Head Judge.

## 3.3 Dress Code

- Teams are welcome to wear their club tracksuit or colours to the event.
- Club colours do not have to be worn to compete and each participant does not have to be wearing the same attire although a theme is welcomed (no points awarded for this).
- Safety is of the utmost importance and teams must wear appropriate and firm fitting clothing for participation in gymnastics activities (for example; leotards, bike pants, sports tops and/or shorts).
- Immodest dress is not allowed.
- No jewellery can be worn at the competition. If piercings are less than 8 weeks old these must be covered with nude strapping tape.
- Gymnastics footwear is optional for each athlete on each apparatus (Gymnastic/ Trampoline full shoes, Rhythmic Toe shoes maybe worn for floor only)

# 4.0 COACH RULES AND RESPONSIBILITIES

## 4.1 Coach Conduct

- Coaches may encourage their gymnasts whilst they are performing but must not demonstrate or remind their gymnasts of moves.

## 4.2 Coach Qualifications

- All Gym For All coaches are required to be on the Gymnastics NZ Foundation Coach Qualification (Coaching Today and Understanding Movement or XTND) by 2019 i.e. have started a qualification in this pathway.

# 5.0 JUDGING RULES AND RESPONSIBILITIES

## 5.1 Judges Responsibilities

All members of the judging panels have the responsibility to:

- Know the technical requirements of the performances.
- Understand the intent, purpose, interpretation and application of each rule.
- Have the technical handbook in their possession.
- Attend all scheduled judges meeting prior to the respective competition.
- Wear tidy and appropriate attire. There is no uniform requirement.

## 5.2 Judges Conduct

All judges must:

- Behave in a professional and ethical manner at all times.
- Evaluate each performance accurately, consistently, quickly, objectively and fairly.
- Be respectful of coaches and gymnasts.
- When in doubt, give the benefit of the doubt to the team.
- Refrain from having contact or discussion with gymnasts and coaches during the competition.
- Refrain from discussing the results of their own judging and others on the panel with anyone else. Note: - coaches will receive the scores and any written feedback on the judging sheets.

## 5.3 Judges Qualifications

- In the absence of an official TeamGym Judge qualification, it is recommended that judges have had experience in judging another code and/or understand the basics of performance judging.
- It is recommended host clubs provide a judges meeting or workshop prior to the event to provide guidance and team experienced judges with less experienced judges on panels.
- All judges will be required to have a minimum of the Gymnastics NZ Elementary TeamGym Judge qualification by 2020.

# 6.0 APPARATUS REQUIREMENTS

## 6.1 General

- The event organiser will provide all apparatus required, however, teams are able to bring their own mini trampolines (max two) for use at the event providing it meets the safety requirements and is available for other teams to use.
- If you are bringing your own trampoline you must notify the event organiser at the time of entering.
- Set-up of equipment (and safety of equipment) is the responsibility of the hosting Club.
- Coaches may approach the Floor Manager or Head Judge at the event if they do not consider the set-up to be adequate.

## 6.2 Floor

- The Floor area provided by organisers must be no less than 12 x 12m, the floor must be 35mm mats and appropriately joined to form one continuous area.
- The organiser must advise if the floor provided is sprung or not sprung on the invitation to the event.

## 6.3 Tumbling

- The performance area for tumbling must be at least 10m x 1.8 meters (Rod floors must have a matted approach to the tumbling strip.)
- The style of the tumbling track provided by the event organiser (i.e. non-sprung/sprung/rod/air track) must be notified to club on the invitation to the event.
- Appropriate safety matting must be provided by the event organiser.

## 6.4 Spring

- Box top/vault table (optional pass one) - can be used either using short side or long side and up to and including 4 layers for the Junior divisions, and a minimum of 3 layers for the Intermediate, Advanced and Open Senior Divisions.
- The Run up mat must be 12m in length, 1m in width, 2.5cm in thickness
- The Mini-Tramp Frame must;
    - be covered with shock absorbing padding which must be firmly attached to frame and not touch any part of the trampoline bed.
    - be stable and immobile during mounts and dismounts.
    - the bars beneath the trampoline bars must be padded.
- The Height of bed from floor when under tension must be;
    - 45 cm at the mounting end
    - 70 cm at the dismounting end and;
    - be within a tolerance +/-10cm at both ends
- The Landing area must be;
    - covered with a landing mat that is shock absorbent and which allows stable landing on the feet
    - An appropriate density to allow proper shock absorption for larger athletes
    - Length- 600 cm, Width- 300 cm, Thickness- 30 cm
- Safety Matting
    - Additional safety mats must cover the ground area surrounding the double mini trampoline and landing area to provide additional safety for the athlete.

    - These mats need not meet the FIG requirements but must be of a reasonable thickness and density to ensure the athlete's safety.
    - As a guide, the FIG Regulations require safety mats to have a height of 20 cm and a width of 200 cm with a tolerance of +/- 1 cm.
- The distance from the floor to the lowest point of the hall roof must be at least 6m.
- A spring-board may be used by a team instead of a mini-tramp if they wish but it must be used it for all passes.
- For the Spring apparatus, each team must have at least one competent spotter per apparatus (i.e. qualified/experienced coach for the level of skill being performed).

Note: - During the development and growth of TeamGym in New Zealand event hosts may not be able to offer the above equipment specifications E.g. a full floor size, two spring run-ups for synchcronised performance. The event organisers will specify this on the entry and performances may need to be adapted.

## 6.5 Role of the Spring Spotter

The spotters' role is to minimise the risk or extent of injury to an athlete by:

- Minimising the risk of the gymnast falling off or landing half on/half off the equipment and;
- Slowing down the athlete's fall if they are falling off the equipment.

Spotters should:

- Watch the gymnast at all times during the routine.
- Stand still unless they can see that the athlete will definitely hit the mats.
- Not try and catch the gymnast but to push them further onto the mini trampoline if they are near the edge.
- Let the gymnasts control their landing but try and protect them from hitting the mini trampoline frame or other obstacles in the event they are going to miss the mats completely.
- To target the gymnasts upper body/shoulders with assistance and not the limbs or head.
- Stand a half metre or so from the trampoline to give themselves more freedom to move forwards, sideways or backwards.
- Keep their hands in front of their body so they can respond more quickly than if their hands are behind their back.
- Avoid unnecessary movement which may distract the gymnast or lead the judges to believe the gymnast has touched the mat.

# 7.0 ROUTINE REQUIREMENTS

## 7.1 General

| | Floor | Tumbling | Spring |
|---|---|---|---|
| **Team Composition** | All members of the team must perform. | Each pass must consist of at least 6 members.<br><br>Each pass can contain different, or the same, team members i.e. team members who compete in other apparatus may chose not to compete in tumbling at all or in only one pass. | Each pass must consist of at least 6 members.<br><br>Each pass can contain the same or different team members. |
| **Spotters** | Not required | A spotter is allowed to stand by the tumbling strip without incurring a deduction. | There must be at least one competent/experienced spotter in place for each mini trampoline or vault. |
| **Performance** | One performance | 2 or 3 passes depending on division | 3 passes |
| **Performance Area** | 12m x 12m sprung or non-sprung floor | A tumbling strip (sprung floor or airtrack) of no less than 12m long will be provided. | Vaulting strip of a minimum of 12m long plus vault setup at end |
| | Note: please check competition entry forms to confirm what performance area will be supplied on the day. | | |
| **Timing** | Between 2-3 minutes. | Maximum of 5 minutes for all passes. Music must run continuously. | Maximum of 5 minutes for all three passes. |

## 7.2 Music

- All apparatus must be performed to music.
- Music is of the teams own choice.
- Music may be with or without vocals for all apparatus.
- Music must be appropriate to a general public event and be appropriate for the maturity level of those performing.
- Music must be supplied in the format that the competition organiser has requested. This may be in WAV format either at time of entry or prior to the competition or on a CD or USB. WAV format allows the event organiser to have a preset play list for the day. Please make sure you bring a CD or USB on the day as a back-up.

## 7.3 Interruption of performance

- Music must run continuously, however, the team may be given the opportunity to repeat their routine under extraordinary circumstances as follows;

  a. When a team is unable to start their performance after assuming their starting position,
     - Incorrect music is started.
     - Extraordinary circumstance whereby the team is unable to appear on the team floor.

  b. If the performance is interrupted prior to its conclusion, for example;
     - Malfunction of music or music equipment failure.
     - Disturbances due to a foreign object onto the performance area by other means other than the team.

- It is the responsibility of the team to immediately stop the routine if extraordinary circumstances (as mentioned above) arises;
- A protest after the completion of the routine will not be accepted.
- Should the team's routine be interrupted because of failure of the their own equipment (e.g. CD, Mini-Trampoline), the team must either continue without music or withdraw from the routine.

## 7.4 Performance Requirements

**Floor**

- Music is allowed for the entry onto the performing floor and for the exit, however, there must be a clear and definite pause after the entry to denote the start of the performance.
- There must also be a clear pause between the end of the performance and moving to present in front of the judges.
- Time keeping starts at first movement and ends when the last movement is performed. This does not include entrance/exit music (which must not exceed 30 seconds).
- Performed without equipment, including hand apparatus, but may include the minimal use of a prop (for less than 1/3 of the performance time).

**Tumble and Spring**

- Passes are performed in one direction only.
- Passes are streamed – more than one gymnast should start their pass before the previous gymnast has finished (if a hurdle is used then once hurdle is completed then the next gymnast starts).
- After each pass the team members group together (crouch, in line, at the back or to the side of the performance area) until all team member have jumped then return, together as a team, by walking, running, or some other creative movement pattern that adds to their display and returns them to their start position for the next pass.
- At the conclusion of the last pass, team members need to walk in line and stand in front of the judges and present before leaving the floor.

## 7.5 Performance Definitions

**Cannon Ball Style -** one after the other in close, however, safe succession.

**Synchronised -** at least two gymnasts must be moving and performing the same elements at the same time.

# 8.0 APPARATUS SPECIFIC – FLOOR

## 8.1 Choreography Requirements

| Criteria | Definition |
|---|---|
| **Formations** | ○ At least 5 different formations performed.<br>○ Formations are considered different if the shape is different. |
| **Variety of direction, levels and performance area** | ○ Elements and movements are performed with variety;<br>○ Different directions – perform sequences with a variety of directions - facing the front, back and left OR right.<br>○ The directions do not need to be performed the same way by the whole team.<br>○ Performance includes a variety of levels e.g. laying, sitting, standing, jumping. |

## 8.2 Overall Performance

| Criteria | Definition |
|---|---|
| **Showmanship** | ○ Confidence, Eye contact, Facial expression. |
| **Teamwork** | ○ Appearance, Camaraderie.<br>○ Teams are encouraged to show a theme. This is normally set at the start of each year by the coach and the group, this can be a colour theme, costume theme, or link with the music i.e. Spanish/ African etc. – please make sure themes and costumes are age appropriate and are not restrictive for the movements of the performance. |
| **Synchronicity** | ○ Synchronicity is defined as the overall uniformity of the performance and includes;<br>○ Transitions - movement from one formation to the next must have gymnastics and rhythmic quality and form part of the overall performance<br>○ Connecting elements - the movements/skills that link together to form a sequence, which gives the impression of fluent and logical series of elements – not just skills coming one after another. When gymnasts wait for the music or they have unmotivated pauses (i.e. to commence or perform a tumbling run) this will impact negatively on their overall performance mark. |

## 8.3 Floor Element Definitions

| Criteria | Definition |
|---|---|
| **Skill 1: Acro elements (or Floor Tumbling Skills)** | ○ The floor performance must include acro/tumbling skills however these must not be dominating and must blend with the routine e.g.<br>- cross-mat tumbling is not recommended and will negatively impact on overall performance score<br>- a stop in the movement sequence, a pause to prepare an acrobatic element, or a long run-up…more than 3 steps…for an acrobatic element<br>○ Teams may only perform the tumbling skills as per the skills table for their relevant division to meet skills requirements for floor with the exception of the 25% rule as outlined in the technical requirements<br>○ Technique must take preference over difficulty and if the chosen skills are too difficult for any team member deductions will be made. |
| **Skill 2: Turn or Spin** | ○ Must be on feet and at least one foot must be in contact with the floor for the duration of the skill |
| **Skill 3: Jumps or Leaps** | ○ A jump is a movement taking off from two feet and land on one or two feet.<br>○ A leap is a takeoff from one foot and land on the other or both.<br>○ The emphasis is on proper form (upper body lifted, arm placement, extension, height, tight legs, pointed toes).<br>○ Jumps must be performed as per the skills table for the relevant division to be credited for specific requirements.<br>○ Jump and leaps these must be clearly performed to allow judges to recognise the element |
| **Skill 4: Balances & supports** | ○ Balances must be held by all members of the team for a minimum of two seconds |
| **Skill 5 and 6: Acrobatic Elements** | ○ Group Acrobatics must contain at least 6 members of;<br>- One group balance OR<br>- 3x pair skills or 2x trio skills with at least 4 connections<br>○ The positions must be held at the same time for two seconds to allow judges to recognise the element.<br><br>***Base*** - The person at the bottom of a sports acrobatics balance who supports another person.<br>***Top*** - The person being supported in a sports acrobatics balance.<br><br><u>Open Novice and Junior</u> - Perform up to 1.5 levels of people e.g. one level is kneeling<br><u>Open Senior / Intermediate / Advanced</u> - Performs up to 2 levels of people. i.e. the top does not have to have any part of their body on the ground, however, the majority of their body mass/centre of gravity may NOT be higher than the base's shoulders when the base is in a standing or lunge/squat position. Their body mass may only be higher than the base's shoulders if the base is sitting, kneeling or lying.<br>SAFETY - No standing on shoulders is permitted. All acrobatics elements on 2 levels MUST have a spotter/supporter who is a member of the team. |

## 8.4 Technical Element Requirements

| Technical Element Requirements - FLOOR | | | | | | |
|---|---|---|---|---|---|---|
| **Skill #** | **Skills** | **Open Novice** | **Open Senior** | **Junior** | **Intermediate** | **Advanced** |
| | | The minimum requirements of each division is performed by 75% of the team<br><br>25% or less of team may perform skills from the Junior or Intermediate division. | Elements from Junior, intermediate and advanced divisions<br><br>25% rule does not apply - open skills to a maximum of Advanced division skills | The minimum requirements of each division is performed by 75% of the team<br>25% of team may perform skills from one step lower or higher<br>o Junior - 25% or less of team may perform skills from Intermediate<br>o Intermediate - 25% or less of team may perform skills one step lower or higher division<br>o Advanced - 25% or less of team may perform skills from Intermediate division | | |
| **1** | **Acrobatic Element** | 2 x Acro Elements<br>Forward/Backward Roll<br>Cartwheel<br>Dive roll<br>Handstand Forward Roll<br>Round-Off<br><br>**Any variation/style may be performed**<br><br>**No saltos allowed** | Choose from Junior, Intermediate and Advanced requirements | 2 x Acro Elements<br>Forward Roll<br>Backward Roll<br>Cartwheel<br>Dive roll<br>Handstand Forward Roll<br>Backward Roll to Front Support<br>Round-Off<br>Walkovers – Forward or Backward<br><br>**Any variation/style may be performed**<br><br>**No saltos allowed** | 2 x Acro Elements<br>Cartwheel<br>Dive Roll<br>Handstand F/Roll<br>B/Roll - Front Support<br>Round-Off<br>Walkovers – Forward or Backward<br>B/Roll-Handstand<br>Handspring<br>Round off - Flic Flac<br>Round off - Back tuck<br>Round off - Flick, Back tuck<br>**Any variation/style may be performed** | 2 x Acro Elements<br>Cartwheel<br>Dive Roll<br>Round-Off<br>Walkovers<br>Handspring<br>Standing Flic Flac<br>Cartwheel Flic Flac<br>Side Aerial (Hands-free Cartwheel)<br>Salto's (forward, backward, side, twisting<br><br>**Any variation/style may be performed** |
| **2** | **Turn/Spin** | 1 x Turn/Spin<br>Half Turn on one foot (any style) | Choose from Junior, Intermediate and Advanced requirements | 1 x Turn or Spin<br>Half Turn on one foot (any style) | 1 x Turn or Spin<br>Chanie – turn on two feet<br>Passe Pivot<br>Front horizontal pivot<br>Full turn of any style or variation | 1 x Turn or Spin<br>Double Passe<br>Double Pivot of any style<br>Illusion<br>Back Attitude Pivot |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | Greater than full turn of any style or variation |
| **3** | **Jump or Leap** | 1 x Jump or Leap<br>Tuck, Star, Stag Jumps<br>Jump half turn (straight)<br><br>Cat Leap, Scissor Leap<br>45 degree Split leap | Choose from Junior, Intermediate and Advanced requirements | 2 x Jump or Leap<br>Tuck, Star, Stag Jumps<br>Jump half turn (straight)<br><br>Cat Leap, Scissor Leap<br>45 degree Split leap | 2 x Jump or Leap<br>Straddle, Split Jump<br>Jump Full Turn (Straight)<br><br>Split or Stag Leap<br>Half turn Cat Leap<br>Tour Jete<br>Cossack Leap | 2 x Jump or Leap<br>Pike Jump<br>Double Stag Jump<br>Jump full turn in shape other than straight<br><br>Russian Leap<br>Double Stag Leap<br>Turning Split Leap<br>Butterfly Leap |
| **4** | **Balance or Support** | 1 x Individual Balance or Support<br>Candle Stand<br>V-Sit<br>Scale<br>Passe-knee needs to create a closed triangle – body straight or on the knee<br>Front, Side or Back supports | Choose from Junior, Intermediate and Advanced requirements | 1 x Individual Balance or Support<br>Front, Side or Back supports<br>Candle Stand<br>V-Sit<br>Scale<br>Passe-knee needs to create a closed triangle – body straight or on the knee<br><br>Front, Side or Back supports | 2 x Individual Balance or Support<br>Horizontal Balance<br>V-sit<br>Candle-stand with no hand support<br>Bridge<br>Splits – no hand support<br><br>Handstand<br>Any balance with hand support only | 2 x Individual Balance or Support<br>Cossack Balance<br>Splits<br>Back Attitude<br>Any balance on one leg<br>With extended leg 135° higher<br>Splits – no hand support<br><br>Handstand<br>Any balance with hand support only |
| **5** | **Acrobatic – Partner or Trio** | 1 x Group Balance (Partner, Trio or Whole Group)<br>Max 1.5 Levels only | Choose from Junior, Intermediate and Advanced requirements<br><br>Max. 2 Levels only | 1 x Acrobatic – Partner or Trio<br>Max 1.5 Levels only | 1 x Acrobatic – Partner or Trio<br>Max 2 Levels only | 1 x Acrobatic – Partner or Trio<br>Max 2 Levels only |
| **6** | **Acrobatic – Whole Group** | | | 1 x Acrobatic – Whole Group<br>Max 1.5 Levels only | 1 x Acrobatic – Whole Group<br>Max 2 Levels only | 1 x Acrobatic – Whole Group<br>Max 2 Levels only |

# 9.0 APPARATUS SPECIFIC – TUMBLING

## 9.1 Technical Element Requirements

| Technical Element Requirements - TUMBLING | | | | | |
|---|---|---|---|---|---|
| | **Open Novice** | **Open Senior** | **Junior** | **Intermediate** | **Advanced** |
| | The minimum requirements of each division is performed by 75% of the team<br><br>25% or less of team may perform skills from the Intermediate division. | Elements from Junior, Intermediate and Advanced divisions<br><br>25% rule does not apply - open skills to a maximum of Advanced division skills | The minimum requirements of each division is performed by 75% of the team<br>25% of team may perform skills from one step lower or higher<br>o Junior - 25% or less of team may perform skills from Intermediate<br>o Intermediate - 25% or less of team may perform skills one step lower or higher division<br>o Advanced - 25% or less of team may perform skills from Intermediate division | | |
| **No. of Passes** | 2 | 3 | 2 | 3 | 3 |
| **Tumble 1** | The same elements<br>Cannon Ball | The same elements<br>Synchronised or<br>Cannon Ball | The same elements<br>Synchronised or<br>Cannon Ball | The same elements<br>Synchronised or<br>Cannon Ball | The same elements<br>Synchronised or<br>Cannon Ball |
| **Tumble 2** | Perform the same elements or different elements to each other in order of increasing difficulty.<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty.<br>Cannon Ball | Perform the same elements or different elements to each other order of increasing difficulty.<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty from pass 1<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty from pass 1<br>Cannon Ball |
| **Tumble 3** | N/A | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty | N/A | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty |

| | | | | | |
|---|---|---|---|---|---|
| | | from pass 1 and show a twisting element<br>Cannon Ball | | from pass 1 and show a twisting element<br>Cannon Ball | from pass 1 and show a twisting element<br>Cannon Ball |
| **# skills required** | Minimum 2 skills | Minimum 2 skills | Minimum 2 skills | Minimum 2 skills | Minimum 2 skills |
| **Acrobatic Element** | Forward Roll<br>Backward Roll<br>Dive Roll<br>Cartwheel (one handed)<br>Handstand Forward Roll<br><br>**Any variation of the above.** | Chose from Junior, Intermediate and Advanced requirements | Forward Roll<br>Backward Roll<br>Cartwheel<br>Dive Roll<br>Handstand Forward Roll<br>B/Roll to Front Support<br>Round-Off<br>Walkovers – forward or backward<br><br>**Any variation of the above.** | Cartwheel<br>Dive Roll<br>Handstand Forward Roll<br>B/Roll to Front Support<br>Round-Off<br>Walkovers – forward or backward<br>B/Roll to Handstand<br>Handspring<br>Flic Flac<br>Back tuck<br><br>**Any variation of the above.** | Cartwheel<br>Dive Roll<br>Handstand Forward Roll<br>Backward Roll to Front Support<br>Round-Off<br>Walkovers – forward or backward<br>B/Roll to Handstand<br>Handspring<br>Flic Flac<br>Back tuck<br>Side Aerial (Hands-free Cartwheel)<br>Salto's (forward, backward, side, twisting)<br><br>**Any variation of the above.** |

Note:
- the elements are listed in order of increasing difficulty for reference to increasing difficulty between passes.
- two acro skills connected is not considered one skill but will taken as the two acro skills required e.g. Round off – flic flac meets the required two acro skills.

# 10.0 APPARATUS REQUIREMENTS – SPRING

## 10.1 Technical Element Requirements

| Technical Element Requirements - SPRING | | | | | |
|---|---|---|---|---|---|
| | **Open Novice** | **Open Senior** | **Junior** | **Intermediate** | **Advanced** |
| | The minimum requirements of each division is performed by 75% of the team<br><br>25% or less of team may perform skills from the Intermediate division. | Elements from Junior, intermediate and advanced divisions<br><br>25% rule does not apply - open skills to a maximum of Advanced division skills | The minimum requirements of each division is performed by 75% of the team<br>25% of team may perform skills from one step lower or higher<br>○ Junior - 25% or less of team may perform skills from Intermediate<br>○ Intermediate - 25% or less of team may perform skills one step lower or higher division<br>○ Advanced - 25% or less of team may perform skills from Intermediate division | | |
| **No. of Passes** | 3 | 3 | 3 | 3 | 3 |
| **Equipment** | Optional – use of vaulting table for first pass with either mini-tramp or spring board. All three jumps may be mini-tramp only jumps. | | | | |
| **Pass 1** | All perform the same skill **Cannon Style** | | | | |
| **Pass 2** | Perform the same elements or different elements to each other in order of increasing difficulty<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty from pass 1<br>Cannon Ball | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty from pass 1<br>Cannon Ball |
| **Pass 3** | Perform the same elements or different elements to each other in order of increasing difficulty<br>All elements show an increase in difficulty from pass 1 and show a twisting or rotation element<br>Cannon Ball | | | | |
| **Vault Table Skills (Optional Pass 1)** | Side Box: -<br>Spring on (hands first or straight to feet) | Chose form Junior, Intermediate and advanced skills | Side Box: -<br>Spring on (hands first or straight to feet) | Straddle over – side box<br>Straddle over – long box | Layout straddle over – side box |

| | | | | | |
|---|---|---|---|---|---|
| | Tuck on (hands then feet)<br>Straddle on (hands then feet)<br><u>Long Box: -</u><br>Jump to feet on, forward roll, stretch jump off<br><u>Side Box: -</u><br>Straddle over<br>Tuck through<br><u>Long Box: -</u><br>Dive roll on<br><br>**Any variation of the above.** | | Tuck on (hands then feet)<br>Straddle on (hands then feet)<br><u>Long Box: -</u><br>Jump to feet on, forward roll, stretch jump off<br><u>Side Box: -</u><br>Straddle over<br>Tuck through<br><u>Long Box: -</u><br>Dive roll on<br><br>**Any variation of the above.** | Round-off – side box<br>Dive Roll – long box<br>Handspring – side box<br>Round-off – long box<br>Handspring – long box<br><br>**Any variation of the above.** | Layout straddle over – long box<br>Round-off – side box<br>Handspring – side box<br>Round-off - long box<br>Handspring – long box<br>Any round-off, handstand or handspring vault - must have two hands touching the vault top.<br>**Any variation of the above.** |
| **Mini-Tramp Skills** | Straight Jump<br>Star Jump<br>Tuck Jump<br>Straddle Jump<br>Pike Jump<br><br>Twisting Elements: -<br>Jump Half Turn<br>Jump Full Turn<br><br>**Any variation of the above.** | | Straight Jump<br>Star Jump<br>Tuck Jump<br>Straddle Jump<br>Pike Jump<br><br>Twisting Elements: -<br>Jump Half Turn<br>Jump Full Turn<br><br>**Any variation of the above.** | Straddle Jump<br>Pike Jump<br><br>Twisting/Rotations: -<br>Jump Full Turn<br>Forward somersault, tuck pike or layout without twists.<br>**Any variation of the above.** | Forward Saltos –Tuck, Pike, Layout<br>Barani<br>Forward Saltos - with any body position with twists.<br>**Any variation of the above.** |

Note: - the elements are listed in order of increasing difficulty for reference to increasing difficulty between passes.

# 11.0 JUDGING

## 11.1 Judging Panels

The judging panel should consist of at least two judges, preferably three per apparatus. The role of each judge is as follows;

**Technical Judge:** Usually the Head Panel Judge. Evaluates the technical requirements and applies deductions for not meeting element requirements and violations.

**Performance Judge/s**: Evaluates the execution of the performance.

## 11.2 Duties of the Judges

**Head Panel Judge**
- Has overall responsibility for the panel.
- Displays a green flag, light or other indicator to signal to the team to begin their routine.
- Ensure the routine is timed by a performance judge.
- Reviews the tolerances between the performance judges.
- Provide written feedback on the judging sheets if deemed useful to the team which will be returned to the coaches at the end of the competition.

**Technical Judge (usually Head Panel Judge)**
- Apply and record technical faults and violations/deductions.

**The Performance Judge/s**
- Evaluate the execution (performance) of the routine by evaluating the criteria per the judging sheets (Appendices).
- Are not to discuss their scores with the other judges.
- Sign their completed score sheet and pass to the Head Panel Judge.
- May discuss the final scores if the Head Panel Judge initiates the discussion on performance scores that are out of tolerance with each other.
- May be asked by the Head Judge to take responsibility of timing the routine.
- Inform the Head Judge if timing requirements have not been met.

## 11.3 The Recorder

A recorder should be provided for each judging panel by the event organiser whose role is to;
- Record the final score provided by the Head Panel Judge.
- Record the performance scores into the record sheet, calculate and record the final score as per the calculation of final score outlined below.
- Keep the results and panel discussions private.

## 11.4 Scoring

Each performance is marked out of 100 points as follows;

**Total Performance Score - Total Technical Score = Final Score**

*Performance Score* Evaluation of the performance as outlined in 11.5
*Technical Score* Total Technical Deductions + Violations as outlined in 11.6

See Judging sheets for specific score allocation or deductions.

## 11. 5 Performance Judging Requirements

The **performance** of the routine is awarded points on three criteria:

- Specific Requirements (execution of requirements)
- Choreography (floor only)
- Overall Performance

| | Floor | Tumble | Spring |
|---|---|---|---|
| **Specific Requirements** | **Execution and form:** Elements are performed with good body form – toes, arms and legs. | | |
| | **Technique:** Elements are performed according to the defined requirements and taking into consideration any variation being performed. | | |
| | **Precision:** Uniformity – movements and elements are performed exactly the same way, unless choreography states otherwise. Formations must be exact e.g. straight lines when that is intended | **Precision:** Synchronicity and spacing (uniformity of performance) including – rhythmic quality of transitions | |
| | **Landings and Balance:** The programme is performed with controlled balance with no extra steps, jumps, arm and leg movements or hand supports to keep balanced. | | |
| | **Creativity:** Incorporation of elements into routine shows creativity | N/A | N/A |
| **Choreography** | **Movement to Music:** Reflects the style and type of music Variations in tempo (speed) but not necessarily the music Shows creativity and originality | N/A | N/A |
| | Use of levels, performance area, formations, directions | N/A | N/A |
| **Overall Performance** | Showmanship | Visual Impact | |
| | Teamwork | Movement Compliments Music (creativity and originality) | |
| | Synchronicity and uniformity of whole performance | N/A | N/A |

## 11.6 Technical Judging Requirements

The **technical requirements** for each floor apparatus is assessed by deducting for:

- Missing Skill requirement
- Violations (Deductions/Faults)

Skills must be selected from the relevant skills table for the division entered except where the 25% rule applies.

<table>
<tr><th></th><th>Floor</th><th>Tumble</th><th>Spring</th></tr>
<tr><td rowspan="3">Specific Requirements<br><br>5 Point Deductions</td><td rowspan="3">Deduction for each element missing from performance</td><td>Deduction for each element missing from performance (at least 2 performed)</td><td>Non completion of the skill</td></tr>
<tr><td rowspan="2">Performance style for each pass is not displayed – cannon or synchronised</td><td>Not landing the skill</td></tr>
<tr><td>Performance style for each pass is not displayed – cannon or synchronised</td></tr>
<tr><td rowspan="2">Violations<br><br>5 Point Deductions</td><td colspan="3">o Timing<br>o Inappropriate attire<br>o Inappropriate music<br>o Prohibited moves<br>o Un-sportsman like behavior<br>o Major fall<br>o 25% Rule infraction</td></tr>
<tr><td>Cross Tumbling</td><td>N/A</td><td>N/A</td></tr>
<tr><td rowspan="4">Violations<br><br>2.5 Point Deductions</td><td colspan="3">Poor Quality Sound Reproduction (unless equipment failure)</td></tr>
<tr><td colspan="3">Minor Fall (each time) – recoverable</td></tr>
<tr><td>Stepping Outside of performance area</td><td>N/A</td><td>N/A</td></tr>
<tr><td>No clear pause before performance</td><td>N/A</td><td>N/A</td></tr>
</table>

## 11.7 Technical Clarifications

Specific judging technical information will be outlined in the judging course manual, however please note the following clarifications.

**Falls**

- A major fall is characterised by total loss of balance, meaning that recovery from the fall is not possible, (i.e. falling from feet to hands and knees, or backwards onto bottom).
- If the individual is able to recover from the fall (i.e. stay on their feet but takes a MAJOR step) this is considered a minor fall.
- Small adjustments on landing are not considered a fall and will be taken into consideration in the performance judging under the 'landings' heading.
- The same applies if the fall is from another part of the body, only a complete collapse is a major fall.

- Poor technique such as using hands to stand from a forward roll is not a fall, but will be taken into consideration in the performance judging under the 'execution/technique' heading.

**Rule infractions**

- Except where individually specified on the technical judging sheets, all rule infractions against a requirement designed for safety and fairness amongst competing teams, are major rule infractions. All rule infractions against composition are minor rule infractions.

## APPENDIX 1 – Judging Sheets

**Note:** Judging requirements will be updated for 2019.

## FLOOR Performance

**Division:** Open Novice Open Senior Junior Intermediate Advanced

**Name of Judge:**

**Name of Team:**

| Area | Criteria | Possible Points | Points Scored | Score |
|---|---|---|---|---|
| **TECHNICAL / EXECUTION** | | | | |
| Specific Requirements<br><br>**55 Points** | Execution - body form (toes/arms/legs) | **20** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Precision (uniformity, synchronicity of skill requirements) | **10** | | |
| | Landings (control) | **10** | | |
| | Incorporation in Routine (creativity) | **5** | | |
| **COMPOSITION** | | | | |
| Overall Choreography<br><br>**15 Points** | Choreography – movement to music (creativity/originality) | **5** | | |
| | Use of levels, performance area, formations, directions | **10** | | |
| Overall Performance<br><br>**30 Points** | Showmanship (confidence/eye contact/facial expression) | **5** | | |
| | Teamwork (appearance/camaraderie) | **5** | | |
| | Synchronicity/Uniformity of whole performance | **20** | | |
| **Judge Initials** | Total Performance Score (Out of 100) | | | |

## FLOOR Technical

**Division:** Open Novice Open Senior Junior Intermediate Advanced

**Name of Judge:** **Name of Team:**

| **Specific Requirement**<br>**(Deduct 5 points for each missing requirement)** | |
|---|---|
| Skill 1: Acro Element (Tumble Skill) x 2 | ☐ ☐ |
| Skill 2: Turn or Spin x 1 | ☐ |
| Skill 3: Jump or Leap x 1 | ☐ |
| Skill 4: Balance or Support (Individual) x 1<br>Balance or Support – 2 second hold | ☐<br>☐ Attempted ☐ Held |
| Skill 5: Acrobatics: partner/trio – 2 second hold<br>(Junior chooses 1 or skill 5 or skill 6) | ☐ Attempted ☐ Held |
| Skill 6: Acrobatics: group – 2 second hold | ☐ Attempted ☐ Held |
| Formations – 5 different formations (1 point deduction for each missing formation or formation that is not different) | ☐ ☐ ☐ ☐ ☐ |
| **Total Technical Deduction** | |

| **Violations (valued at 2.5 points or 5 points)** | | | |
|---|---|---|---|
| **5 Point Deduction** | | **2.5 Point Deduction** | |
| Overtime | ☐ | Not all connected in a balance | ☐ |
| Inappropriate attire (team deduction) | ☐ | Stepping outside performance area (individual) | ☐ |
| Wearing jewellery (individual deduction) | ☐ | Minor fall – recoverable (each time) | ☐ |
| Inappropriate music/movements/language: verbal/non-verbal (team deduction) | ☐ | Poor quality sound reproduction<br>(team- unless event issue) | ☐ |
| Prohibited move/unsafe skills (individual deduction) | ☐ | | |
| Unsportsmanlike behavior: coach/participant/supporter (team deduction) | ☐ | No clear pause before performance (team deduction) | ☐ |
| Major fall – irrecoverable/ Contact with Floor (each time) | ☐ | | |
| **Rule infraction (Each rule a team deduction of 5 Points)** | | | |
| 25% Rule | ☐ | Cross Tumbling | ☐ |
| All members participating | ☐ | Coach Communication | ☐ |
| Less than 6 participants | ☐ | | |
| **Total Violation Deduction** | | | |
| **Specific Requirement (Technical Deductions) + Violation Deductions =** | | | |

## TUMBLING Performance - Two passes

**Division:** Open Novice Junior

**Name of Judge:**

**Name of Team:**

| Area | Criteria | Possible Points | Points Scored | Score |
|---|---|---|---|---|
| Tumble 1<br>40 Points | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity/ synchronicity/landings, performance style) | **10** | | |
| | Uniformity and Spacing | **10** | | |
| Tumble 2<br>40 Points | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity/ synchronicity/landings, performance style) | **10** | | |
| | Uniformity and Spacing | **10** | | |
| Overall<br>20 Points | Visual Impact (Movement) | **10** | | |
| | Movement complement music (Creativity/originality) | **10** | | |
| Judges Initials | Total Performance Score (Out of 100) | | | |

## TUMBLING Technical – Two Passes

**Division:** Open Novice Junior

**Name of Judge:**

**Name of Team:**

| **Specific Requirement (Deduct 5 points for each incorrect requirement)** | |
|---|---|
| 1st Pass (Synchronised): at least two gymnast moving at the same time | ☐ |
| 1st Pass (Synchronised): at least two different tumbling elements | ☐ |
| | |
| 2nd Pass (Cannonball): one after the other | ☐ |
| 2nd Pass (Cannonball): at least two different tumbling elements | ☐ |
| Total Deduction | |

| **Violations (valued at 2.5 points or 5 points)** | | | |
|---|---|---|---|
| **5 Point Deduction** | | **2.5 Point Deduction** | |
| Overtime | ☐ | Poor quality sound reproduction (team- unless event issue) | ☐ |
| Inappropriate attire (team deduction) | ☐ | Minor fall – recoverable (each time) | ☐ |
| Wearing jewellery (individual deduction) | ☐ | | |
| Inappropriate music/movements/language: verbal/non-verbal (team deduction) | ☐ | | |
| Prohibited move/unsafe skills (individual deduction) | ☐ | | |
| Un-sportsman like behaviour: coach/participant/supporter (team deduction) | ☐ | | |
| Major fall – irrecoverable/ Contact with Floor (each time) | ☐ | | |
| Rule infraction (Each rule - team deduction) | | | |
| - 25% Rule | ☐ | | |
| - Less than 6 participants | ☐ | | |
| - Coach Communication | ☐ | | |
| **Total Violation Deduction** | | | |
| **Total Technical Deduction** | | | |
| **Specific Requirement + Violation Deductions =** | | | |

## TUMBLING Performance – Three passes

**Division:** Intermediate Advanced Open Senior

**Name of Judge:**

**Name of Team:**

| Area | Criteria | Possible Points | Points Scored | Score |
|---|---|---|---|---|
| Tumble 1<br>**30 Points** | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity/ synchronicity/landings, performance style) | **5** | | |
| | Uniformity and Spacing | **5** | | |
| Tumble 2<br>**25 Points** | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity/ synchronicity/landings, performance style) | **5** | | |
| Tumble 3<br>**25 Points** | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity/ synchronicity/landings, performance style) | **5** | | |
| Overall<br>**20 Points** | Visual Impact (Movement) | **10** | | |
| | Movement complement music (Creativity/originality) | **10** | | |
| Judges Initials | Total Performance Score (Out of 100) | | | |

## TUMBLING Technical – Three Passes

**Division:** Intermediate Advanced Open Senior

**Name of Judge:**

**Name of Team:**

| **Specific Requirement (Deduct 5 points for each incorrect requirement)** | |
|---|---|
| 1st Pass (Synchronised): at least two gymnast moving at the same time Or<br>1st Pass (Cannonball): one after the other | ☐<br>☐ |
| 1st Pass (Synchronised): at least two different tumbling elements<br>1st Pass (Cannonball): at least two different tumbling elements | ☐<br>☐ |
| | |
| 2nd Pass (Cannonball): one after the other | ☐ |
| 2nd Pass (Cannonball): at least two different tumbling elements | ☐ |
| | |
| 3rd Pass (Cannonball): one after the other | ☐ |
| 3rd Pass (Cannonball): at least two different tumbling elements | ☐ |
| **Total Technical Deduction** | |

| **Violations (valued at 2.5 points or 5 points)** | | | |
|---|---|---|---|
| **5 Point Deduction** | | **2.5 Point Deduction** | |
| Overtime | ☐ | Poor quality sound reproduction (team- unless event issue) | ☐ |
| Inappropriate attire (team deduction) | ☐ | Minor fall – recoverable (each time) | ☐ |
| Wearing jewelry (individual deduction) | ☐ | | |
| Inappropriate music/movements/language: verbal/non-verbal (team deduction) | ☐ | | |
| Prohibited move/unsafe skills (individual deduction) | ☐ | | |
| Un-sportsman like behaviour: coach/participant/supporter (team deduction) | ☐ | | |
| Major fall – irrecoverable/ Contact with Floor (each time) | ☐ | | |
| Rule infraction (Each rule - team deduction) | | | |
| - 25% Rule | ☐ | | |
| - Less than 6 participants | ☐ | | |
| - Coach Communication | ☐ | | |
| **Total Violation Deduction** | | | |
| **Total Technical Deduction** | | | |
| **Specific Requirement (Technical Deduction) + Violation Deductions =** | | | |

## SPRING Performance

**Division:** Open Novice Open Senior Junior Intermediate Advanced

**Name of Judge:**

**Name of Team:**

| Area | Criteria | Possible Points | Points Scored | Score |
|---|---|---|---|---|
| Pass 1<br>**30 Points** | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity, synchronicity, landings, performance style) | **5** | | |
| | Landings | **5** | | |
| Pass 2<br>**30 Points** | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity, synchronicity, landings, performance style) | **5** | | |
| | Landings | **5** | | |
| Pass 3<br>**30 Points** | Execution - body form (toes/arms/legs) | **10** | | |
| | Technique (correct technical performance of skill taking into account any variation being performed) | **10** | | |
| | Movement precision (uniformity, synchronicity, landings, performance style) | **5** | | |
| | Landings | **5** | | |
| Overall<br>10 Points | Visual Impact (Movement) | **5** | | |
| | Movement complement music (Creativity/originality) | **5** | | |
| Judges Initial | Total Performance Score (Out of 100) | | | |

## SPRING Technical

**Division:** Open Novice Open Senior Junior Intermediate Advanced

**Name of Judge:** **Name of Team:**

| **Specific Requirement (Deduct 5 points for each incorrect requirement)** | | |
|---|---|---|
| | Competed the Skill | Landed the Skill |
| 1st Pass (Vault box or Mini-Tramp) | ☐ | ☐ |
| 2nd Pass (Mini Tramp ) | ☐ | ☐ |
| 3rd Pass (Mini Tramp) | ☐ | ☐ |

| | |
|---|---|
| 1st Pass – Performance style displayed – Cannon | ☐ |
| 2nd Pass – Performance style displayed – Cannon. | ☐ |
| 3rd Pass – Performance style displayed – Cannon | ☐ |
| **Total Technical Deduction** | |

| **Violations (valued at 2.5 points or 5 points)** | | | |
|---|---|---|---|
| **5 Point Deduction** | | **2.5 Point Deduction** | |
| Overtime | ☐ | Poor quality sound reproduction (team- unless event issue) | ☐ |
| Inappropriate attire (team deduction) | ☐ | Minor fall – recoverable (each time) | ☐ |
| Wearing jewellery (individual deduction) | ☐ | | |
| Inappropriate music/movements/language: verbal/non-verbal (team deduction) | ☐ | | |
| Prohibited move/unsafe skills (individual deduction) | ☐ | | |
| Unsportsman like behaviour: coach/participant/supporter (team deduction) | ☐ | | |
| Major fall – irrecoverable/ Contact with Floor (each time) | ☐ | | |
| Rule infraction (Each rule - team deduction) | | | |
| - 25% Rule | ☐ | | |
| - Less than 6 participants | ☐ | | |
| - Coach Communication - | ☐ | | |
| **Total Violation Deduction** | | | |
| **Specific Requirement + Violation Deductions =** | | | |

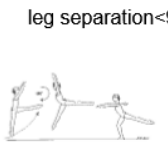
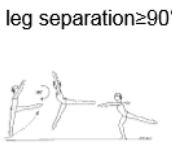
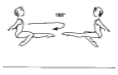
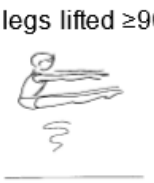
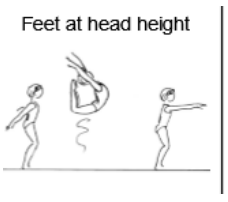
# Appendix 2 – Floor Skill Examples

### Floor Skill 2 – Turns and Spins

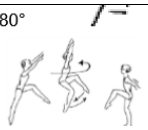
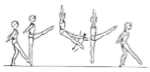
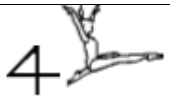
Must be on feet with one foot must be in contact with the floor for the duration of the skill. A pivot turn on two feet is not counted as a required turn.

| Turn | Picture of Turn | Turn | |
|---|---|---|---|
| Half turn on one foot (any style) | | Chanie – Turn on Two Feet | |
| Single Pivot of Any Style | | Double Pivot of Any Style | |
| Passé Pivot – forward rotation |  360° |  540° | |
| Passé Pivot – Backwards Rotation |  360° |  540° | |
| Skaters Pivot : *Leg at 45* |  360° |  540° | |
| Front Horizontal Balance |  360° |  540° | |
| Skaters Pivot: *Leg at 90* |  360° |  540° | |
| Illusion- Foward |  | | |

**Floor Skill 3 – Jumps and Leaps**

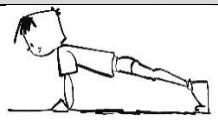
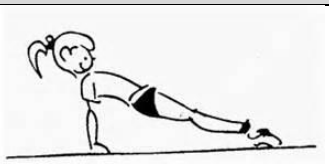
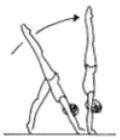
| Jumps | Picture of Jump | Jumps | Picture of Jump |
|---|---|---|---|
| Tuck Jump |  | Star Jump |  |
| Tour Jette : *Lifting leg must reach horizontal. Straight legs (upper body must be hortizontal)* |  |  |  |
| Cossack Jump: *One leg extended, other tucked. Hip and bent knee angles ≤90°* |  |  |  |
| **Split** Jump |  | Straddle Jump – Chest Down |  |
| Jump Half Turn- 180 |  | Jump Full Turn- 360 |  |
| Pike Jump - 45 |  | Pike Jump - 90 |  |
| Double Ring/ Sheep Jump |  |  |  |
| Jump Full turn in any shape but straight | i.e: 360 – Tuck Jump, 360- Hop | More than 540 Jump / 1 and 1/2 | i.e: 540– Tuck Jump, 540- Hop |
| Jump Stag |  | Jump Double Stag |  |

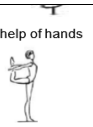
A leap is a movement taking off from one foot and landing on one or two feet. The emphasis is on proper form (upper body lifted, arm placement, extension, height, tight legs, pointed toes). Leaps must be performed as per the skills table for the relevant division to be credited for specific requirements.

| | | | |
|---|---|---|---|
| Cat Leap: *Bent legs. Leg change during the flight. Legs must reach 90° somewhere during the flight.* |  | 180°  | 360°  |
| Scissor Leap: *Straight legs. Leg change during the flight. First leg much reach 90°.* | Leg separation 90°  | Leg separation ≥120°  | |
| Split Leap | leg separation<135°  | leg separation 135° <180°  | leg separation 180°  |
| Split Ring Leap: *Leg at hip height* | leg separation 180°  | Turning Split Leap  | |
| Stag Leap |  |  |  |
| Tour jete |  | Ring leap  | |
| Cossack Leap |  | Butterfly Leap  | |

**Floor Skill 4 – Support and Balance Element**

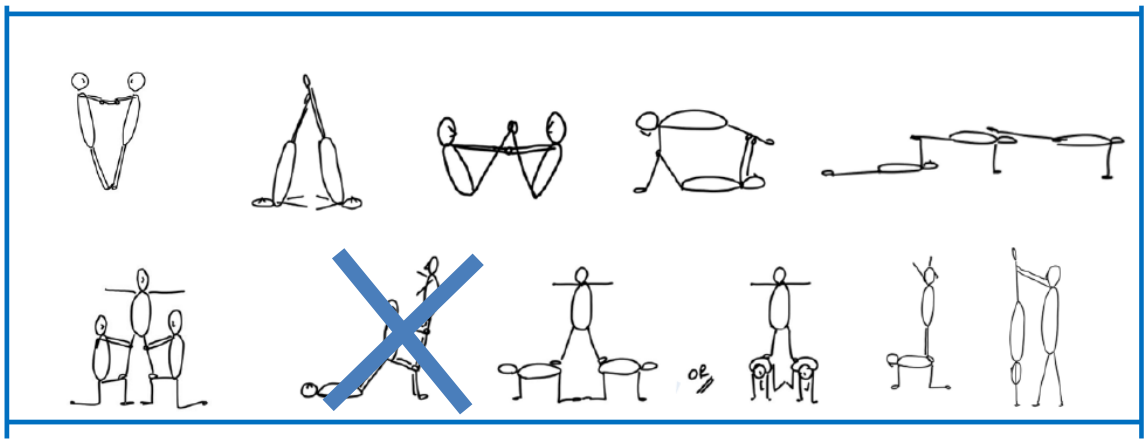
Demonstrates core body strength and must be held for 2 seconds or longer.

| Support | Picture of Support | Support | Picture of Support |
|---|---|---|---|
| Front Support |  | Back Support |  |
| Side Support |  | Handstand |  |
| Straddle pike sitting support<br>Please note:<br>**When lifted higher than parallel to the floor NO LEANING on arms is allowed.** |  |  |   |
| Any balance with hand support only – for example: |   <br>Example: Balance on elbows/ straight arms, legs separated | | |

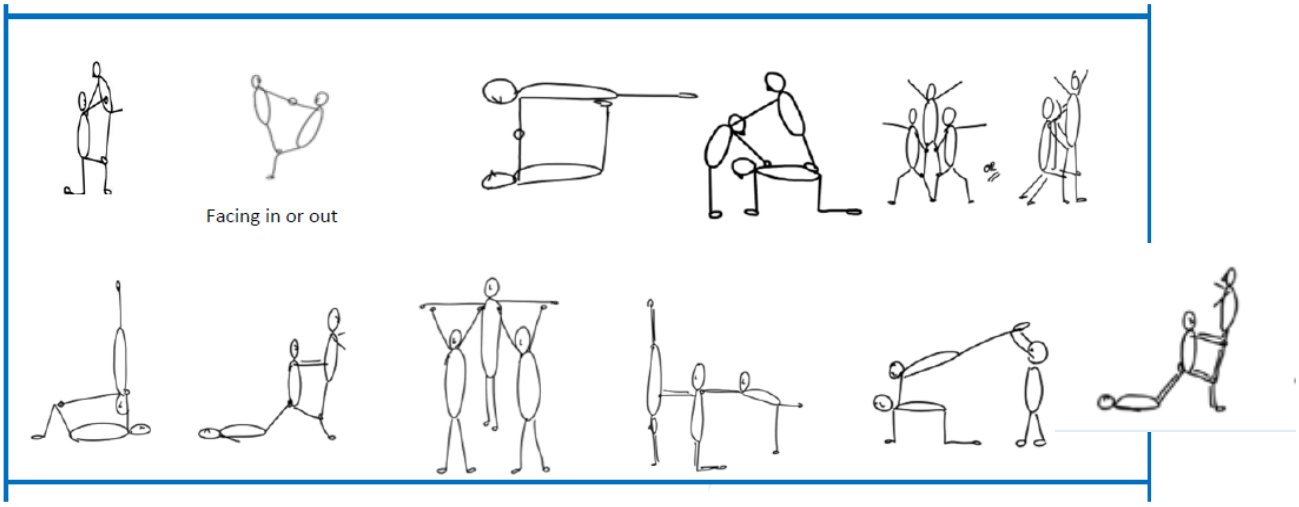
| Balance | Picture of Balance | | |
|---|---|---|---|
| Frontal Balance:<br>Free leg in front without help of hand/hands. | <br>Knee can be turned in or out |  |  |
| Front Attitude: Standing on one leg, free leg at 125 in front and turned outward, knee angle 135°, hip forward. |  |  | |
| Back Attitude |  |  |  |
| Candle-stand/ Shoulder with hands |  | Candle-stand/ Shoulder without hand support / or hands down |  |
| Bridge<br>Arms and support leg must be straight. Shoulders must be above or over the hands. | |  |  |
| Scale Balance |  | V- Sit |  |
| Cossack Balance |  | Splits |  |
| **Senior** Any balance on one leg with extended leg 135 degrees or higher | | | |

**Floor Skill 5: Acrobatic Skills**

**Junior Acrobatic Skills** – Suitable for Novice and Junior divisions



**Intermediate Acrobatic Skills –** Suitable for Open Senior and Intermediate divisions




**Advanced Acrobatic Skills** – Suitable for Open Senior and Advanced divisions

