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# **EUROPEAN CHAMPIONSHIPS IN TEAMGYM**

## **Seniors and Juniors**

# **C O D E   O F P O I N T S**

## **September 2013**

## Introduction

This Code of Points applies to both Junior and Senior Competitions.

This version of the code has been substantially changed in an attempt to make the judging easier and fairer. It takes into account the following aspects:

- Revised difficulties to 'balance' the three disciplines
- Increased clarification of requirements
- Increased element specification
- Recent developments
- Feedback from the Technical Conference in Prague 2012
- Feedback from various Federations and individuals

The code is divided into four parts

- Part I The Competition Program
- Part II General Regulations
- Part III Specific Discipline Requirements and
- Part IV Appendices containing Tables of Difficulty

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### **All members of UEG TeamGym Committee (TC TG) contributed to this CoP revision**

Keith Hughes	President TC TG
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This new code has gone through various development phases. All feedback has been considered. The committee wish to express their sincere thanks to everyone who put their time into submitting their comments. There were many conflicting opinions on the direction the code should take. The committee have selected the most appropriate combination of the most popular proposals.

This 2013 version of the Code of Points completely replaces the revised 2009 code. The format has been kept the same where possible.

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# **PART I THE COMPETITION PROGRAM**

## **Art 1 Purpose and Aims of the Code of Points**

- To provide the most objective and unanimous judging possible
- To increase the judge's knowledge
- To be of help to gymnasts and coaches

## **Art 2 Management Panel of the Competition**

The TC-TG/UEG appoints a Management Panel for the respective competition.

### **2.1 Members**

The Management Panel shall consist of:

- The nominated delegate of the TC-TG/UEG
- The Competition Director
- The Representative of the Host Federation

### **2.2 Responsibility**

The Management Panel is responsible for:

- Running of the competition in accordance with the requirements of the UEG
- Providing a suitable venue and equipment
- Preparation and distribution of the Work Plan
- Checking equipment
- Checking the accreditation (insurance, passport, tariff forms)

## **Art 3 Competition Juries**

The Technical Regulations identify two Juries – The Jury of Appeal and the Superior Jury. The rights, duties and competences of the jury of appeal, the superior jury, the management panel and the judges are covered in this Code of Points.

### **3.1 Jury of Appeal**

The jury of appeal is composed of two members of the Executive Committee (one of them acting as President) and a third competent person representing the Organising Committee, as nominated by the UEG EC

The Jury of Appeal is responsible for:

- Handling protests
- Handling unexpected situations

### **3.2 Superior Jury**

The Superior Jury is composed of the Technical President and members of the Technical Committee. The specific tasks of each member are defined by the TC-TG.

The Superior Jury is responsible for:

- Overseeing the work of the Judging Panels
- Advising on the interpretation of the CoP
- Resolving Technical Appeals

## Art 4 Judging

### 4.1 Generally

- Judges must be present at all judges' meetings and the drawing of judges positions
- Head judges will be appointed by the TC-TG. All other positions in the Judging Panels will be decided by a draw
- All judges must be in their respective panels at the Competition Hall 15 minutes before the start of each competition
- If judges don't follow the above rules, the Superior Jury can replace them
- If the judges do not respect all the competition rules and regulations or they perform badly (inaccurate, bias, non attendance etc) as a judge, they will be given a warning and if the problems persist, they will be dismissed and replaced

### 4.2 Judging Panels

#### 4.2.1 D Panel - Difficulty

##### 4.2.1.1 *Floor*

Consists of a Head Judge (D1) and two judges (D2 and D3)

##### 4.2.1.2 *Tumbling and Trampet*

Consists of a Head Judge (DC1) and one judge (DC2)

#### 4.2.2 E Panel - Execution

##### 4.2.2.1 *Floor, Tumbling and Trampet*

Consists of a Head Judge (E1) and three judges (E2, E3 and E4)

#### 4.2.3 C Panel - Composition

##### 4.2.3.1 *Floor*

Consists of a Head Judge (C1) and one judge (C2)

##### 4.2.3.2 *Tumbling and Trampet*

Same Panel as article 4.2.1.2

### 4.3 Judge's Duties

#### 4.3.1 General

- All judges are recommended to watch the training, to get an overall view of the level of the competition
- All judges must evaluate the team programs to a high standard of accuracy
- All judges give their scores independently of each other
- The judge sends the score slip immediately forward for control and calculation of the Final Score
- Each judge must be ready to explain his/her deductions and justify his/her own score to the Judging Panel if necessary
- Every Judge must sign and confirm the scores in the secretary's form before leaving the panel after the competition

#### 4.3.2 D Panel Duties

- Before the competition, check the difficulty values for their discipline
- During the competition, check the value of elements which comply with the norms of the Floor, Tumbling or Trampet
- After delivering their individual scores, the D judges are allowed to discuss and agree what is the final D value
- If they cannot agree, the average of their values shall be submitted (See 6.2.1)

**4.3.3 E Panel Duties**

- During the competition, observe the programs attentively and evaluate the faults and corresponding deductions correctly, independently and without bias
- The deductions are made for execution, by referring to:
  - Appendix A4 - Technical Element Recognition Examples and
  - Appendix A5 - Table of General Faults and Penalties
- Complete the score slip and pass to the secretary or enter score in a computer

**4.3.4 C Panel Duties**

- During the competition, record their deductions from a maximum of 4.0 on floor and 2.0 in tumbling and trampet for composition
- Complete the score slip or enter their score into the computer

**4.4 Head Judge Duties**

- Only judges who score the highest marks in the Judges Course will take part in the selection for Head Judge for a specific panel.
- Head judges must submit their score before they see the other judges scores

**4.4.1 Difficulty Head Judge Specific Duties (D1 and DC1)**

- Review the tolerances between the judges difficulty values
- Calculate the Final Panel Score
- Call the judges to a meeting in the case of an unacceptable score difference
- If judges cannot agree, calculate the average difficulty value
- Complete a single score slip or enter the D value into the computer

**4.4.2 Execution Head Judge Specific Duties (E1)**

- Take the role of Lead Head Judge
- Lead the judges meetings before the competition
- Signal the start of the program in the discipline with a green flag
- Decide whether the interruption of the program was caused by the team or was due to a technical matter
- Advise the Superior Jury of concerns in their respective discipline
- Make Execution Head Judge Deductions on the Final Score in each discipline
- Inform the panel, if there are any Head Judge Deductions, **after** the judges submit their score
- The Head Judge Deductions are recorded on the Head Judge Deduction Form, which is past to secretary
- Review the tolerance between the judge's scores
- The Head Judge will eliminate the highest and the lowest score
- The Final Panel Score is the average of the two middle scores.

Example:

Head Judge (E1)	8.5*	
Judge E2	8.4*	* indicates middle two scores
Judge E3	8.0	
Judge E4	8.6	Final E Score 8.45

- Calculate the Final Panel Score for each team
- Call the judges to a meeting in the case of an unacceptable score difference
- If scores remain out of tolerance, calculate the base score
- Hand score slips to secretary if required
- Adjudicate in case of disagreement of the Difficulty panel

**4.4.3 Composition Head Judge Specific Duties (C1 and DC1)**

- Allocate timing the routine to the other judge
- Review the tolerance between the judge's scores
- Calculate the Final Panel Score (average of both judges)
- Call the judges to a meeting in the case of an unacceptable score difference
- Hand score slips to secretary if required

## 4.5 Seating Arrangement

The judges must sit in a position, which affords a correct and undisturbed view of each team's performance, within reasonable distance of each other. D judges and DC judges are allowed to discuss difficulty values.

Floor seating order:

D3 E4 C1 E1 Sec D1 E2 C2 E3 D2

Tumbling/Trampet seating order:

E4 DC2 DC1 E1 Sec E2 E3

## Art 5 Division of Points

	Floor Program	Tumble/Trampet
Difficulty	Open	Open
Execution	10.0	10.0
Composition	4.0	2.0

## Art 6 Evaluation of the Score

### 6.1 Generally

The judges have to judge difficulty, execution and composition. Deductions are made under the following headings:

Small	0.1
Medium	0.2
Large	0.3, 0.4
Very large	0.5, 0.8, 1.0 or 1.5
Also specific deductions in each discipline	

After the performance, the judges forward their score on a judging slip (or enter on a computer). Throughout the competition each E score and each C score is compared to that of the first team who set the standard in the section, in that discipline.

### 6.2 Calculating the Final Score

The Difficulty Value is added to the score for execution and the composition mark, from the three panels, to get the Final Score.

#### 6.2.1 Tolerance between the D Panel Judges Scores:

The difference between the lowest and the highest of the judge's difficulty values may not be larger than 0.6 on floor and 0.2 on tumbling or trampet.

If there is difference among the judges they must discuss to agree the difficulty score if possible. If they cannot agree, but they are inside the tolerance, the HJ (D1) will count the average of the difficulty values.

In case of an unallowable tolerance, judges must discuss and adjust their difficulty scores until they either agree or are inside the tolerance. If they cannot agree within tolerance, the Execution Head Judge (E1) will adjudicate.

#### 6.2.2 Tolerance between the E Panel Judges Scores:

The difference between the lowest and the highest of all judges' scores may not be larger than 0.6 when the final score is 8.0 or above and 1.0 for scores below 8.0.

Difference between the two middle scores may not be larger than the amount shown.



Final Score between	Allowable tolerances for middle scores	Allowable tolerances for lowest and highest 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

If the difference among all the judges is too large **or** the difference between the middle scores is not in tolerance, the Head Judge (E1) calls a meeting to discuss the score. At the meeting the following actions may be taken:

- The judges may adjust their scores so that they are in allowable tolerance  
or
- The Base Score is used as the Final E Score, if the judges cannot agree

**6.2.2.1 Base Score:**

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

Example:

Head Judge (E1)	8.3*
Judge E2	8.9
Judge E3	8.3
Judge E4	8.8*

The E Score would be 8.55, but the middle two scores are out of allowable tolerance. The Base Score =  $(8.55 + 8.3) / 2 = \mathbf{8.425}$

**6.2.3 Tolerance between the C Panel Judges Scores:**

The difference between the two scores may not be larger than 0.2 in any case.

If the difference among the judges is too large, the judges discuss the score and the following actions may be taken:

- The judges may adjust their scores so that they are in allowable tolerance  
**OR**
- The Base Score is used as the Final C Score, if the judges cannot agree.

**6.2.3.1 Base Score:**

Base Score =  $\frac{\text{Average of the 2 scores} + \text{score of Head Judge (C1)}}{2}$

Example:

Head Judge (C1)	3.3
Judge (C2)	2.8

Final C Score would be 3.05. But middle two scores out of allowable tolerance. Base Score  $(3.05 + 3.3) / 2 = \mathbf{3.175}$

## Art 7 Declaration of the Disciplines

### 7.1 General

- The proposed elements of the Floor Program, Tumbling and Trampet exercises are to be written down with their calculated difficulty values on the Tariff Form, which will be sent out to the teams with the Work Plan or an electronic system will be notified by the organiser
- The Tariff Forms must be presented (or completed on line) to the organisers at the accreditation.
- Corrections, on replacement Tariff Forms, can be made up to two (2) hours before the start of the competition or as stated in the Work Plan
- If the team qualify for the Finals, new Tariff Forms must be submitted to the organisers up to 60 minutes after the qualification results are published, or as stated in the Work Plan

### 7.2 Floor Tariff Forms

- Formations to be shown with dots or crosses, so that the formations and the position of each gymnast are clearly marked
- Code numbers for the elements that are counted towards the D score
- Symbols for the difficulty elements
- Values of difficulty elements counted
- Composition components
  - Moving Rhythmic Sequence (RS)
  - Planes ( $\rightarrow$ ,  $\leftarrow$ ,  $\uparrow$ ,  $\downarrow$ )
  - Directions ( $\langle$ ,  $\rangle$ ,  $\wedge$ ,  $\vee$ )

### 7.3 Tumbling Tariff Forms

- Symbols for the elements
- Difficulty score values counted

### 7.4 Trampet Tariff Forms

- Symbols for the elements
- Difficulty score values counted

## Art 8 Clothing

### 8.1 Judges

- Judges must wear grey/dark blue/black trousers/skirt, a white shirt and a jacket
- Men must wear ties

### 8.2 Gymnasts

#### 8.2.1 Generally

- A neat and proper athletic appearance should be the overall impression
- The clothing must be identical for members of the same team, with some exceptions for mixed teams (see 8.2.4)
- The wearing of gymnastic footwear is optional on each discipline, but if chosen must be worn by entire team on the Floor Program
- Bandages (including joint supports) are permitted, but must be securely fastened and of a nonintrusive colour. This means skin colour. Bandages can also be hidden under the competition clothing. For clarification visible bandages shall always have the same colour as the area they cover.
- No jewellery of any kind may be worn by gymnasts. Decorated hair grips (slides), ear studs and piercings are classed as jewellery - taping to hide them is not allowed.
- Body paint is not allowed (tattoos are not deductible)
- Loose items such as belts, suspenders/braces and laces are not allowed

- Hair grips must be secure and safe
- Advertising must follow valid FIG/UEG rules

### 8.2.2 Women

- Gymnasts must wear sportive, non transparent leotards/unitards with no loose parts
- The neckline of the front and back of the leotard must be proper, that is no lower (further) than half of the sternum at the front and no lower (further) than the lower line of the shoulder blades at the back
- The leg cut may not extend beyond the hipbone (maximum)
- Leotards may be with or without sleeves and the shoulder strap width must be a minimum of two (2) cm. Narrow straps are not allowed
- The length of arms is optional, as well as the length of legs of unitards and leggings (skin tight over whole leg – not baggy at all)
- The leggings may be worn under or over the leotard

### 8.2.3 Men

- Gymnasts must wear a leotard, unitard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long trousers that are not baggy or loose
- The top of the men's attire must not have an open cut below the shoulder blade at the back or below half the sternum at the front

### 8.2.4 Mixed

- The women and men must follow the rules in 8.2.2 and 8.2.3 respectively
- Women's and men's clothing do not have to be identical, or even similar, but all women have to wear identical clothing and all men have to wear identical clothing - for example women can wear one colour and men a different one

## 8.3 Coaches

- Coaches must wear matching sportive attire when standing in
- Coaches must not wear items that can be a danger or disturb the overall impression, when standing in for catching or supporting. This includes:
  - Insecurely fastened or intrusive bandages
  - Jewellery, watches and rings
  - Loose items such as belts, suspenders or braces
  - Unsecure hair grips
  - Lanyards (Accreditation or other)

## Art 9 Catching or supporting

- Security spotting for the Tumbling and Trampet is required during the whole team performance
- The Execution Head Judge (E1) on Tumbling/Trampet will only signal the start of the program when the security spotting is in place
- Catching or supporting will always result in deductions
- Failure to react in dangerous situations will also result in deductions
- Coaches are not allowed to give any instructions to the gymnasts and/or disturb them during the performance

## Art 10 Repetition of a Competition Program

- No program can be started a second time, unless the interruption was caused by defects with the equipment or the music player and not caused by the team
- Only the Execution Head Judge (E1) can decide if a program may start again. In this case the team's whole program, in the specific discipline, must start from the beginning, after the next team in competition order or as directed
- In case of an interruption not caused by the team itself, the team coach has the right to stop the routine
- If the routine is not stopped promptly, no repeat will be allowed

## **PART II GENERAL Regulations**

### **Art 11 Evaluation of the Competition Programs**

#### **11.1 General**

- The same Competition Programs may be performed in the Qualification and the Final
- The evaluation method in this Code of Points will be used at the official UEG TeamGym Championships and it may also be used by all European countries for TeamGym competitions

### **Art 12 Recognition of New Elements**

#### **12.1 Floor**

- The coaches and gymnasts are encouraged to submit new Elements that do not yet appear in the Table of Difficulty
- They can then be recognized in a competition as difficulty elements and when performed, their value will be confirmed and added to the CoP as an addendum
- The new elements should be submitted to the TC-TG by email via the UEG Office, at any time of the year, but no later than two months before the championship or the date stipulated in the Competition Work Plan
- The request for evaluation must be accompanied with a description, technical drawings and figures, as well as a video recording
- The new elements will be valued in advance and in confidence by the TG-TC and will be given a code number, a symbol and a provisional value
- The decision will then be communicated as soon as possible in writing to the respective federation and also to the Judges at the Judges' Briefing, before the respective competition

#### **12.2 Tumbling and Trampet**

- On tumbling and trampet it is allowed to perform elements which do not have a code number or symbol, if the difficulty value can be counted by using the element basic values and element additional values

### **Art 13 Code updates**

- After the Official UEG Competitions the TC-TG/UEG will publish a Code Update
- This will include all new elements and variations with code numbers and illustrations.
- The Code Update will be sent by the UEG office to all affiliated federations, together with the effective date from when it is valid.

## PART III THE DISCIPLINES

### Art 14 Floor Program

#### 14.1 Discipline Requirements

##### 14.1.1 General

- This is a gymnastic floor routine for the whole team performed to music
- All accredited gymnasts excluding reserves, must participate in floor program, unless excused by the UEG doctor (the penalty is disqualification of the team)
- The team must wait outside the competition area, ready to jog into the arena when competition organisers direct them
- They wait for the green flag at the edge of the floor area
- When the green flag is shown, they should jog to their starting position on the floor, with no additional movements

##### 14.1.2 Difficulty

- The values of difficulty elements are shown in the Table of Difficulty (Appendix A1)

##### 14.1.3 Execution

- The team may present from eight to twelve gymnasts
- Mixed teams must have the same number of male and female gymnasts
- It is not allowed to change a gymnast during the Floor Program

##### 14.1.4 Composition

- The Floor Program consists of a choreographed routine that is based on different gymnastic elements where the whole body is engaged
- Music is not allowed for entering or leaving the floor area
- The time limit for juniors and seniors is between 2 minutes 15 seconds and 2 minutes 45 seconds

### 14.2 Difficulty (Open Value)

#### 14.2.1 General

- All element values are shown in the Table of Difficulty in Appendix A1. In A1 the picture is a guideline and the text takes precedent, if there is a difference
- The Difficulty score (D score) is calculated by the D panel and it will be added to the E and C panel's scores to get the final score for the Floor Program
- The execution of each difficulty element must comply with norms (see Appendix A1 and Appendix A4), otherwise it will not be counted as a difficulty element or its difficulty value (DV) will be re-evaluated.
- The difficulty elements must be performed by all gymnasts **at the same time**. All gymnasts in the team must do the same difficulty elements, with arms and legs in the same positions (except movements required in art. 14.2.8. However, mirroring is allowed (e.g. performing with different legs). The difficulty value of a movement will be counted only if all the gymnasts perform it correctly (Complying with the norms and definitions).
- The same element can only be performed (as a difficulty element) once in a Floor Program. If performed the second time, the difficulty value is not recognised. If the value was not counted at the first time (e.g. there was a gymnast who didn't perform the element correctly) the element can be evaluated if the same element is performed later during the program. While counting difficulty value, judges always count to the teams benefit.

- Pirouettes, jumps/leaps/hops, balance/power elements and acrobatic elements, which are counted towards the difficulty value, must have different code numbers. E.g. P201 + P401 = 0.6, DV of Pirouettes is 0.6.
- The elements selected for the combinations can also be counted as individual difficulty elements (e.g. two connected jumps can be counted also jumps **and** as a combination of elements).
- No more than three steps (walking/ running) are allowed before difficulty elements.

#### 14.2.2 Difficulty Elements

In the Floor Program, the difficulty can only be counted from the maximum number of elements in the following six groups:

Pirouettes	2
Jumps/ Leaps/ Hops	2
Balance/ Power Elements	2
Acrobatic elements	2
Combination of elements	1
Group element	1

#### 14.2.3 Pirouettes (P)

Two different Pirouettes may be counted towards the difficulty value.

**Definition of a Pirouette:** To get the difficulty value: At least a 360° rotation on one foot, without jumping. The rotation must be totally fulfilled, measured at the hips. Pirouette is finished when the rotation is over and/ or the free leg is touching the floor.

All gymnasts perform the pirouettes simultaneously. All gymnasts in the same sub group (two or more gymnasts) must start the turn facing in the same direction. (Sub groups should be separated by at least twice the distance between gymnasts). Incorrect body shape may reduce the DV.

Execution: Pirouettes should be performed clearly on toes. If it is not on toes the value for the element will be awarded but there will be an execution deduction.

#### 14.2.4 Jumps/Leaps/Hops (J)

Two different Jumps/Leaps/Hops may be counted towards the difficulty value.

**Definition of Jumps, Leaps and Hops:** To get the difficulty value: A recognised shape (position) must be formed in the air during a jump or a leap or a hop. The shape during the flight, twists and landing position define the level of the difficulty of the element. All the gymnasts perform the jumps/leaps/hops simultaneously. No more than three steps (walking/ running) are allowed before the jump or leap or hop.

Execution: Execution will take account of body control, amplitude, height, elevation and landing.

#### 14.2.5 Balance/Power Elements (B/Po)

Two different Balance/Power Elements may be counted towards the difficulty value.

**Definitions of Balance and Power Elements:**

The gymnasts perform the balance and power elements simultaneously.

**Balance elements (B):** To get the difficulty value: There must be a recognised shape where the whole body is held in a *static position* for at least two seconds without any additional movement.

**Power elements (Po):** To get the difficulty value: There must be a controlled movement with dynamic strength. The starting and ending positions must be clear, but need not be held for two seconds.

#### 14.2.6 Acrobatic Elements (A)

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

## 14.2.7 Combination of Elements (C)

### 14.2.7.1 General

To get the difficulty value: A Combination of Elements can only be awarded for direct connections between two different elements. The values of two movements in combination will be summed (e.g. 0.4 + 0.2 = 0.6). An element counted in combination can also be counted as an individual difficulty element e.g. a jump. For example, if a split leap is counted as part of a Combination, the same leap can also be counted as a leap.

All connections must be **direct**. Direct connections are those in which elements are performed without the following:

- Pause between elements
- Loss of balance (e.g. hopping) between elements
- Additional steps

Combinations of Elements can only be performed within these element groups: Pirouettes, Jumps/Leaps/Hops, Balance/ Power Elements and Acrobatic elements, or a mixed combination of these element groups. Combinations must be performed simultaneously.

### 14.2.7.2 Combination of Pirouettes

A combination of a succession of 2 different pirouettes (with different code numbers). The connection between pirouettes of the combination may be performed without intermediate steps (but with heel touch of the support foot, in between) or with one intermediate step. E.g. in first pirouette left leg as support leg, the right leg is free, step to the right leg and the second pirouette is performed on the right leg as support leg with the left leg free.

### 14.2.7.3 Combination of Jumps or Leaps or Hops

A combination of a succession of 2 different jumps or leaps or hops with a maximum of one intermediate step. E.g. Split Leap, landing on right foot, step forward and take off with left foot for Scissors Leap.

### 14.2.7.4 Combination of Balances Elements

A combination of a succession of 2 different shapes of balances elements. The connection is performed with the body weight on the same foot or hands. It is possible to change bodyweight: a) from hands to leg, b) from leg to hands or c) from leg or hands to hands and leg (or reverse, e.g. from handstand to bridge) during combination, without intermediate supporting foot or hand movements.

### 14.2.7.5 Combination of Power Elements

A combination of a succession of 2 different power elements. The connection is performed with the body weight on the hands during both elements, without intermediate supporting hand movements.

### 14.2.7.6 Combination of Acrobatic Elements

A combination of a succession of 2 different acrobatic elements. The connection is performed without any steps between landing and take-off; both legs touching once on the floor (E.g. round off- flick- flack).

### 14.2.7.7 Mixed Combinations

A connection between the difficulties of a mixed combination of 2 elements is performed without intermediate steps if possible, but if necessary, a maximum of one intermediate step will be allowed.

If a team performs more than one Combination of Elements, only the combination with the highest value will be counted towards the difficulty.

The execution of each element inside the combination, must comply with recognized gymnastic technique and definitions; otherwise, either the value of the combination will be lowered or it will not be accepted.

**14.2.8 Group element (G)**

An element between gymnasts where ALL team members work together or close to each other at the same time. There must be gymnastic interaction between gymnasts. This movement can be done in pairs, larger groups or the whole team in one group. It can be a lift, throw, support or an example of teamwork. E.g. jumps/acrobatic elements over each other.

Group element may be counted towards the difficulty value only once. This element will be given a value of 1.0.

If group element is not performed according to the definition, the DV is 0.

**14.3 Execution (10.0)****14.3.1 General**

While calculating the judge's score, execution deductions are taken from 10 points.

All execution judges use deductions from the following groups:

- Small 0.1,
- Medium 0.2 and
- Large 0.3/ 0.5/ 1.0.

Each judge gives a score to an accuracy of 0.1 point.

**14.3.2 Definitions of Execution faults****14.3.2.1 Precision in formations**

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

Deduction 0.1 each time/ gymnast out of formation

**14.3.2.2 Synchronisation according to the composition**

The 'out of time' gymnast will get deduction 0.1 or 0.2.

The 'lost' gymnast will get 0.3 deduction each time.

Deductions 0.1, 0.2 or 0.3 each time/ gymnast

**14.3.2.3 Line violations**

Exceeding the prescribed Floor area (14x18 m), that is touching the floor with any part of the body **outside** of the border marking, will result a deduction of **0.1 each time** no matter how many gymnasts perform outside the area. Border markings (the white line) are part of the performing area.

Deduction 0.1 each time/ team

**14.3.2.4 Good technique in difficulty elements**

The elements must be done according to the defined requirements. Some of the technique requirements and demands are mentioned in Appendix A4.

Deduction 0.1, 0.2 or 0.3 each time/ gymnast

**14.3.2.5 Uniformity in execution**

The team must perform the same movements and elements exactly the same way, unless the choreography clearly states something else. Difficulty elements counted towards to the DV must all be performed similarly. E.g. in P201 the free leg must be placed equally (all gymnasts in the team).

Deduction 0.1 or 0.2 each time/ gymnast

**14.3.2.6 Dynamic execution**

The team must perform the program with dynamic execution. Dynamic execution includes good rhythm and sense of gravity with relaxation and extension. The movement phrases must show continuity with a logical and natural fluency. The momentum should be used from the past movement instead of creating "new" force. There must not be purposeless stops between movements or pauses to prepare for movements. All movements and elements shall favour dynamic execution. Sequences performed only with isolated arm and leg movements without body involved will always result a deduction of 0.1 every time.

Deduction missing Dynamic execution 0.1 each time/ team



**14.3.2.7 Amplitude and extension**

Elements and movements must be performed with the optimal amplitude. Even the small elements must be performed as extended as possible. Extension must be visible in each element through the whole program.

Deduction 0.1 each time/ gymnast

**14.3.2.8 Balance and controlled execution**

The floor program must be performed controlled with balance. There will be a deduction for example, for extra steps, jumps, arm and leg movements to keep balanced, or a hand support or a fall.

Deduction 0.1, 0.2 or 0.3 each time/ gymnast

**14.3.2.9 Interrupting the floor program**

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

Deduction 0.5/gymnast

**14.3.2.10 Wrong number of gymnasts**

In case there are too few or too many gymnasts performing, or there is not equal male and female gymnasts in a mixed team, there will be a deduction. If caused by injury during the routine, there is no deduction.

Deduction 1.0 once per missing gymnast.

If after interrupting the program there are less than eight gymnasts on the floor, there will be no deduction for the wrong number of gymnasts.

**14.3.3 Execution Deductions (E panel – each occurrence)**

<b>Execution Faults (10.0)</b>	<b>Small 0.1</b>	<b>Medium 0.2</b>	<b>Large 0.3 or more</b>
Precision of formations	X		
Synchronisation	X	X	X
Line violations	X		
Good technique of difficulty elements	X	X	X
Uniformity in execution	X	X	
Dynamic execution	X		
Amplitude and extension	X		
Balanced and controlled execution	X	X	X
Interrupting the floor program			0.5
Wrong number of gymnasts			1.0

Specific technical requirements and error deductions can be found in Appendices A4 and A5.

**14.3.4 Execution Bonus - Perfectly performed**

If the Floor Program or parts of it are performed with excellent skill or the feeling of the program is especially well transmitted to the audience, the team can be awarded with a bonus. This bonus can be given 0.1 for part of the program or 0.2 for the whole program. Maximum bonus is 0.2/program.

This bonus is within every E judge's own score.

**14.3.5 Execution Head Judge (E1) Deductions**

**14.3.5.1 Coach giving verbal or visual instructions**

Coaches are not allowed to give any visual or verbal instructions for the gymnasts during the floor program. In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, there won't be any deduction.

HJ deduction for coach giving instructions is 0.3 once, from the final score

**14.3.5.2 Incorrect clothing**

If a gymnast's clothing is not according to article 8.2, there will be a deduction. The following will also cause deduction:

- Footwear (if not worn by entire team)
- Loose items
- Body painting
- Advertising against FIG/UEG rules

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

**14.3.5.3 Wearing jewellery**

No jewellery of any kind may be worn by gymnasts according to the article 8.2.

HJ deduction for wearing jewellery 0.3 once, from the final score.

**14.3.5.4 Wearing insecurely fastened or intrusive bandages**

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

HJ deduction for insecurely fastened or intrusive bandages 0.3 once, from final score.

**14.3.5.5 Not respecting the discipline - or competition requirements**

This deduction is used if the team is not following the discipline or other competition requirements.

- Entering the arena against the competition requirements
- Not jogging to the starting position on floor area
- Using music for entering the floor
- Changing gymnasts during the floor program

HJ deduction for not respecting discipline or competition requirements 0.3 per item, from the final score.

<b>Head Judge Deductions</b>	
Coach giving verbal or visual instructions	0.3
Incorrect clothing	0.3
Wearing jewellery	0.3
Insecurely fastened or Intrusive bandages	0.3
Not respecting the competition requirements (per defined item)	0.3

**14.4 Composition (4.0 points)**

**14.4.1 General**

The maximum deduction for Composition is 4.0.

**14.4.2 Definitions for Composition Deductions**

**14.4.2.1 Timing**

The time limit is between 2 minutes 15 seconds and 2 minutes 45 seconds

The timekeeping starts with the music and ends when the last movement is performed.

Elements performed after the time limit will be recognized and evaluated.

Deduction for time fault is 0.3 and it will be taken for under/ over timing

Deduction 2.0 for very short program (less than 2 minutes)

**14.4.2.2 Music**

The complete presentation of the Floor Programme is performed to optional music. The music must be instrumental with no lyrics. This means no words, even if we don't know what the words mean. Human voice can be used as an instrument, e.g. humming and whistling.

Deduction 0.3 for absence of music or for music with lyrics.

### **14.4.2.3 Formations**

#### *Number of formations:*

There must be at least 6 different formations in Floor Program.

Deduction 0.1 for each missing formation

#### *The shape:*

The shape of the formations must vary. There must be at least two different formations in curved shapes (E.g. two different size circles are not counted as two **different** curved line formations). Also moving curved formations are counted. Different formation shapes must be marked in the tariff form.

Deduction of 0.1 for each missing curved line formation

#### *The size:*

The size of the formations must vary.

##### Large:

There must be at least one large size formation where gymnasts are placed in one shape, not in several small groups. The size of the formation must be at least from side to side and from back to front (no further than 1.5m from each floor edge). A diagonal line from corner to corner is not counted as a large formation.

##### Small:

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

Deduction 0.1 for missing large formation

Deduction 0.1 for missing small formation

### **14.4.2.4 Transitions**

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

#### *Quality of transitions:*

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

Deduction for transitions done simply walking, marching or running without any gymnastic quality is 0.1 each time.

#### *Easy access:*

The transitions between formations plus before and after the Group Element must be planned so that the gymnasts can easily make it without extra/large steps.

Deduction for not having easy access to a Formation/Group Element 0.1 each time per gymnast

#### **14.4.2.5 Moving Rhythmic Sequence**

The Floor Program must include at least one series of a minimum 8 different movements or elements. The whole team must perform the same sequence. During the sequence all the gymnasts must travel together and at the same time across the floor area (approximate ten meters from the starting point). The sequence, like the whole program, should have rhythmical and gymnastic quality, where the feet and the whole body are active. Clear and active footwork must be shown. It is allowed to perform pirouettes, jumps/hops/leaps and acrobatic elements as difficulty elements as a part of the sequence. The sequence shall have at least one change of tempo.

Deduction 0.2 for not having a clear and visible Rhythmic Sequence

Deduction 0.2 for not travelling across the floor area during the Rhythmic Sequence.

Deduction 0.2 for not having tempo change in the Rhythmic Sequence

Deduction 0.6 totally missing the Rhythmic Sequence (and no other deductions)

The Rhythmic Sequence must be shown in the floor tariff form with letters "RS"

#### **14.4.2.6 Planes**

The program must include the gymnasts moving in different planes. E.g. forwards, backwards, sideways (left or right). There must be at least one sequence of combination of three different movements/elements in each plane. Intermediate steps are allowed. Acrobatic elements cannot be used for moving forwards, backwards or sideways. Moving in different planes can be included to the rhythmic sequence. All gymnasts need to do all the planes at the same time.

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

Planes must be shown in the tariff form with arrows.

#### **14.4.2.7 Levels**

There is a requirement of using different levels: E.g. laying, sitting, standing and jumping during the Floor Program. Using different levels can be included to the rhythmic sequence. All gymnasts need to do the levels at the same time.

Deduction for not using all levels is 0.2 per missing level.

#### **14.4.2.8 Directions**

The programme must be performed facing to 3 directions (forward, backward and right OR left). Diagonal directions are not demanded or counted. Facing different directions can be included to the rhythmic sequence. All gymnasts need to do the demanded directions at the same time to fulfil this composition requirement. This does not mean that the whole programme must be performed with the whole team facing the same direction all the time.

Deduction for missing direction is 0.2 per direction.

Directions must be shown in the tariff form with >, <, ^ or v

#### **14.4.2.9 Movements corresponding to the music**

There must be relationship between the music and the movement. The program must give the feeling to "see what you hear and hear what you see". If the music is played only as background music, the deduction will be 0.3.

Deduction 0.1 or 0.3/ once for Movements not corresponding to the music

There must not be purposeless stops in the program where the gymnasts are waiting for the music.

## 14.4.3 Summary of Composition Deductions (C panel )

<b>Composition Deductions (4.0)</b>	<b>Deduction</b>
<b>Timing</b>	
Under/ over timing	0.3
Less than 2.00 minutes	2.0
<b>Music</b>	
Absence of music or for music with lyrics	0.3
<b>Formations</b>	
Each missing formation	0.1
Each missing curved line formation	0.1
Missing large formation	0.1
Missing small formation	0.1
<b>Transitions</b>	
Missing gymnastic quality	0.1 each
Not having easy access	0.1 each time per gymnast
<b>Moving Rhythmic Sequence</b>	
Not having a clear and visible Rhythmic Sequence	0.2
Not travelling across the floor area	0.2
Not having tempo change	0.2
Totally missing the Rhythmic Sequence	0.6
<b>Planes</b>	
Missing a plane (fw / sw / bw.)	0.2 per missing plane
<b>Levels</b>	
Not using all levels	0.2 per each missing level
<b>Directions</b>	
Missing direction	0.2 per each missing direction
<b>Movements corresponding to the Music</b>	
Movements not corresponding to the music	0.1
Background music	0.3

## Art 15 Tumbling

### 15.1 Discipline Requirements

#### 15.1.1 General

- Each team performs three different rounds
  - First Round All gymnasts perform exactly the same series (Team Round)
  - Second Round All gymnasts perform the same series or increase difficulty
  - Third Round All gymnasts perform the same series or increase difficulty
- When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto
- The team must show a great variation in the chosen series (see 15.4.4)
- The difficulty values for all valid basic elements are found in article 15.2.2 with additional values in article 15.2.3
- Different gymnasts from the team may perform in each round
- Each series (individual routine) must for seniors consist of a combination of at least three acrobatic elements, without intermediate steps or pauses. Elements performed after a pause, a fall or intermediate steps will not be counted towards the Execution (E), Difficulty (D) or Composition (C) scores
- For juniors it is allowed to perform one round with individual routines consisting of at least two acrobatic elements, without intermediate steps or pauses. The two other rounds must consist of at least three acrobatic elements as for seniors.
- All tumbling performers must participate in the floor program unless excused by the UEG doctor due to injury (Penalty is disqualification of the team)
- The team must wait outside the competition area ready to jog into the arena, when the competition organisers direct them
- 
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge (E1) of Tumbling  
It is not allowed to mark the run-up or the tumbling track with clothes or other things. A tape measure will be attached to the floor at the side of the run-up. It will measure distance from the start of the landing area
- Performing triple saltos will require a written dispensation from the National Federation of the gymnast

### 15.2 Difficulty (Open value)

#### 15.2.1 General

- The difficulty values of the most common elements are shown in the Table of Difficulty (Appendix A2)
- The difficulty of each series is not limited
- The series difficulty value is calculated from the three different elements with the highest difficulty values
- Performing only one or two different elements will be valued on what is performed
- The value of body position (shape) and twist is added to each basic element to give the element value. See Appendix A4 for Element Recognition
- The value for shape of doubles and triples is the sum of the shape value of each somersault. Example – Straight in first salto and pike in second salto will receive 0.15 plus 0.10 additional value for shape which when added to the value for double back of 0.60 gives an element value of 0.85)
- Triple saltos with blind landings will be given zero for difficulty

- A rotation with more than half a twist will either be accepted as a tucked (pucked) or straight body position, but never piked
- All elements are re-evaluated on what is actually performed - except in the first round. If a gymnast does not perform the exact same series as the majority in the first round the gymnast will be given zero for difficulty.
- Not landing feet first, the element will be valued at zero for difficulty. The actual performed number of complete somersaults and half twists are counted towards the composition value
- Elements performed when the coach is actually helping the gymnast to achieve the element will be re-valued at zero for the difficulty (see also execution 15.3.2.8)
- Run through will be re-valued at zero for the difficulty
- The difficulty values for the six series in a round are summed to form a value for the round. The three rounds are averaged and rounded down to the nearest 0.1, for the team's final difficulty value.

### 15.2.2 Element Basic Values

Direction	Basic element	Value
Forwards	Cartwheel	0.05
	Handspring	0.20
	Flyspring	0.20
	Salto forward	0.25
	Double salto forward	0.80
	Triple salto forward	N/A
Backwards	Roundoff	0.10
	Flick Flack	0.15
	Whipback salto	0.20
	Salto backward	0.20
	Arabian salto	0.25
	Double Arabian salto	0.70
	Double salto backward	0.60
	Triple salto backward *	1.60

\* Performing triple saltos will require a written dispensation from the National Federation of the gymnast

### 15.2.3 Element Additional Value

Shape/twist	Single saltos	Double saltos	Triple saltos
Piked (each salto)	0.05	0.10	0.10
Straight (each salto)	0.10	0.15	0.25
180° twist (per half twist)	0.05	0.10	0.15
Additional value for each completed full twist (each 360°)	0.05	0.05	0.10
Series with two multiple saltos	0.20		

\* The additional values are only counted in the elements that are included in the difficulty

## 15.3 Execution (10.0 points)

### 15.3.1 General

- The team presents only six gymnasts for each round
- Mixed teams must have the same number of male and female gymnasts in each round
- One coach (and only one) must be present for security spotting on the landing mat, preferably on the far side from the judges. The coach is allowed to step onto the tumbling track
- A coach standing in must take appropriate action in the event of a dangerous situation

### 15.3.2 Definitions of Execution Deductions

The execution (E) score for each round is calculated by taking deductions from ten points according to 15.3.2.1-15.3.2.13. Each E judge submits a single score that is the average of their three scores rounded to the nearest 0.1.

The execution faults are explained more detailed in the Table of General Faults and Penalties contained in Appendix A5.

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

Some deductions refer to the entire series while others are related to certain elements such as the body shape and twisting in performed saltos. For the last salto in a series, there are requirements on height and length as well as on the body position at the time when the gymnast lands. The landing must be controlled, but may continue moving forwards or backwards under control.

Any element(s) performed after a pause, a fall or intermediate steps will not be counted towards the execution.

#### **15.3.2.1 Loss of Momentum (0.5)**

A tumble should maintain or increase momentum.

Deduction 0.1, 0.2, 0.3 or 0.5 for loss of momentum per gymnast

#### **15.3.2.2 Unclear Body Shape in Saltos (0.4 per gymnast and element)**

Tucked, piked and straight body positions in saltos must be performed with clear and defined body shape with feet and legs kept together and the feet and toes pointed.

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

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

#### **15.3.2.3 Not Appropriate Twisting Technique (0.3 per element containing twists)**

Twists must be performed with appropriate twisting technique. The take off phase must be clearly shown and the twist must be completed in due time before landing. Arms shall be placed close to the body or axis of rotation.

Deduction 0.1, 0.2 or 0.3 per gymnast and element

#### **15.3.2.4 Not Defined Twists (0.1 per element containing twists)**

Twisting doubles and triples with less than three twists must clearly show the number of twists in each salto.

Deduction 0.1 per gymnast and element

#### **15.3.2.5 Too Low or Long Final Salto (0.4)**

If the last element of the series is a salto it must be performed at appropriate height and length. The centre of gravity of the final salto must be lifted at least 1½ times the height of the gymnast and the salto must be shorter than the height of the element.

Deduction 0.1, 0.2 or 0.3 per gymnast for too low final salto

Deduction 0.1 per gymnast for too long final salto



**15.3.2.6 Not Upright Landing Position (0.3)**

The body position should be upright at the time when the gymnast lands. Slight bending of the knees and slight bending at the hips is allowed.

Deduction 0.1 for hips  $>30^\circ$ , 0.2 for  $>60^\circ$  and 0.3 for  $>90^\circ$  per gymnast

Deduction 0.1 for knees  $>30^\circ$ , 0.2 for  $>60^\circ$  and 0.3 for  $>90^\circ$  per gymnast

**15.3.2.7 Deviation from Centre Line (0.2)**

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

Deduction 0.1 for small deviation  $>0.5$  m, 0.2 for  $>1.0$  m per gymnast

**15.3.2.8 Lack of Control in Landing (1.5)**

The landing must be controlled and may continue moving forwards or backwards under control.

Deduction 0.2 for loss of control per gymnast

Deduction 0.5 for light touching of the mat with one or two hands

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

Deduction 1.5 for not landing feet first per gymnast

**15.3.2.9 Coaches' Actions (1.0)**

A compulsory coach standing in is only there to react in case of dangerous situations. The coach is not there to stop gymnasts falling over, but to avoid injury to the gymnasts. All supportive actions that touch the gymnast are deductible. There is a difference between support and actually helping the gymnast to achieve the element.

Deduction 0.8 for support per gymnast

Deduction 1.0 for helping the gymnast to achieve the element per gymnast

Deduction 0.5 for not taking action in a dangerous situation per gymnast

**15.3.2.10 Uneven Streaming (0.1)**

Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time, but the next gymnast are not allowed to start the first element until the previous gymnast has completed the last element.

Deduction 0.1 each time per gymnast

**15.3.2.11 Missing element in the series (1.0 per missing element)**

In case a gymnast is performing fewer valid elements than required (usually three) in the series (see 15.1.1), there will be a deduction. In the junior competition, where one round may contain only two elements, the deduction for missing element is based on having less than two elements in that round.

Deduction 1.0 per missing element per gymnast

**15.3.2.12 Running Through (3.0)**

In case a gymnast is running through without performing any valid elements there will be a deduction.

In this case there are no other execution deductions taken.

Deduction 3.0 per gymnast

**15.3.2.13 Wrong number of gymnasts (3.0)**

In case there are too few or too many gymnasts performing or there is not three male and three female gymnasts in a mixed team, there will be a deduction.

Deduction 3.0 per missing/extra gymnast

**15.3.3 Summary of Execution Deductions (E panel – each occurrence)**

<b>Execution Deductions (10.0)</b>	<b>Small 0.1</b>	<b>Medium 0.2</b>	<b>Large 0.3 or more</b>
Loss of Momentum	X	X	0.3, 0.5
Unclear Body Shape in Saltos			
- Hip and knee angle faults	X	X	0.3
- Split, crossed legs, head or feet	X		
Not Appropriate Twisting Technique	X	X	0.3
Not defined twists	X		
Too Low or Long Final Salto			
- Too low	X	X	0.3
- Too long	X		
Not Upright Landing Position			
- Hip and/or knees	X	X	0.3
Deviation from Centre Line	X	X	
Lack of Control in Landing			
- Loss of control			0.2
- Light touching with one or two hands			0.5
- Falling			0.8
- Not landing feet first			1.5
Coaches' Actions			
- Support			0.8
- Helping the gymnast achieve the element			1.0
- Not taking action in a dangerous situation			0.5
Uneven Streaming	X		
Missing element in the series			1.0
Running Through			3.0
Wrong number of gymnasts			3.0

**15.3.4 Execution Head Judge (E1) Deductions****15.3.4.1 Coach giving verbal or visual instructions**

Coaches are not allowed to give any visual or verbal instructions for the gymnasts during the tumbling program. In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, or to talk to an injured gymnast, there won't be any deduction.

HJ deduction for coach giving instructions is 0.3 once, from the final score

**15.3.4.2 Incorrect clothing**

If a gymnast's or stand-in's clothing is not according to article 8.2 and 8.3, there will be a deduction. The following will also cause deduction:

- Loose items
- Body painting
- Advertising against FIG/UEG rules

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

**15.3.4.3 Wearing jewellery**

No jewellery of any kind may be worn by gymnasts or stand-ins according to the article 8.2 and 8.3.

HJ deduction for wearing jewellery 0.3 once, from the final score.

**15.3.4.4 Wearing insecurely fastened or intrusive bandages**

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the article 8.2 and 8.3.

HJ deduction for insecurely fastened or intrusive bandages 0.3 once, from final score

**15.3.4.5 Not respecting the discipline or competition requirements**

This deduction is used if the team is not following the discipline or other competition requirements.

- Entering the arena against the competition requirements
- Marking the run-up with clothes or other things
- Starting the performance before the green flag from the Head Judge (E1)
- More than one coach in the landing area
- Coach leaving the landing area/ tumbling track

If leaving area due to supportive action or injury there is no deduction.

HJ deduction for not respecting discipline or competition requirements 0.3 per item, from the final score.

<b>Head Judge (E1) Deductions</b>	
Coach giving verbal or visual instructions	0.3
Incorrect clothing	0.3
Wearing jewellery	0.3
Insecurely fastened or intrusive bandages	0.3
Not respecting the competition requirements (per defined item)	0.3

**15.4 Composition (2.0 points)**

**15.4.1 General**

- At least one round must be performed forwards and one round backwards
- In the other round, there are no requirements for element direction and they may be forward, backward or a combination of forward and backward elements
- All gymnasts must land their last element in the landing area
- After each round the gymnasts return by jogging back to get into position for the next round. The gymnasts must return together, at the same time
- Additional gymnastic/dance movements before/between rounds are not allowed
- The complete presentation is performed to music (optional choice) which must be instrumental with no lyrics
- The time limit is 2 minutes 45 seconds - the timekeeping starts with the music and ends when the last gymnast lands in the third round

**15.4.2 Definitions for Composition Deductions**

All composition deductions are made under the composition score. The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit.

If not otherwise stated all composition requirements are taken into account except when there are less than 6 gymnasts in the round. In this case no composition deductions for the missing gymnast are taken according to 15.4.3 and 15.4.4. The actual performed number of completed somersaults and half twists are counted.

**15.4.2.1 Incorrect Time (0.3)**

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

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

Deduction for time fault is 0.3 and it will be taken for over timing

**15.4.2.2 Incorrect Music (0.3)**

The complete presentation is performed to optional music.

The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument. e.g. humming and whistling.

Deduction 0.3 for absence of music or music with lyrics

A

**15.4.2.3 Not Landing the Last Element in the Landing Area (0.1 each time)**

Gymnast must land the last element in the landing area.

The tape connecting the landing area to the tumbling track is part of the landing area.

Deduction 0.1 each time

**15.4.2.4 Not Jogging back together between rounds (0.4)**

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

Deduction 0.2 once for not jogging back between the rounds

Deduction 0.2 once for not returning together between the rounds

**15.4.2.5 Additional Movements before/between Rounds (0.2)**

Additional movements (e.g. dance, gymnastics or additional choreographed movements) are not allowed before/between the rounds.

Deduction 0.2 once for additional moves performed

**15.4.3 Team Round and Ordering of the Individual Routines within the Rounds**

**15.4.3.1 Missing Team Round (0.2 per gymnast not performing)**

In the first round every gymnast must perform the exact same series. It is called the Team round and there should be no difficulty intensification.

Deduction 0.2 per gymnast not performing the Team Round

**15.4.3.2 Not correct order in 2nd and 3rd Rounds (0.1 per gymnast)**

In the second and third rounds the gymnasts are allowed to increase the difficulty. Within each round single saltos must be performed before double saltos and double saltos before triple saltos. For the same number of rotations in saltos (single, double, triple) the gymnasts are ordered based on the series difficulty values.

Deduction 0.1 per gymnast not ordered correctly

**15.4.4 Variation**

**15.4.4.1 Repetition of Series (0.2 per gymnast each time)**

If any gymnast performs exactly the same series from another round, there will be a deduction of 0.2 per gymnast each time.

The calculation of deductions is based on the round where the series is performed the most times. In this round the series is free from deduction. The only exception is when a gymnast is performing the wrong series in the Team Round. In any other round 0.2 is deducted per gymnast.

Deduction 0.2 per gymnast each time

**15.4.4.2 Missing Forward or Backward Rounds (0.2 per gymnast each time)**

**Definitions of Forward, Backward and Combined series**

- **Forward series:** A gymnast performs a forward series if all the elements are forward (see 15.2.2)
- **Backward series:** A gymnast performs a backward series if all the elements are backward (see 15.2.2)
- **Combined series:** A gymnast performs a combined series if it is neither forward nor backward as defined above

The team must perform at least one round backwards and one round forwards. Deduction is based on the round that comes closest to fulfilling the requirement.

Deduction 0.2 per gymnast for missing forward or backward rounds.

**15.4.4.3 Not fulfilling Twist Requirement (0.2 per gymnast)**

The team must perform one round where the gymnasts perform a series that contains an element with at least 360° twist in single saltos or at least 180° twist in double or triple saltos. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast

## 15.4.5 Summary of Composition Deduction

Composition Deductions	Deduction
<b>General</b>	
Incorrect Time	0.3
Incorrect Music	0.3
Not landing last element in the landing area	0.1 each time
Not jogging back together between rounds	
- Not jogging back	0.2 once
- Not returning together	0.2 once
Additional Movements before or between Rounds	0.2 once
<b>Team Round and Ordering of Individual Routines</b>	
- Missing team round	0.2 per gymnast
- Not correct order in 2nd and 3rd Rounds	0.1 per gymnast
<b>Variation</b>	
- Repetition of series	0.2 per gymnast
- Missing Forward or Backward rounds	0.2 per gymnast
- Not Fulfilling Twist Requirement	0.2 per gymnast

## Art 16 Trampet

### 16.1 Discipline Requirements

#### 16.1.1 General

- Each team performs three different rounds  
First Round All gymnasts perform exactly the same element (Team Round)  
Second Round All gymnasts perform the same element or increase difficulty  
Third Round All gymnasts perform the same element or increase difficulty
- When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto
- The team must show a great variation in the chosen series (see 16.4.4)
- The difficulty values for all valid basic elements are found in article 16.2.2 with additional values in article 16.2.3. There are separate allowed basic elements with and without the vaulting table.
- Different gymnasts from the team may perform in each round
- All trampet performers must participate in the floor program unless excused by the UEG doctor due to injury (Penalty is disqualification of the team)
- The team must wait outside the competition area ready to jog into the arena, when the competition organisers direct them
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge (E1) of Trampet
- It is not allowed to mark the run-up with clothes or other things. A tape measure will be attached to the floor at the side of the run-up. It will measure distance from the start of the landing area
- Performing triple saltos will require a written dispensation from the National Federation of the gymnast

### 16.2 Difficulty (Open value)

#### 16.2.1 General

- The difficulty values of the most common elements are shown in the Table of Difficulty (Appendix A3)
- The difficulty of each element is not limited
- The value of body position (shape) and twist is added to each basic element to give the element value. See Appendix A4 for Element Recognition
- The value for shape of doubles and triples is the sum of the shape value of each somersault. Example – Straight in first salto and pike in second salto will receive 0.15 plus 0.10 additional value for shape which when added to the value for double of 0.55 gives an element value of 0.80)
- A rotation with more than half a twist will either be accepted as a tucked (pucked) or straight body position, but never piked
- All elements are re-evaluated on what is actually performed - except in the first round. If a gymnast does not perform the exact same element as the majority in the first round the gymnast will be given zero for difficulty.
- Not landing feet first, the element will be valued at zero for difficulty. The actual performed number of complete somersaults and half twists are counted towards the composition value
- Triple saltos with blind landings will be given zero for difficulty
- Not touching the vault with both hands will be valued at zero for difficulty

- Elements performed when the coach is actually helping the gymnast to achieve the element will be re-valued at zero for the difficulty (see also execution 16.3.2.8)
- Run through will be re-valued at zero for the difficulty
- The difficulty values for the six elements in a round are summed to form a value for the round. The three rounds are averaged and rounded down to the nearest 0.1, for the team's final difficulty value

### 16.2.2 Element Basic Values

Group	Basic elements	Value
Without vaulting table	Salto	0.20
	Double salto	0.55
	Triple salto *	1.40
With vaulting table	Handspring	0.40
	Handspring salto forwards	0.80
	Handspring double salto *	1.55
	Handspring 90° on - 90° off	0.35
	Handspring 180° on	0.45
	Tsukahara	0.70
	Double Tsukahara *	1.55

\* Performing triple saltos will require a written dispensation from the National Federation of the gymnast.

### 16.2.3 Element Additional Value

Shape/twist	Single saltos	Double saltos	Triple saltos
Piked (each salto)	0.05	0.10	0.10
Straight (each salto)	0.10	0.15	0.20
180° twist (per half twist)	0.05	0.10	0.15
Additional value for each completed full twist (each 360°)	0.05	0.05	0.10

In Tsukahara and handspring-salto, additional values for double saltos are used. For further details see appendix A3. In case of Tsukahara / Handspring-saltos, additional value for double saltos are used and the body position is counted twice. In case of Tsukahara-double / Handspring-double, additional values for triple saltos are used and the body position for the first salto is counted twice.

## 16.3 Execution (10.0 points)

### 16.3.1 General

- The team presents only six gymnasts for each round
- Mixed teams must have the same number of male and female gymnasts in each round
- Two coaches (and only two) must be present for security spotting on the landing mat
- A coach standing in must take appropriate action in the event of a dangerous situation

### 16.3.2 Definitions of Execution Deductions

The execution (E) score for each round is calculated by taking deductions from ten points according to 16.3.2.1 – 16.3.2.11. Each E judge submits a single score that is the average of their three scores rounded to the nearest 0.1.

The execution faults are explained more detailed in the Table of General Faults and Penalties contained in Appendix A5.

The execution deductions for each round is calculated as the sum of the deductions for all gymnasts' elements. Running through and wrong number of gymnasts are also deducted.

There are requirements on both the phase when the gymnast is in the air as well as on the body position at the time when the gymnast lands. The landing must be controlled, but may continue moving forwards or backwards under control.

**16.3.2.1 No visible lift off the vault (0.5) – only when using the vaulting table**

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

Deduction 0.3, 0.4 or 0.5 per gymnast for no visible lift off the vault

**16.3.2.2 Unclear Body Shape in Saltos (0.4)**

Tucked, piked and straight body positions must be performed with clear and defined body shape with feet and legs kept together and the feet and toes pointed.

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

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

**16.3.2.3 Not Appropriate Twisting Technique (0.3 per element with twists)**

Twists must be performed with appropriate twisting technique. The take off phase must be clearly shown and the twist must be completed in due time before landing. Arms shall be placed close to the body or axis of rotation.

Deduction 0.1, 0.2 or 0.3 per gymnast and element

**16.3.2.4 Not Defined Twists (0.1 per element containing twists)**

Twisting doubles and triples with less than three twists must clearly show the number of twists in each salto.

Deduction 0.1 per gymnast and element

**16.3.2.5 Too Low or Long Element (0.4)**

Elements must be performed at appropriate height and length. The centre of gravity must be lifted at least 1½ times the height of the gymnast and the salto must be shorter than the height of the element.

Deduction 0.1, 0.2 or 0.3 per gymnast for too low element

Deduction 0.1 per gymnast for too long element

**16.3.2.6 Not Upright Landing Position (0.3)**

The body position should be upright at the time when the gymnast lands. Slight bending of the knees and slight bending at the hips is allowed.

Deduction 0.1 for hips >30°, 0.2 for >60° and 0.3 for >90° per gymnast

Deduction 0.1 for knees >30°, 0.2 for >60° and 0.3 for >90° per gymnast

**16.3.2.7 Deviation from Centre Line (0.2)**

Elements should be performed along the centre line of the landing area.

Deduction 0.1 for small deviation >0.5 m, 0.2 for >1.0 m per gymnast

**16.3.2.8 Lack of Control in Landing (1.5)**

The landing must be controlled and may continue moving forwards or backwards under control.

Deduction 0.2 for loss of control per gymnast

Deduction 0.5 for light touching of the mat with one or two hands

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

Deduction 1.5 for not landing feet first per gymnast

**16.3.2.9 Coaches' Actions (1.0)**

Compulsory coaches standing in, are only there to react in case of dangerous situations. They are not there to stop gymnasts falling over, but to avoid injury to the gymnasts. All supportive actions, which touch the gymnast, are deductible. There is a difference between support and actually helping the gymnast to achieve the element.

Deduction 0.8 for support per gymnast

Deduction 1.0 for helping the gymnast to achieve the element per gymnast

Deduction 0.5 for not taking action in a dangerous situation per gymnast



**16.3.2.10 Uneven Streaming (0.1)**

Streaming (time between each gymnast) must be even between all gymnasts. At least two gymnasts must be moving at the same time.

Deduction 0.1 each time per gymnast

**16.3.2.11 Running through (3.0)**

In case a gymnast is not performing any valid element according to the table of difficulty there will be a deduction for running past the apparatus. In this case there are no other execution deductions taken.

Deduction 3.0 per gymnast

**16.3.2.12 Wrong number of gymnasts (3.0)**

In case there are too few or too many gymnasts performing or there is not three male and three female gymnasts in a mixed team there will be a deduction.

Deduction 3.0 per missing/extra gymnast

**16.3.3 Summary of Execution Deductions (E panel – each occurrence)**

<b>Execution Deductions (10.0)</b>	<b>Small 0.1</b>	<b>Medium 0.2</b>	<b>Large 0.3 or more</b>
No visible lift off the vault			0.3, 0.4, 0.5
Unclear Body Shape in Saltos			
- Hip and knee angle faults	X	X	0.3
- Split, crossed legs, head or feet	X		
Not Appropriate Twisting Technique	X	X	X
Not defined twists	X		
Too Low or Long Element			
- Too low	X	X	0.3
- Too long	X		
Not Upright Landing Position			
- Hip and or knees	X	X	0.3
Deviation from Centre Line	X	X	
Lack of Control in Landing			
- Loss of control			0.2
- Light touching with one or two hands			0.5
- Falling			0.8
- Not landing feet first			1.5
Coaches' Actions			
- Support			0.8
- Helping the gymnast achieve the element			1.0
- Not taking action in a dangerous situation			0.5
Uneven Streaming	X		
Running Through			3.0
Wrong number of gymnasts			3.0

**16.3.4 Execution Head Judge (E1) Deductions****16.3.4.1 Coach giving verbal or visual instructions (0.3)**

Coaches are not allowed to give any visual or verbal instructions for the gymnasts during the trampet program. In the case when the coach wants the team to interrupt the program, due to technical reasons or due to injury, or to talk to an injured gymnast, there won't be any deduction. HJ deduction for coach giving instructions is 0.3 once, from the final score

**16.3.4.2 Incorrect clothing (0.3)**

If a gymnast's or stand-in's clothing is not according to article 8.2 and 8.3, there will be a deduction. The following will also cause deduction:

- Loose items
- Body painting
- Advertising against FIG/UEG rules

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

**16.3.4.3 Wearing jewellery (0.3)**

No jewellery of any kind may be worn by gymnasts or stand-ins according to the article 8.2 and 8.3.

HJ deduction for wearing jewellery 0.3 once, from the final score.

**16.3.4.4 Wearing insecurely fastened or intrusive bandages (0.3)**

The bandages (including joint supports) must be securely fastened and of a non-intrusive colour according to the article 8.2 and 8.3.

HJ deduction for insecurely fastened or intrusive bandages 0.3 once, from final score

**16.3.4.5 Not respecting the discipline or competition requirements (0.3 per item)**

This deduction is used if the team is not following the discipline or other competition requirements.

- Entering the arena against the competition requirements
- Marking the run-up with clothes or other things
- Starting the performance before the green flag from the Head Judge (E1)
- More than two coaches in the landing area
- Both coaches leaving the landing area during the round

If leaving area due to supportive action or injury there is no deduction.

HJ deduction for not respecting discipline or competition requirements 0.3 per item, from the final score.

<b>Head Judge (E1) Deductions</b>	
Coach giving verbal or visual instructions	0.3
Incorrect clothing	0.3
Wearing jewellery	0.3
Insecurely fastened or intrusive bandages	0.3
Not respecting the competition requirements (per defined item)	0.3

**16.4 Composition (2.0 points)**

**16.4.1 General**

- At least one round must be performed on the vaulting table
- At least one round must be performed without the vaulting table
- After each round the gymnasts return by jogging back to get into position for the next round. The gymnasts must return together, at the same time
- Additional gymnastic/dance movements before/between rounds are not allowed
- The complete presentation is performed to music (optional choice) which must be instrumental with no lyrics
- The time limit is 2 minutes 45 seconds - the timekeeping starts with the music and ends when the last gymnast lands in the third round

**16.4.2 Definitions for Composition Deductions**

All composition deductions are made under the composition score. The maximum deduction in composition is 2.0. The team might cause deductions higher than 2.0, but the judges can only deduct up to the maximum limit.

If not otherwise stated all composition requirements are taken into account except when there are less than 6 gymnasts in the round. In this case no composition deductions for the missing gymnast are taken according to 16.4.3 and 16.4.4.

The actual performed number of completed somersaults and half twists are counted.

**16.4.2.1 Incorrect Time (0.3)**

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

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

Deduction for time fault is 0.3 and it will be taken for over timing

**16.4.2.2 Incorrect Music (0.3)**

The complete presentation is performed to optional music. The music must be instrumental with no lyrics. This means no words even if we don't know what the words mean. Human voice may be used as an instrument. e.g. humming and whistling.

Deduction 0.3 for absence of music or music with lyrics

**16.4.2.3 Not Jogging back together between rounds (0.4)**

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

Deduction 0.2 once for not jogging back between the rounds

Deduction 0.2 once for not returning together between any of the rounds

**16.4.2.4 Additional Movements before or between Rounds (0.2)**

Additional movements (e.g. dance, gymnastics or additional choreographed movements) are not allowed before or between the rounds.

Deduction 0.2 once for additional moves performed

**16.4.3 Team Round and Ordering of the Individual Elements within the Rounds**

**16.4.3.1 Missing Team Round (0.2 per gymnast not performing)**

In the first round every gymnast must perform the exact same element. It is called the Team round and there should be no difficulty intensification.

Deduction 0.2 per gymnast not performing the Team Round

**16.4.3.2 Not correct order in 2nd and 3rd Rounds (0.1 per gymnast)**

In the second and third rounds the gymnasts are allowed to increase the difficulty. Within each round single saltos must be performed before double saltos and double saltos before triple saltos. For the same number of rotations in saltos (single, double, triple) the gymnasts are ordered for increased difficulty.

Deduction 0.1 per gymnast not ordered correctly

**16.4.4 Variation**

**16.4.4.1 Repetition of Elements (0.2 per gymnast each time)**

If any gymnast performs the exact same element from another round, there will be a deduction of 0.2 per gymnast each time.

The calculation of deductions is based on the round where the element is performed the most times. In this round the element is free from deduction. The only exception is when a gymnast is performing the wrong element in the Team Round. In any other round 0.2 is deducted per gymnast.

Deduction 0.2 per gymnast each time

**16.4.4.2 No Round with or without the Vaulting Table (2.0)**

The team must perform at least one round with the vaulting table and one round without. Individual gymnasts running through on vault do not affect the team round.

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

**16.4.4.3 Not Fulfilling Twist Requirement (0.2 per gymnast)**

The team must perform one round that contains an element with at least 360° twist in single saltos or at least 180° twist in double or triple saltos. Deduction is based on the round where the twist is performed by the most gymnasts.

Deduction 0.2 per gymnast

**16.4.4.4 Not Fulfilling Requirement for Double/Triple Saltos (0.2 per gymnast)**

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

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

Deduction 0.2 per gymnast

## 16.4.5 Summary of Composition Deductions

Composition Deductions	Deduction
<b>General</b>	
Incorrect Time	0.3
Incorrect Music	0.3
Not jogging back together between rounds	
- Not jogging back	0.2 once
- Not returning together	0.2 once
Additional Movements before or between Rounds	0.2 once
<b>Team Round and Ordering of the Elements</b>	
- Missing team round	0.2 per gymnast
- Not correct order in 2nd and 3rd Rounds	0.1 per gymnast
<b>Variation</b>	
- Repetition of element	0.2 per gymnast
- No Round with or without the Vaulting Table	2.0
- Not Fulfilling Twist Requirement	0.2 per gymnast
- Not Fulfilling Requirement for Double or Triple Saltos	0.2 per gymnast

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## **PART IV      APPENDICES**

### A1 - Table of Difficulty Floor

A1.1 Pirouettes

A1.2 Jumps and Leaps and Hops

A1.3 Balance Elements

A1.4 Power Elements

A1.4.1 Acrobatic Elements

### A2 - Examples of Difficulty Tumbling

### A3 - Examples of Difficulty Trampet

### A4 - Element Recognition

A4.1 Floor Programme

### A5 - Table of General Faults and Penalties







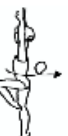

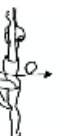







A5.1 Floor

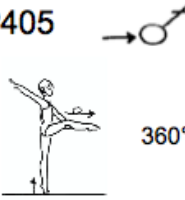
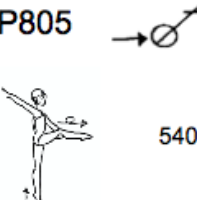
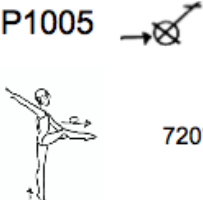
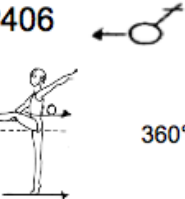
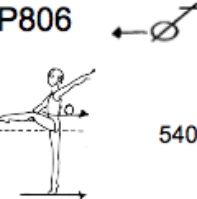
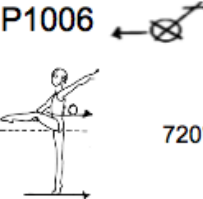
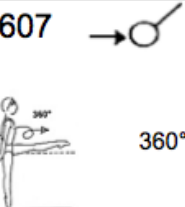
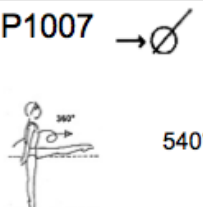
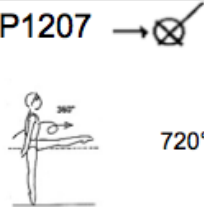
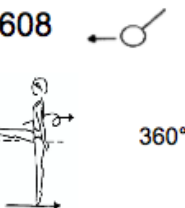
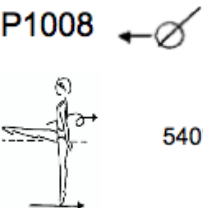
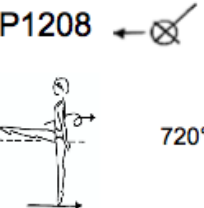
A5.2 Tumbling

A5.3 Trampet


































# **APPENDIX A1**


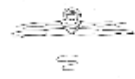










## **Table of Difficulty for Floor**



































Difficulty requirements	Execution requirements	Floor Difficulty Values					
		0.2	0.4	0.6	0.8	1.0	1.2
<b>Pirouettes</b>							
<b>Forwards</b> Optional placements of the fee leg and arms.		P201 → ○  360°	P401 → ⊘  540°	P601 → ⊗  720°		P1001 → ⊗  900°	P1201 → ⊗  1080°
<b>Backwards</b> Optional placements of the fee leg and arms.		P202 ← ○  360°	P402 ← ⊘  540°	P602 ← ⊗  720°		P1002 ← ⊗  900°	P1202 ← ⊗  1080°
<b>Forwards</b> Placement of the fee leg between 45° and 90°		P203 → ◑  360°	P403 → ⊘◑  540°		P803 → ⊗◑  720°		
<b>Backwards</b> Placement of the fee leg between 45° and 90°		P204 ← ◑  360°	P404 ← ⊘◑  540°		P804 ← ⊗◑  720°		




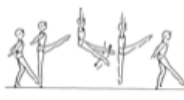






















<p><b>Forwards</b> Free leg with hand support ≥90 °</p>			<p>P405 </p>	<p>P805 </p>	<p>P1005 </p>	
<p><b>Backwards</b> Free leg with hand support ≥90 °</p>			<p>P406 </p>	<p>P806 </p>	<p>P1006 </p>	
<p><b>Forwards</b> Free leg without hand support ≥90 °</p>				<p>P607 </p>	<p>P1007 </p>	<p>P1207 </p>
<p><b>Backwards</b> Free leg without hand support ≥90 °</p>			<p>P608 </p>	<p>P1008 </p>	<p>P1208 </p>	



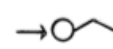


















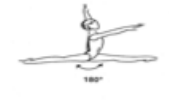






















Jumps / Leaps / Hops		0.2	0.4	0.6	0.8	1.0	1.2
<p><b>Stretched jump</b> Turn finished before landing. Body straight during the flight.</p>			<p>J401 </p>  360°	<p>J601 </p>  540°		<p>J1001 </p>  720°	<p>J1201 </p>  900°
<p><b>Stretched jump or hop to front laying support</b> Hands and feet must land at the same time. If landing hands first-&gt; no DV. If landing legs first-&gt; value like landing in standing position.</p>	<p>Body must be horizontal before landing. There must be controlled support before whole body touches the floor.</p>		<p>J402 </p>  180°	<p>J602 </p>  180°	<p>J802 </p>  360°		<p>J1202 </p>  540°
<p><b>Tuck jump with or without twisting</b> Tucked position (hip and knee angle <math>\leq 90^\circ</math>) visible during the jump.</p>	<p>Tights at least horizontal, knees together. Upper body at vertical. When twisting, the tights must reach horizontal somewhere during the jump.</p>	<p>J203 </p> 	<p>J403 </p>  180°	<p>J603 </p>  360°		<p>J1003 </p>  540°	<p>J1203 </p>  720°
<p><b>Tuck jump or hop with or without twisting to front laying support</b> Tucked position (hip and knee angle <math>\leq 90^\circ</math>) visible during the jump. Hands and feet must land at the same time.</p>	<p>Tights at least horizontal. Body must be horizontal before landing. There must be controlled support before whole body touches the floor.</p>			<p>J604 </p> 	<p>J804 </p>  180°	<p>J1004 </p>  360°	<p></p>






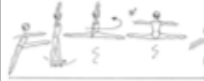





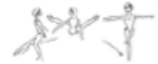

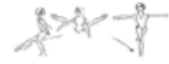

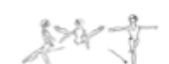
<p><b>Straddle pike jump or leap</b> Leg separation <math>\geq 135^\circ</math>. Clear pike <math>\leq 90^\circ</math> (except J205 where no pike requirement) legs straight without a kick.</p>	<p>Legs horizontal, when twisting, the legs must reach the horizontal somewhere during the jump.</p>	<p>J205 </p>		<p>J605 </p>	<p>J805  180°</p>	<p>J1005  360°</p>	
<p><b>Shushunova</b> There must be clear pike before landing in front laying support. Hands and feet must land at the same time.</p>	<p>Legs lifted horizontal and straight before landing position. Body must be horizontal before landing. There must be controlled support before the whole body touches the floor.</p>				<p>J806 </p>	<p>J1006  180°</p>	<p>J1206  360°</p>
<p><b>Pike jump or hop</b> Clear pike <math>\leq 90^\circ</math>, straight legs</p>	<p>Legs horizontal and together.</p>	<p>J207  legs lifted <math>\geq 45^\circ</math></p>	<p>J407  legs lifted <math>\geq 90^\circ</math></p>				
<p><b>Pike jump or hop to front laying support</b> Clear pike <math>\leq 90^\circ</math> before landing in front laying support, straight legs.</p>	<p>Legs lifted horizontal, together and straight before landing position. Body must be horizontal before landing. There must be controlled support before the whole body touches the floor.</p>				<p>J808  legs lifted <math>\geq 90^\circ</math></p>	<p>J1008  legs lifted <math>\geq 90^\circ</math> twist 180°</p>	<p>J1208  legs lifted <math>\geq 90^\circ</math> twist 360°</p>






<p><b>Sheep jump</b> The right body position must be visible during the jump. Head back. Height of the feet defines the value of the jump. Legs may be separated.</p>			<p><b>J409</b>  Feet at hip height </p>		<p><b>J809</b>  Feet at shoulder height </p>	<p><b>J1009</b>  Feet at head height </p>	
<p><b>Sheep jump twisted</b> The feet must reach the right height somewhere during the jump.</p>						<p><b>J1010</b>  twist 180° </p>	<p><b>J1210</b>  twist 360° </p>
<p><b>Cat leap</b> Bent legs. Leg change during the flight. Legs should reach 90° somewhere during the flight.</p>	<p>Knees lift alternatively. When twisting the knees must reach the horizontal somewhere during the jump.</p>	<p><b>J211</b>  </p>	<p><b>J411</b>  180° </p>	<p><b>J611</b>  360° </p>	<p><b>J811</b>  540° </p>		<p><b>J1211</b>  720° </p>
<p><b>Split leap to straddle pike position</b> First leg must be straight, no kick. Leg separation <math>\geq 135^\circ</math>. Clear pike <math>\leq 90^\circ</math>.</p>	<p>Legs must be horizontal. When twisting the legs must reach horizontal somewhere during the jump.</p>			<p><b>J612</b>  </p>		<p><b>J1012</b>   180°</p>	<p><b>J1212</b>   360°</p>
<p><b>Sissone</b> Take off from both legs and landing on one leg.</p>	<p>Straight legs.</p>	<p><b>J213</b>  Leg separation <math>&lt; 135^\circ</math> </p>	<p><b>J413</b>  Leg separation <math>\geq 135^\circ</math> </p>		<p><b>J813</b>  Leg separation 180° </p>	<p><b>J1013</b>  Foot at shoulder height </p>	



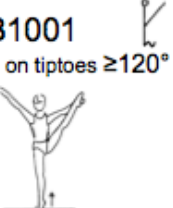





<p><b>Scissors leap</b> Straight legs. Leg change during the flight. First leg much reach 90°. J814: First vertical hop lifting first leg &gt;90°, then turn 180° (to the direction of the take off leg) lift the other leg &gt;120° and land to the first lifted leg.</p>	<p>Upper body at vertical.</p>	<p><b>J214</b>  Leg separation 90° </p>	<p><b>J414</b>  Leg separation ≥120° </p>	<p><b>J614</b>  Leg separation &gt;120° turn 180° </p>			
<p><b>Scissors leap 180°</b> Straight legs. Leg change during the flight. First leg much reach 90°. Twisting during the flight. Leg separation after the turn defines the DV.</p>	<p>Upper body at vertical.</p>	<p><b>J215</b>  leg separation &lt;90° </p>	<p><b>J415</b>  leg separation ≥ 90° </p>		<p><b>J815</b>  leg separation ≥135° </p>		<p><b>J1215</b>  leg separation ≥180° </p>
<p><b>Fouetté hop</b> Height of the first leg defines the DV. Twisting 180° during the flight.</p>	<p>Upper body at vertical.</p>	<p><b>J216</b>  leg separation &lt;90° </p>	<p><b>J416</b>  leg separation ≥90° </p>	<p><b>J616</b>  leg separation ≥135° </p>			
<p><b>Axel hop</b> When twisting, knee/knees must reach 90°.</p>	<p>Upper body at vertical.</p>	<p><b>J217</b>  </p>	<p><b>J417</b>  180° </p>	<p><b>J617</b>  360° </p>			

<p><b>Vertical hop</b> Lifting leg must reach horizontal. Straight legs.</p>	<p>Upper body at vertical.</p>		<p><b>J418</b>   180°</p>		<p><b>J818</b>   360°</p>		
<p><b>Wolf jump or hop</b> One leg extended, other tucked. Hip and bent knee angles <math>\leq 90^\circ</math></p>	<p>Extended leg at horizontal. Knees together. Upper body at vertical. When twisting, the straight leg must reach the horizontal somewhere during the jump.</p>	<p><b>J219</b>  </p>	<p><b>J419</b>  </p>		<p><b>J819</b>  </p>		
<p><b>Double stag jump or leap</b> Right 'stag'-position must be visible during the jump: both legs bent <math>&lt; 90^\circ</math>, leg separation <math>&gt; 135^\circ</math>, height of the rear foot or twists defines the DV. Turn must be fulfilled during the flight.</p>		<p><b>J220</b>   <math>&gt; 135^\circ</math></p>	<p><b>J420</b>   180°</p>		<p><b>J820</b>  Double stag ring </p>		
<p><b>Split jump or leap forward</b> First leg must be straight, no kick. Leg separation defines the value of the jump/leap. J1221 Horizontal ring-leap: if front leg is below horizontal credit as J1013 Sissone ring. If no release of shoulder level, credit as split jump/leap.</p>	<p>Straight legs (not in J1221). Body upright.</p>	<p><b>J221</b>  leg separation <math>&lt; 135^\circ</math> </p>	<p><b>J421</b>  leg separation <math>135^\circ &lt; 180^\circ</math> </p>		<p><b>J1021</b>  leg separation <math>180^\circ</math> </p>	<p><b>J1221</b>  leg separation <math>180^\circ</math> </p>	










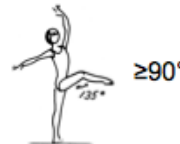

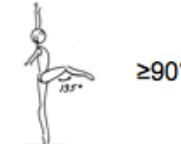













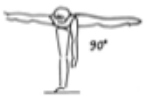








<p><b>Split jump or leap forward landing to front laying support</b> First leg must be straight, no kick. Leg separation defines the value of the jump/leap.</p>	<p>There must be controlled support before whole body touches the floor.</p>				<p><b>J822</b>  leg separation ≥135° </p>	<p><b>J1022</b>  leg separation ≥180° </p>	
<p><b>Split jump or leap forward with kick.</b> Leg separation defines the value of the jump/leap.</p>	<p>Straightened legs. Bod</p>		<p><b>J423</b>  leg separation ≥135° </p>		<p><b>J823</b>  leg separation ≥180° </p>		
<p><b>Split jump or leap forward with kick landing to front laying support</b> Leg separation defines the value of the jump/leap.</p>	<p>There must be controlled support before whole body touches the floor.</p>				<p><b>J824</b>  leg separation ≥135° </p>	<p><b>J1024</b>  leg separation ≥180° </p>	
<p><b>Switch leap</b> First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg defines the value of the leap. If the first leg is less than 45° or bent, credit as a split jump/leap.</p>	<p>Straight legs.</p>			<p><b>J625</b>  leg separation ≥135° </p>	<p><b>J825</b>  leg separation ≥180° </p>		<p><b>J1225</b>  foot at shoulder height leg separation 180° </p>

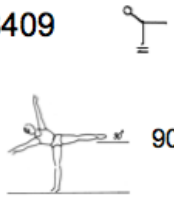
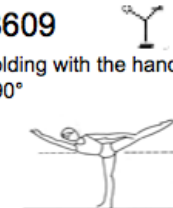
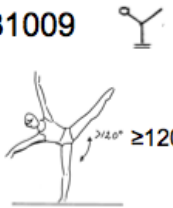
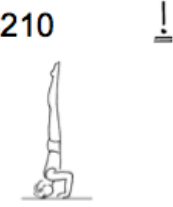
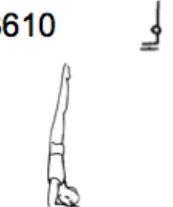
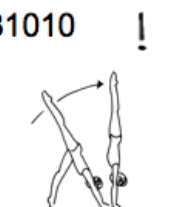

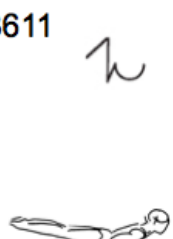
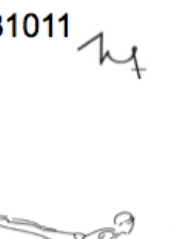
<p><b>Switch leap to front laying support</b> First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the value of the leap. If the first leg is less than 45° or bent, credit as a split jump/leap to front laying support.</p>	<p>There must be controlled support before whole body touches the floor.</p>					<p><b>J1026</b>  leg separation ≥135°</p> 	<p><b>J1226</b>  leg separation ≥180°</p> 
<p><b>Switch leap twisting</b> First leg must be straight, no kick. First leg must swing forwards at least 45° before the leg change. Leg separation after leg change defines the value of the leap. If the first leg is less than 45° or bent, credit as a split jump/leap.</p>	<p>Straight legs.</p>				<p><b>J827</b>  leg separation ≥135° twist 90°</p> 	<p><b>J1027</b>  leg separation ≥180° twist 90°</p> 	<p><b>J1227</b>  leg separation ≥135° twist 180°</p> 
<p><b>Round kick with bent legs</b> First leg &gt; 90°, second leg &lt;120° with 180° turn. Body in upright position or tilted backwards. Turn fulfilled during the flight.</p>		<p><b>J228</b>   legs 1. &gt;90° 2. &lt;120° twist 180°</p>					
<p><b>Round kick with straight legs</b> First leg &gt; 90°, second leg &lt;120° or ≥120° with 180° turn. Body in upright position or tilted backwards. Turn fulfilled during the flight.</p>			<p><b>J429</b>   legs 1. &gt;90° 2. &lt;120° twist 180°</p>	<p><b>J629</b>   legs 1. &gt;90° 2. ≥120° twist 180°</p>			

















<p><b>Butterfly upwards</b> Upper body at horizontal, legs above horizontal level.</p>				<p><b>J630</b> √ leg separation &lt;90°</p> 	<p><b>J830</b> √ leg separation ≥90°</p> 		
<p><b>Butterfly downwards</b> Upper body at horizontal, legs above horizontal level.</p>				<p><b>J631</b> A leg separation &lt;90°</p> 	<p><b>J831</b> A leg separation ≥90°</p> 		<p><b>J1231</b> √ leg separation ≥90° twist 360°</p> 




















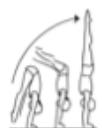




Balance elements		0.2	0.4	0.6	0.8	1.0	1.2
<p><b>Side balance with help of hand</b> Free leg on the side with help of hand. Body erect. Leg separation/ tiptoes position defines the DV.</p>	Straight legs.	<p><b>B201</b> √ &lt;120°</p> 	<p><b>B401</b> √ ≥120°</p> 			<p><b>B1001</b> √ on tiptoes ≥120°</p> 	
<p><b>Side balance without help of hands</b> Free leg on the side with help of hand. Body erect. Leg separation defines the DV.</p>	Straight legs		<p><b>B402</b> √ ≥90°</p> 		<p><b>B802</b> √ ≥120°</p> 		<p><b>B1002</b> √ on tiptoes ≥120°</p> 
<p><b>Frontal balance</b> Free leg in front with help of hand/hands.</p>	Straight legs			<p><b>B603</b> √ ≥120°</p> 		<p><b>B1003</b> √ ≥120°</p> 	































<p><b>Frontal balance</b> Free leg in front without help of hand/hands.</p>	<p>Straight legs (not B404)</p>		<p><b>B404</b>  on tiptoes</p> 	<p><b>B604</b>  <math>\geq 90^\circ</math></p> 		<p><b>B1004</b>  <math>\geq 120^\circ</math></p> 	<p><b>B1204</b>  on tiptoes <math>\geq 120^\circ</math></p> 
<p><b>Attitude forwards</b> Standing on one leg, free leg <math>\geq 90^\circ/\geq 120^\circ</math> in front and turned outward, knee angle <math>135^\circ</math>, hip forward.</p>		<p><b>B205</b>  <math>\geq 90^\circ</math></p> 		<p><b>B605</b>  <math>\geq 90^\circ</math></p> 			<p><b>B1205</b>  <math>\geq 120^\circ</math></p> 
<p><b>Attitude backwards</b> Standing on one leg, free leg <math>\geq 90^\circ</math>, lifted backwards and turned outward, knee angle <math>135^\circ</math>, hip forward. Upper body in alignment of supporting leg.</p>			<p><b>B406</b>  <math>&lt; 90^\circ</math></p> 	<p><b>B606</b>  with help of hands</p> 	<p><b>B806</b>  <math>90^\circ</math></p> 	<p><b>B1006</b>  <math>&lt; 90^\circ</math></p> 	<p><b>B1206</b>  on tiptoes <math>90^\circ</math></p> 
<p><b>Side balance</b> Upper body at horizontal, free leg to the side. Heel defines the angle to the hip.</p>	<p>Support knee straight.</p>		<p><b>B407</b>  <math>90^\circ</math></p> 	<p><b>B607</b>  <math>&gt; 90^\circ</math></p> 			
<p><b>Scale</b> Upper body must be <math>&gt; 90^\circ</math></p>	<p>Support knee straight.</p>	<p><b>B208</b>  <math>90^\circ</math></p> 			<p><b>B808</b>  <math>\geq 120^\circ</math></p> 		<p><b>B1208</b>  <math>\geq 120^\circ</math></p> 

<p><b>Scale sideways</b> Shoulders and the hip must both be sideways, in the same direction. Upper body must be <math>\geq 90^\circ</math>. The heel defines the angle to the hip.</p>	<p>Support knee straight.</p>		<p><b>B409</b> </p>	<p><b>B609</b>  holding with the hand <math>&gt;90^\circ</math></p>		<p><b>B1009</b>  <math>\geq 120^\circ</math></p>	
<p><b>Handstand</b> Legs above hips level. Only the hands contact with the floor. (Not in B210 and B610)</p>	<p>Arms, shoulder angle and back must be straight.</p>	<p><b>B210</b> </p>		<p><b>B610</b> </p>		<p><b>B1010</b> </p>	
<p><b>Planche on elbows/straight arms, legs separated</b> Leg separation <math>\geq 45^\circ</math> The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line must not exceed <math>20^\circ</math> above horizontal (Not B211). When performing B1011, arms must be straight. (Slightly bent arms <math>&lt;15^\circ</math> cause an execution deduction, no DV change).</p>		<p><b>B211</b> </p>		<p><b>B611</b> </p>		<p><b>B1011</b> </p>	







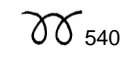
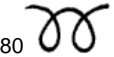

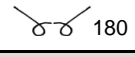
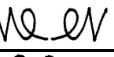

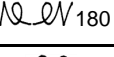


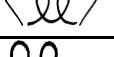



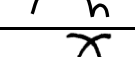
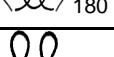

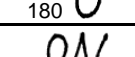
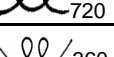

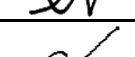
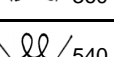

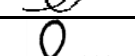
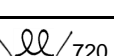

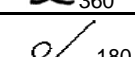
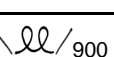

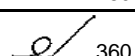
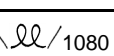

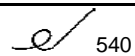
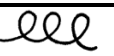

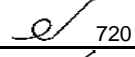
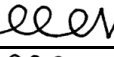



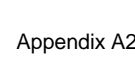

<p><b>Planche on elbows/straight arms, legs together</b>                  Straight legs together. (Slightly separated/bent legs &lt;15° cause an execution deduction, does not change the DV). The body is supported on both hands on elbows or straight arms. Hands may be turned out at the wrist or pointing towards the feet. The body line must not exceed 20° above horiz. When performed B1212, arms must be straight. (Slightly bent arms/legs &lt;15° causes an execution deduction - does not change the DV.)</p>			<p>B412 </p> 		<p>B812 </p> 		<p>B1212 </p> 
<p><b>Straddle pike sitting-support</b>                  Straight legs. Hands can be placed in front or back or front and back, leg separation ≥45°. When lifted higher than parallel to the floor NO LEANING on arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported with only the hands in contact with the floor.</p>	<p>Arms must be straight. Slightly bent arms/legs (&lt;15°) or slightly separated legs (&lt;10°) will cause an execution deduction.</p>	<p>B213 </p> 	<p>B413 </p> 	<p>B613 </p> 	<p>B813 </p>  <p>45°</p>	<p>B1013 </p>  <p>90°</p>	

<p><b>Pike sitting- support</b> Straight legs together. When legs are lifted higher than parallel to the floor NO LEANING on arms is allowed. Both hands are placed at the side of the body, close to the hips. Body is supported only with the hands in contact with the floor.</p>	<p>Arms must be straight. Slightly bent arms (&lt;15°) bent arms/legs, or slightly separated legs (&lt;10°) will cause an execution deduction.</p>	<p>B214  </p>	<p>No B</p>	<p>B614  </p>		<p>B1014   45°</p>	<p>B1214   90°</p>
<p><b>Bridge</b> Position and angle of the free leg defines the DV.</p>	<p>Arms and support leg must be straight. Shoulders must be above or over the hands.</p>		<p>B415  </p>	<p>B615  </p>	<p>B815  </p>	<p>B1015  </p>	
<p><b>Power elements</b></p>		<p><b>0.6</b></p>	<p><b>0.8</b></p>	<p><b>1, 0</b></p>	<p><b>1.2</b></p>	<p><b>1.4</b></p>	<p><b>1.6</b></p>
<p><b>Press up to handstand</b> With bent legs together or split straight legs. Starting position is optional.</p>		<p>Po601  arms bent </p>	<p>Po801  arms straight </p>				
<p><b>Press up to handstand</b> With straight legs together. Starting position is optional.</p>			<p>Po802  arms bent </p>	<p>Po1002  arms straight </p>			





<p><b>Press up to handstand from straddle pike sitting support</b> Press to handstand with straight legs.</p>				<p>Po1003  arms bent</p> 	<p>Po1203  arms srtaight</p> 		
<p><b>Press up to handstand from pike sitting support</b> Press to handstand with optional leg position.</p>				<p>Po1204  arms bent</p> 	<p>Po1404  arms straight</p> 	<p>Po1604  arms bent/straight 45°-90°</p> 	
<p><b>From handstand to support</b> Lowering from handstand to support.</p>			<p>Po805  </p>	<p>Po1205  </p>		<p>P1605  </p>	
<p><b>From handstand to support</b> Lowering from handstand to straddle pike/ pike sitting support. Legs straight.</p>	<p>Straight arms.</p>			<p>Po1206  </p>	<p>Po1406  Legs together </p>	<p>P1606  Legs together 45°-90° </p>	
<p><b>Circles</b></p>		<p>Po807  Double leg circles, one round </p>	<p>Po1007  Double leg circles ≥2 rounds </p>		<p>Po1407  Flared leg circles 2 rounds </p>		

# APPENDIX A2



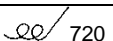
## Examples of Difficulty – Tumbling

Forward Elements				Tfw18	Double Straight		1.10	Tbw14	Double Tuck		0.60
Tfw1	<b>Cartwheel</b>		0.05	Tfw19	Pike Half out		1.10	Tbw15	Tuck Half out		0.70
Tfw2	<b>Handspring</b>		0.20	Tfw20	Tuck 1.5 out		1.15	Tbw16	<b>Double Arabian</b>		0.70
Tfw3	<b>Flyspring</b>		0.20	Tfw21	Straight Half out		1.20	Tbw17	Double Pike		0.80
Tfw4	<b>Tuck</b>		0.25	Backward Elements				Tbw18	Tuck Full		0.85
Tfw5	Tuck Half		0.30	Tbw1	<b>Roundoff</b>		0.10	Tbw19	Pike Half		0.90
Tfw6	Pike		0.30	Tbw2	<b>Flic Flack</b>		0.15	Tbw20	Double Straight		0.90
Tfw7	Pike Half		0.35	Tbw3	<b>Tuck</b>		0.20	Tbw21	Tuck 1.5 Twist		0.95
Tfw8	Straight		0.35	Tbw4	<b>Whipback salto</b>		0.20	Tbw22	Straight Half out		1.00
Tfw9	Tuck Full		0.40	Tbw5	<b>Arabian salto</b>		0.25	Tbw23	Tuck 2.0 Twist		1.10
Tfw10	Straight Half		0.40	Tbw6	Pike		0.25	Tbw24	Straight Full out		1.15
Tfw11	Straight Full		0.50	Tbw7	Straight		0.30	Tbw25	1.5 Twist out		1.25
Tfw12	1.5 Twist		0.55	Tbw8	Tuck Full		0.35	Tbw26	2.0 Twist out		1.40
Tfw13	2.0 Twist		0.65	Tbw9	Straight Half		0.35	Tbw27	2.5 Twist out		1.50
Tfw14	<b>Double Tuck</b>		0.80	Tbw10	Straight Full		0.45	Tbw28	3.0 Twist out		1.65
Tfw15	Tuck Half out		0.90	Tbw11	1.5 Twist		0.50	Tbw29	<b>Triple Tuck</b>		1.60
Tfw16	Double Pike		1.00	Tbw12	2.0 Twist		0.60	Tbw30	Triple Pike		1.90
Tfw17	Tuck Full out		1.05	Tbw13	2.5 Twist		0.65	Tbw31	Triple Tuck Full		2.00

Example No.1 – forward series


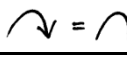
Calculation steps	 360			 180
<b>1.Basic element</b>	$\overline{\sigma} \rightarrow 0.25$	$\overline{\eta} \rightarrow 0.20$	$\overline{\sigma} \rightarrow 0.25$	$\overline{\sigma} \rightarrow 0.25$
<b>2.Body position</b>	Straight $\rightarrow 0.1$		Straight $\rightarrow 0.1$	Straight $\rightarrow 0.1$
<b>3.Twists</b>	Full $\rightarrow 2 \times 0.05 = 0.10$			Half $\rightarrow 1 \times 0.05 = 0.05$
<b>4. Full Twist</b>	1x $\rightarrow 1 \times 0.05 = 0.05$			
<b>5.Total element</b>	<b><u>0.50</u></b>	<b>0.20</b>	<b><u>0.35</u></b>	<b><u>0.40</u></b>
<b>6.Total series</b>	<b>0.50 + 0.35 + 0.40 = 1.25</b> (sum of 3 elements with the highest difficulty)			

Example No.2 – backward series


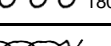
Calculation steps			 720
<b>1.Basic element</b>	$\overleftarrow{\sigma} \rightarrow 0.10$	$\overleftarrow{\eta} \rightarrow 0.15$	$\overleftarrow{\sigma} \rightarrow 0.60$
<b>2.Body position</b>			Straight $\rightarrow 2 \times 0.15 = 0.30$
<b>3.Twists</b>			2.0 Twist $\rightarrow 4 \times 0.10 = 0.40$
<b>4. Full Twist</b>			2x $\rightarrow 2 \times 0.05 = 0.10$
<b>5.Total element</b>	<b><u>0.10</u></b>	<b><u>0.15</u></b>	<b><u>1.40</u></b>
<b>6.Total series</b>	<b>0.10 + 0.15 + 1.40 = 1.65</b> (sum of 3 elements with the highest difficulty)		

# APPENDIX A3

## Examples of Difficulty – Trampet

With Vaulting Table Backward Rotation				With Vaulting Table Forward Rotation			
Trb1	90° on - 90° off		0.35	Trf1	Handspring		0.40
Trb2	Half on	$180 \curvearrowright = \curvearrowleft$	0.45	Trf2	Handspring Half	$\curvearrowright = \curvearrowleft_{180}$	0.45
Trb3	Half on - Half off	$180 \curvearrowright = \curvearrowleft_{180}$	0.50	Trf3	Handspring Full	$\curvearrowright = \curvearrowleft_{360}$	0.55
Trb4	Half on - Full off	$180 \curvearrowright = \curvearrowleft_{360}$	0.60	Trf4	Handspring 1.5 Twist	$\curvearrowright = \curvearrowleft_{540}$	0.60
Trb5	Half on – 1.5 off	$180 \curvearrowright = \curvearrowleft_{540}$	0.65	Trf5	Handspring salto fwd	$\curvearrowright = \delta$	0.80
Trb6	Tsukahara	TSU	0.70	Trf6	Tuck Half	$\curvearrowright = \delta_{180}$	0.90
Trb7	Tsukahara Pike	TSU V	0.90	Trf7	Pike	$\curvearrowright = \delta V$	1.00
Trb8	Tsukahara Straight	TSU /	1.00	Trf8	Straight	$\curvearrowright = \delta$	1.10
Trb9	Tsukahara Half	TSU / <sub>180</sub>	1.10	Trf9	Pike Half	$\curvearrowright = \delta V_{180}$	1.10
Trb10	Full or Kasamatsu	TSU / <sub>360</sub>	1.25	Trf10	Straight Half	$\curvearrowright = \delta_{180}$	1.20
Trb11	1.5 or Kasam. Half	TSU / <sub>540</sub>	1.35	Trf11	Straight Full	$\curvearrowright = \delta_{360}$	1.35
Trb12	2.0 or Kasam. Full	TSU / <sub>720</sub>	1.50	Trf12	Straight 1.5 Twist	$\curvearrowright = \delta_{540}$	1.45
Trb13	2.5 or Kasam. 1.5	TSU / <sub>900</sub>	1.60	Trf13	Straight 2.0 Twist	$\curvearrowright = \delta_{720}$	1.60
Trb14	3.0 or Kasam. 2.0	TSU / <sub>1080</sub>	1.75	Trf14	Straight 2.5 Twist	$\curvearrowright = \delta_{900}$	1.70
Trb15	Double Tsukahara	TSU ll	1.55	Trf15	Handsp. Double Half	$\curvearrowright = \delta\delta_{180}$	1.70
Trb16	Double Pike	TSU V ll	1.85	Trf16	Double Pike Half	$\curvearrowright = \delta\delta V_{180}$	2.00
Trb17	Double Straight	TSU ll /	2.30	Trf17	Double Straight Half	$\curvearrowright = \delta\delta_{180}$	2.45



Without Vaulting Table				Trw19	Pike Half in	180 V <sub>180</sub> V	0.85
Trw1	<b>Tuck</b>		0.20	Trw20	Pike Half out	V <sub>180</sub> V	0.85
Trw2	Pike		0.25	Trw21	Double Straight		0.85
Trw3	Tick Half	 180	0.25	Trw22	Tuck Half in Full out	180  360	0.90
Trw4	Pike Half	 180	0.30	Trw23	Tuck 1.5 Twist out	 540	0.90
Trw5	Straight		0.30	Trw24	Tuck Full in Half out	360  180	0.90
Trw6	Straight Half	 180	0.35	Trw25	Straight In	180 	0.95
Trw7	Straight Full	 360	0.45	Trw26	Straight Out	 180	0.95
Trw8	Straight 1.5 Twist	 540	0.50	Trw27	Str. Half In Full out	180  360	1.20
Trw9	Straight 2.0 Twist	 720	0.60	Trw28	Straight 1.5 out	 540	1.20
Trw10	Straight 2.5 Twist	 900	0.65	Trw29	Str. Full In Half out	360  180	1.20
Trw12	Straight 2.5 Twist	 1080	0.75	Trw30	Str. Full In 1.5 out	360  540	1.45
Trw13	Straight 2.5 Twist	 1260	0.80	Trw31	Straight 3.5 Twist	 1260	1.70
Trw14	<b>Double Tuck</b>		0.55	Trw32	<b>Triple Tuck Half out</b>	 180	1.55
Trw15	Tuck Half in	180 	0.65	Trw33	Triple Pike Half out	 180	1.85
Trw16	Tuck Half out	 180	0.65	Trw34	Triple Full in Half out	360  180	1.95
Trw17	Double Pike	V <sub>180</sub> V	0.75	Trw35	Triple 2.5 Twist	 900	2.35
Trw18	Double Tuck Full	 360	0.80				

## Example No.1 – with vaulting apparatus

Calculation steps	TSU / <sub>360</sub>
<b>1.Basic element</b>	TSU → 0.70
<b>2.Body position*</b>	Straight → 2 x 0.15 = 0.30
<b>3.Twists*</b>	Full → 2 x 0.10 = 0.20
<b>4. Full Twist*</b>	1x → 1 x 0.05 = 0.05
<b>5.Total element</b>	<b>1.25</b>

\*In case Tsukahara / Handspring saltos additional values for double saltos are used and the body position is counted twice. In case of Tsukahara double / Handspring double additional values for triple saltos are used and the body position for the first salto is counted twice.

## Example No.2 – with vaulting apparatus

Calculation steps	$\curvearrowright = \frown$ / <sub>540</sub>
<b>1.Basic element</b>	$\curvearrowright = \frown \rightarrow 0.40$
<b>2.Body position</b>	
<b>3.Twists</b>	1.5 Twist → 3 x 0.05 = 0.15
<b>4. Full Twist</b>	1x → 1 x 0.05 = 0.05
<b>5.Total element</b>	<b>0.60</b>

## Example No.3 – without vaulting apparatus

Calculation steps	$\oslash$ / <sub>900</sub>
<b>1.Basic element</b>	$\oslash \rightarrow 0.20$
<b>2.Body position</b>	Straight → 0.10
<b>3.Twists</b>	2.5 Twist → 5 x 0.05 = 0.25
<b>4. Full Twist</b>	2x → 2 x 0.05 = 0.10
<b>5.Total element</b>	<b>0.65</b>

## Example No.4 – without vaulting apparatus

Calculation steps	$\vee \oslash$ / <sub>540</sub>
<b>1.Basic element</b>	$\oslash \oslash \rightarrow 0.55$
<b>2.Body position</b>	1 <sup>st</sup> Pike / 2 <sup>nd</sup> Straight → 0.10 + 0.15 = 0.25
<b>3.Twists</b>	1.5 Twist → 3 x 0.10 = 0.30
<b>4. Full Twist</b>	1x → 1 x 0.05 = 0.05
<b>5.Total element</b>	<b>1.15</b>

# APPENDIX A4

## Element Recognition

In order to achieve full difficulty, specific technical expectations are required

### 4.1 Floor Programme

#### 4.1.1 DIFFICULTY AND EXECUTION

##### Counting difficulty values:

- different elements must have different code numbers
- all gymnasts must perform the same difficulty element at the same time (this means according to the composition, e.g. if one gymnast is late on time and performs difficulty element according to the other definitions, only later than the rest of the team, team will get the DV)

If some of the elements special requirements are not fulfilled, the element can be re-evaluated. If there is no value for the element in the difficulty table, it has no value.

##### Code numbers:

The letter in front of the code number refers to the group of elements:

P= pirouette, J= jumps/leaps/hops, B=balance element, Po= power element and A= acrobatic element

The first number tells the value of the element (e.g. number 2 means 0,2 in DV)

Two last numbers tell the number of the element.

##### 4.1.1.1 Pirouettes

###### Definitions:

Forward pirouette: Turning in the same direction as the supporting leg.

Backward pirouette: Turning in the opposite direction as the supporting leg.

Pirouette starts when the free leg is lifted from the ground and pirouette is finished when the rotation is over and the heel and/ or the free leg is touching the floor.

The number of turns and the height and the position of the free leg in pirouettes affect the value of the element. The number of turns is measured on hips.

The free leg can be straight or bent but must be the same for the whole team. If the free leg is bent (fwd/side) the heel is used to define the angle with the hip.

When the free leg is bent double and backwards, the knee is used to define the angle with the hip.

Position of supporting leg, bent/ straight, does not change DV.

The whole team must perform the same pirouette at the same time, with arms and legs in same position. Mirroring is allowed, see 14.2.1.

The placement of hands is optional for the team.

### Difficulty requirements:

There will be no value for the pirouette if:

- min. 360° (measured on the hips) requirement is not totally fulfilled
- turn is done by jumping (stopping the turn with a slight jump OUT of the pirouette when the rotation is ready, does not affect to the difficulty value).
- pirouette is not performed on one foot
- all gymnasts are not performing the pirouette at the same time (composition)
- all gymnasts in the same sub group (two or more gymnasts) are not starting the turn facing in the same direction (no need to perform pirouettes with the same leg)

Pirouettes can be given a lower value if the following requirements are not fulfilled:

- the turn is not completed e.g. P401 (but 360° is fulfilled) -> P201,
- the leg separation requirement is not fulfilled, tolerance 15° (the leg is too low; P607-> P203)
- the free leg is not held in the right position for at least ¾ of the time of the rotation (e.g. P607-> P201)
- In these cases (if the difficulty requirements are fulfilled) the element will be re-evaluated according to the CoP. If there is no lower value for the element in the CoP, it has no value.

### Execution requirements:

Pirouettes should be performed clearly on toes. If it is not on toes the value for the element will be awarded but there will be an execution deduction. See also art.15.3.

## 4.1.1.2 Jumps, Leaps and Hops

### Definitions:

- |             |   |   |
|-------------|---|---|
| <b>Jump</b> | – | takeoff from two feet and land on one or two feet             |
| <b>Leap</b> | – | takeoff from one foot and land on the other foot or both feet |
| <b>Hop</b>  | – | takeoff is from one foot and land on the same foot            |

No more than three steps (walking/ running) are allowed before the jump, leap or hop.

A recognised shape (position) is formed in the air during a jump or a leap or a hop. The shape and the twist during the flight, together with the landing position, defines the level of difficulty.

If not especially mentioned, different techniques are allowed before, during and after the turn or twist, including tuck-, pike-, straddle pike- and ring- positions.

In takeoff and landing hip defines the degree of the turn/ twist.

The whole team must perform the same jump/ leap/ hop at the same time with arms and legs in same position.

If not mentioned, arms/ hands positions are optional for the team.

**Difficulty requirements:**

No value for a jump/ leap/ hop if

- more than three steps before a jump/ leap/ hop
- no recognised shape during the element
- all gymnasts are not performing the jump/ leap/ hop at the same time (composition)

Jumps/leaps/hops can be given a lower value if the following requirements are not fulfilled:

- twisting
- leg separation, tolerance 15°
- hip/ knee angle, tolerance 15°
- landing position e.g. landing in front laying support: Hands and feet must land at the same time. If landing hands first-> no value. If landing feet first-> value like landing in standing position

**Execution requirements:**

Execution will take account of balance, body control, amplitude, extension, dynamics, uniformity, technique, height, elevation and controlled landing.

When landing in front laying support body must be horizontal before landing and there must be controlled support before whole body touches the floor. See also art.14.3.

### **4.1.1.3 Balance Elements**

**Definitions:**

There must be a recognised shape where the whole body is held in a static position for at least two seconds without any additional movements (slight movements will only cause an execution deduction).

If the free leg is bent and forwards, the heel is used to define the angle with the hip. When the free leg is bent and backwards, the knee is used to define the angle with the hip.

The whole team must perform the same balance element at the same time with arms and legs in same position.

**Difficulty requirements:**

No value for the balance element if:

- less than 2 sec. in a static position
- not recognised shape
- all gymnasts are not performing the balance element at the same time (composition)

Balance elements can be given a lower value if the following requirements are not fulfilled:

- leg separation, tolerance 15°
- hip/ knee angle , tolerance 15°
- tiptoes position
- straight arms
- no leaning on arms

**Execution requirements:**

Execution will take account of balance, body control, amplitude, extension, uniformity and technique during the balance element. See also art.14.3.

#### **4.1.1.4 Power Elements**

##### **Definitions:**

There must be a controlled movement with dynamic strength.

Starting and ending positions must be clearly visible. It is not necessary to keep the positions for 2 seconds.

The whole team must perform the same power element at the same time with arms and legs in the same position.

##### **Difficulty requirements:**

No value for the power element if:

- movement is not controlled (e.g. fall, pause  $\geq 3$ sec) during the element
- starting and finishing positions are not clearly visible
- all gymnasts are not performing the power element at the same time (composition)

Power elements can be given a lowered value if the following requirements are not fulfilled:

- bent arms, tolerance 15°
- spread legs, tolerance 10°
- bent legs, tolerance 15°
- starting or finishing positions are not according to the criteria

##### **Execution requirements:**

Power elements must be performed balanced and fluently, without pauses. Execution will take account body control, amplitude, extension, dynamics, uniformity and technique throughout the whole element . See also art.14.5.

#### **4.1.1.5 Acrobatic elements**

Different landing positions (sitting, standing, kneeling, lying) are allowed.

## 4.1.2 COMPOSITION

In composition, the timing, rhythmic sequence, planes, levels, directions and movements corresponding to the music are judged from the chorographical view: e.g. if one gymnast is lost and fails to fulfill the requirement of performing to one direction (the rest of the team did it and the one lost gymnast should have done it) then the choreography performed by the team will fulfill the requirement. The team will not get a deduction of the missing direction.

### 4.1.2.1 Moving Rhythmic Sequence

E.g. following elements can be used as part of the moving rhythmic sequence:

- Pas de bourré
- Triplets
- Ball change
- Chainés (walking turns)
- Chassé
- Skip
- Jump/ Tour sautés
- Leap
- Hop
- Prances
- Jog
- Walk
- Run
- Swing
- Wave

The idea of Moving Rhythmic Sequence is to make the team move, almost fly across the floor area.





## **4.2 Tumbling and Trampet**

### **4.2.1 Element Recognition**

#### **Required body positions in saltos**

Depending on the chosen element, the body position in each salto must be either referred to as tucked, piked or straight. In double and triple saltos with more than half twist, the tucked position may be slightly modified (opened up) and is then referred to as a pucked position. The pucked position is regarded as tucked in terms of difficulty.

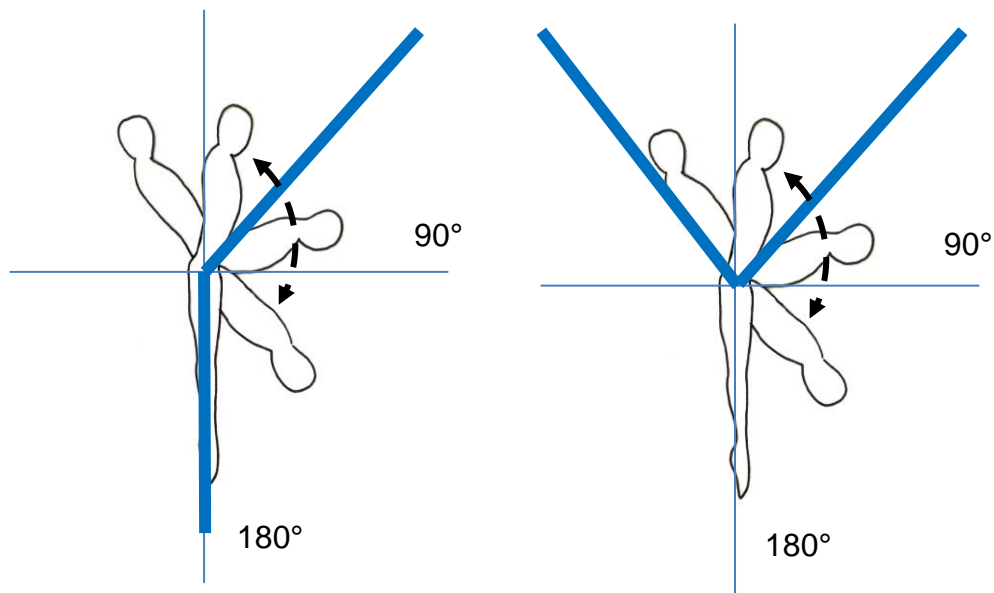


 <p><b>Tucked position</b></p>	 <p><b>Piked position</b></p>	 <p><b>Straight position</b></p>	 <p><b>Pucked position</b></p>
<p>Definition/difficulty</p>	<p>Definition/difficulty</p>	<p>Definition/difficulty</p>	<p>Definition/difficulty</p>
<p>A tucked body position angle <math>&lt;90^\circ</math> at the hips and <math>&lt;90^\circ</math> at the knees. Equal to or less than <math>135^\circ</math> for the hips and <math>135^\circ</math> between the thighs and the lower legs are acceptable in terms of difficulty. All body positions where the legs only are bent <math>\leq 90^\circ</math> are counted as tucked.</p>	<p>A piked body position angle <math>&lt;90^\circ</math> at the hips and is exactly <math>180^\circ</math> at the knees. Equal to or less than <math>135^\circ</math> * for the hips is acceptable in terms of difficulty. A slight bending of the knees (<math>\leq 15^\circ</math>) are accepted.</p>	<p>A straight body position is exactly <math>180^\circ</math> in both hips and knees.  Equal to or less than <math>135^\circ</math> * for the hips are acceptable in terms of difficulty but is deducted for in execution.</p>	<p>A pucked body position angle <math>\sim 120^\circ</math> in the hips and <math>90^\circ</math>-<math>120^\circ</math> in the knees. The pucked positions is regarded as a tucked in terms of difficulty.</p>

Tucked position	Piked position	Straight position	Pucked position
Execution	Execution	Execution	Execution
Hip and knee positions beyond 90° is deducted for under execution.	Hip angles beyond 90° is deducted for under execution.	Arching is just as bad as piking the straight and is deducted for under execution.	

\* Body positions at 135° are counted to the benefit of the team taking into account both difficulty and composition deductions.

Additional values for body positions are only given when the gymnast clearly shows the body position in each salto. For execution deductions see appendix A5.



### Recognition of piked versus straight

#### Twists

Additional values for twists will be accepted when rotated up to at least 45° from the nominal twist rotation. In case the under rotation is larger than 45° the difficulty value is lowered. Any deviation from nominal will be deducted by the execution judges.

Note that twisting doubles and triples with less than three twists in the Team Round will require the same number of twists in each salto for each gymnast.

#### Recognition of different elements in terms of composition

An element is different if it is based on a different basic element, but even with the same basic element it can still be different if the gymnast performs different number of twists or if a different body position is performed. This implies that in doubles and triples an element is different even if the gymnast is changing the body position in only one salto. A double salto with piked in and straight out is different from a double salto with straight in and piked out.

In doubles and triples the number of twists in each salto also makes different elements. A double salto with full twist in and half twist out is different from half twist in and full twist out, but when performing doubles/triples with three or more twists the placement of the twists is not taken into account. A double straight salto with 1 ½ twist in the first and 2/1 twists in the second salto is thus the same element as a double straight with 2/1 twists in the first and 1 ½ in the second salto.

### **Whipback**

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

# APPENDIX A5

## Table of General Faults and Penalties

### A5.1 Floor

Execution Faults	Small	Medium	Large
	0.1	0.2	0.3 /0.5/1.0
<p><b>1. Precision in formations</b></p> <p>All gymnasts must be on exact places according to the tariff form formation drawings (dots/crosses tell each gymnasts' own place).</p> <p>Deduction if a gymnast is out of formation. Each time /gymnast</p>	Gymnast out of formation		
<p><b>2. Synchronisation</b></p> <p>The team must perform the elements at the same time when intended according to the choreography.</p> <p>Deduction if a gymnast is not synchronized with the rest of the team. Each time /gymnast</p>	Gymnast about one beat ahead /after	Gymnast about two beats ahead /after	Gymnast "lost"; performing totally different or not performing at all
<p><b>3. Line violations</b></p> <p>Floor programme must be performed inside the floor area.</p> <p>Deduction touching the floor outside the border markings Each time /team</p>	Gymnast performing outside of the floor area		
<p><b>4. Good technique in difficulty elements</b></p> <p><b>4.1 Pirouettes</b> Each pirouette/ gymnast</p>	<p>Heel is touching the floor at some time during the turn Jumping during the pirouette (No DV)</p> <p>Turn is not fulfilled &lt;90° (lowered DV/ no DV)</p>	<p>The whole pirouette performed on heel/ whole foot Jumping during the pirouette with heel touching the floor (No DV) Turn is not fulfilled ≥90° (lowered DV/ no DV)</p>	

<p><b>4.2 Jumps / leaps / hops</b> Each jump/leap/hop/ gymnast</p>	<p>Slightly bent knees &lt; 15° Leg/knee separation ≤ 10° Slight mistakes on landing (e.g. a bit unbalanced, extra movements to continue) Lack of extension Minor errors in body shape No controlled support before whole body touches the floor after landing in front laying support. Twisting is not fulfilled &lt; 90° (lowered DV/ no DV)</p>	<p>Bent knees ≥ 15° Leg/knee separation 10° - 45° Heavy landing (hard to continue to the next element) Errors in body shape Body not horizontal before landing front laying support. Turn is not fulfilled ≥ 90° (lowered DV/ no DV)</p>	<p>Falling down e.g. while landing Leg/knee separation &gt; 45° (lowered DV/ no DV)  Significant errors in body shape (no DV)</p>
<p><b>4.3 Balance elements</b> Each element/ gymnast</p>	<p>arms &lt; 15° Shoulder angle Slightly bent knees &lt; 15° Slightly bent Leg separation ≤ 10°</p>	<p>Bent arms ≥ 15° (might also cause lowering in DV) Bent knees ≥ 15° Leg separation 10° - 45°</p>	<p>Leg separation &gt; 45° (lowered DV/ no DV)</p>
<p><b>4.4 Power elements</b> Each element/ gymnast</p>	<p>Slightly bent arms &lt; 15° slightly bent knees &lt; 15° Leg separation ≤ 10° not fluent (e.g. short pause during the element) Brushing/ slightly touching the floor with feet in PoX07</p>	<p>Stepping with hands bent arms ≥ 15° (might also cause lowering in DV) bent knees ≥ 15° Leg separation 10° &gt; 45°</p>	<p>Brushing/ slightly touching the floor with feet in PoX03, PoX04 and PoX06</p>

<p><b>5. Uniformity in execution</b></p> <p>Each time /gymnast</p> <p>Movements and elements must be performed exactly the same way</p>	<p>E.g. different technique in pirouettes</p>	<p>Very visible differences in performance e.g. hands down near the body when the team is performing hands in horizontal position</p>	
<p><b>6. Dynamic execution</b></p> <p>Each time /gymnast</p> <p>Using gravity with relaxation and extension</p> <p>Continuity in elements</p> <p>No purposeless pauses</p> <p>Whole body involved in elements</p>	<p>Creating a new force for the element instead of using momentum from the previous element</p> <p>Purposeless pauses</p> <p>Isolated arm and leg movements</p>		
<p><b>7. Amplitude and extension</b></p> <p>Each time /gymnast</p>	<p>No optimal extension in elements, e.g. not pointed angles</p>		
<p><b>8. Balance and controlled execution</b></p> <p>Each time /gymnast</p> <p>Balanced and controlled execution Loosed balance and control will cause a deduction</p>	<p>Extra movements e.g. during the balance/power element (pumping up and down) but the supporting hands/legs are staying still</p> <p>Slight stepping/ hopping/ jumping to maintain balance during the element</p> <p>Additional movements during the balance element (but support leg is staying still)</p> <p>Contra movements to keep the balance</p>	<p>a pause during the power element is <math>\geq 3</math>sec (no DV)</p> <p>several steps or hand support</p> <p>Magnificent correction hop/ step to maintain balance during the element (but gymnast is not e.g. falling out from the balance)</p>	<p>Falling down from an element</p>

<p><b>9. Interrupting the floor program</b>                  Gymnast interrupts totally performing the program                  /gymnast</p>			<p>0.5</p>
<p><b>10. Wrong number of gymnasts</b>                  There must be from 8 to 12 gymnasts on the floor                  Once/team</p>			<p>1.0</p>

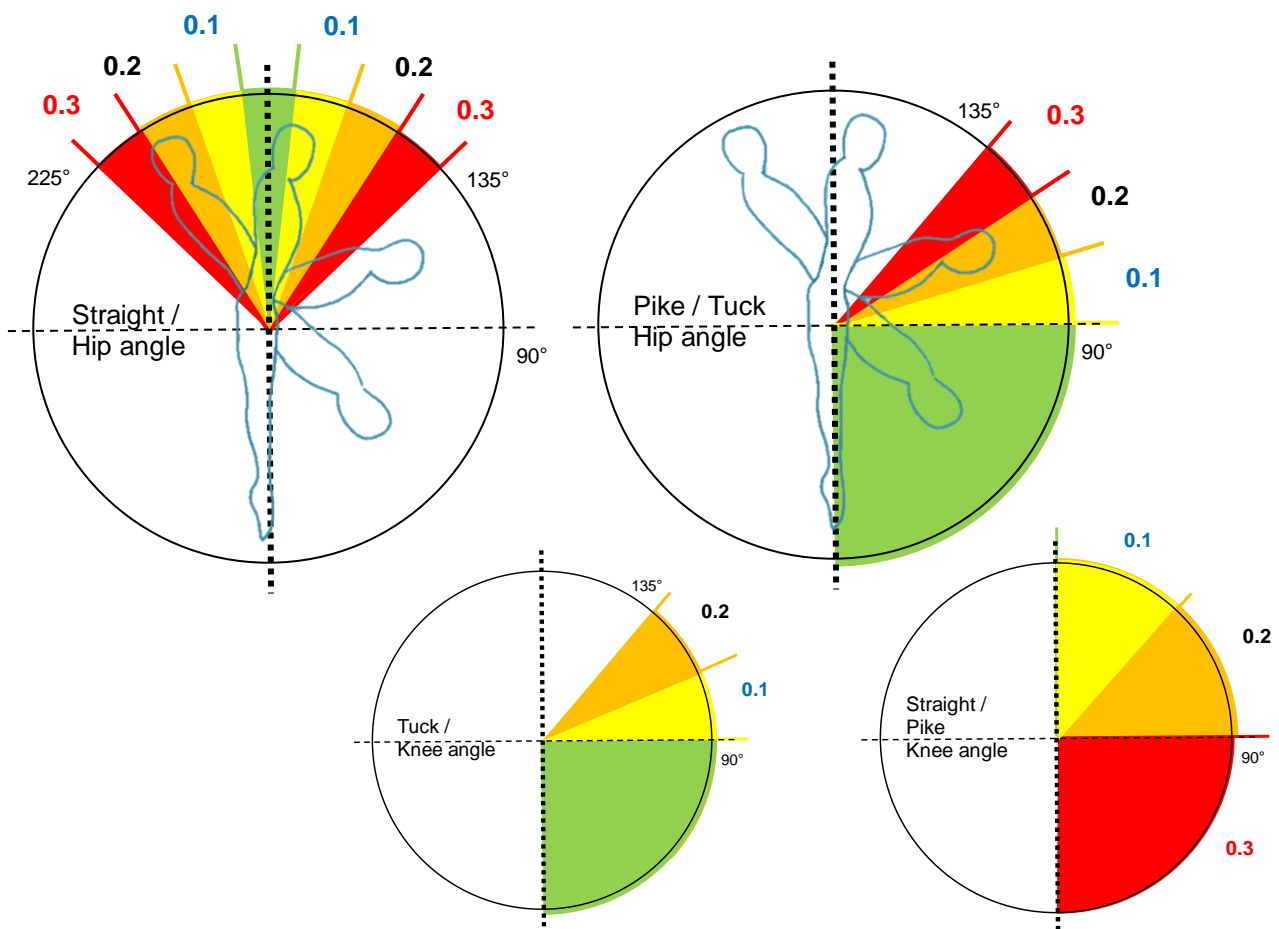
# A5.2 Tumbling and Trampette

## A5.2.1 General

Execution Faults	Deduction Application	Small	Medium	Large
		0.1	0.2	0.3 or more
<b>Unclear Body Shape in Saltos (max 0.4)</b> - Hip and knee angle faults* *see pictures below for deductions - Split/crossed legs, head/feet error	per gymnast / element	X	X	X
		X	---	---

Tucked, piked and straight body positions must be performed with clear and defined body shape with feet and legs kept together and the feet and toes pointed. Both hips and knee angles have to be considered for body position deductions (see also Appendix 4 for body position definitions).

Puck position is allowed when twisting double/triple saltos. Pucked body position can range from very open tuck to pike with bent knees.





Execution Faults	Deduction Application	Small	Medium	Large
		0.1	0.2	0.3 or more
<p><b>Not Appropriate Twisting Technique (≤0.3)</b></p> <ul style="list-style-type: none"> <li>- Not complete rotation / over rotation</li> <li>- Arms not close to body/rotation axis</li> <li>- Active hip movement in fwd salto* *from pike/tuck position</li> <li>- Take off phase clearly shown</li> </ul>	per gymnast / element	≤ 15° X X X	≤ 45° X X X	≤ 90° X X X
Twists must be performed with appropriate twisting technique. An active hip movement is required when twisting from tuck/pike forward salto (deduction for late or slow hip movement). The take-off phase must be clearly shown (deduction for not visible take-off phase). Appropriate movement and placement of arms determines speed of twist (deduction for failure in arms movement and placement close to body/rotation axis).				
<p><b>Not Defined Twists (0.1)*</b></p> <p>* for double / triple saltos, less than 3 twists</p>	per gymnast / element	X	---	---
<p><b>Too Low or Long Final Salto (max 0.4)</b></p> <ul style="list-style-type: none"> <li>- Too low final salto</li> <li>- Salto length &gt; salto height</li> </ul>	per gymnast / final salto	X X	X ---	X ---
<p>The centre of gravity must be lifted at least 1½ time the height of the gymnast and the salto must be shorter than the height of the element.</p>				
<p><b>Not Upright Landing Position (max 0.3)</b></p> <ul style="list-style-type: none"> <li>- Hips bending</li> <li>- Knees bending</li> </ul>	per gymnast	> 30° > 30°	> 60° > 60°	> 90° > 90°
Slight bending of the knees and slight bending at the hips is allowed with no deduction.				
<p><b>Deviation from Centre Line (0.2)</b></p>	per gymnast	> 0.5 m	> 1.0 m	---

Execution Faults	Deduction Application	Small	Medium	Large
		0.1	0.2	0.3 or more
<b>Lack of Control in Landing (0.2 - 1.5)</b> <ul style="list-style-type: none"> <li>- Loss of control</li> <li>- Light touching with one / two hands</li> <li>- Falling (sitting, rolling, etc.)</li> <li>- Not landing feet first</li> </ul>	per gymnast	---	X	---
The landing must be controlled and may continue moving forwards or backwards under control.				
<b>Coaches' Actions (0.5 - 1.0)</b> <ul style="list-style-type: none"> <li>- Support</li> <li>- Helping to achieve element*                             <ul style="list-style-type: none"> <li>* coach's impulse/power required to perform element by gymnast</li> </ul> </li> <li>- No action in dangerous situation*                             <ul style="list-style-type: none"> <li>* mainly in case of neck/back/spine serious injury risk</li> </ul> </li> </ul>	per gymnast	---	---	0.8
Maximum deduction is used when the coach helps the gymnast to achieve the element by providing the necessary rotation and/or height.				
<b>Uneven Streaming (0.1)</b>	per gymnast / each time	X	---	---
At least two gymnasts must be moving at the same time. In tumbling the next gymnast is not allowed to start the first element until the previous gymnast has completed the last element. Deduction is made also in case of not even streaming.				
<b>Running Through (3.0)</b>	per gymnast	---	---	3.0
In case a gymnast is running through without performing any valid elements there will be a deduction. For trampet with apparatus this deduction is applied when gymnast is not touching vaulting table with both hands. In this case there are no other execution deductions taken.				
<b>Wrong number of gymnasts (3.0)</b> <ul style="list-style-type: none"> <li>• More than 6 or less than 6 gymnasts in Men/Woman section</li> <li>• Less or more than 3 men and less or more than 3 women in Mix section (e.g. 2 men and 4 women will get a deduction <math>1 \times 3.0 = 3.0</math> / 5 men and 1 woman will get a deduction <math>2 \times 3.0 = 6.0</math>)</li> </ul>	per missing / extra gymnast	---	---	3.0

## A5.2.2 Tumbling

Execution Faults	Deduction Application	Small	Medium	Large
		0.1	0.2	0.3 or more
<b>Loss of Momentum (0.5)</b>	per gymnast	X	X	0.3 / 0.5
The gymnast must keep the momentum until the final landing. The kinetic energy can be transferred between rotation, speed and height. Loss of momentum is deducted from small to large, maximum deduction 0.5 is applied when the gymnast is almost standing still.				
<b>Missing element in the series (1.0 or 2.0)</b>	per gymnast / missing element	---	---	1.0

## A5.2.3 Trampet

Execution Faults	Deduction Application	Small	Medium	Large
		0.1	0.2	0.3 or more
<b>No visible lift off the vault (max 0.5)*</b> * only applicable for series with vaulting table	per gymnast	---	---	0.3 / 0.4 / 0.5
There must be a visible lift from the hands off the vault. No lift off or just touching the vaulting table with hands will receive a maximum deduction.				

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