

Welcome to TeamGym



You are going to see a new way of presenting gymnastics. Excellent athletes with extraordinary skills giving thrilling rhythmic performances.

Six to twelve gymnasts represent a club from their country, and they are ranked no. 1 or 2 in the country. There are male teams, female teams and even mixed teams which have to have the same number of men and women.



What is the content of the competition?

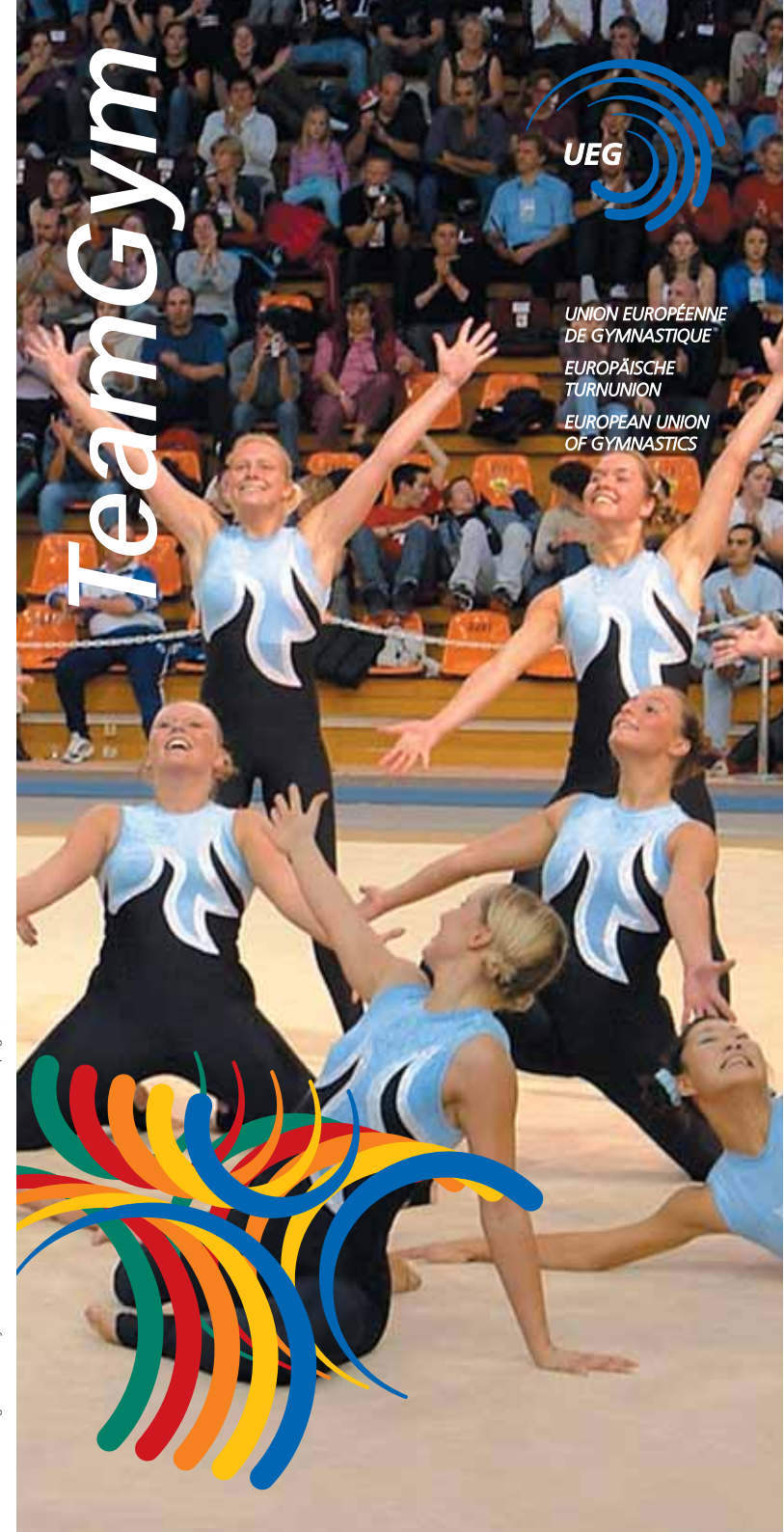
Each team must perform three times in the arena. Once in a floor program, once on the trampet (small

trampoline) and once on a tumbling track. This tumbling track has the same bouncing effect as the floor in artistic gymnastics.

For further information please contact:



UEG Secretariat
Case postale 188
1000 Lausanne 6
Switzerland
Tel.: + 41-21-613.73.32
Fax: + 41-21-613.73.31
E-mail: info@ueg.org
www.ueg-gymnastics.com



TeamGym Championship

Floor programme

You will see male, female and mixed teams in dynamic dance sequences with a time limit between 2.30 and 3 minutes. Everyone in the team has to perform the floor programme, which means that you can not only participate in tumbling and/or trampet.



Choice of elements and movements

The whole team has to perform at least two different pirouettes, two different balances and two different jumps or leaps. These elements have different values and set the starting value of the floor programme. A fourth element is required differs depending whether it is a male team, female team

or a mixed team. The male and female teams have to perform movements that show ability of relaxed, controlled movements around the trunk and spine combined with use of gravity. They are called swinging movements (male) and snakelike body-waves (female). The mixed teams have to show elements of partner work in for example duos, trios or quartets. A very difficult programme has a starting value of 9.8. For an outstanding performance the judges can add 0.2 after the performance. All teams also have to include some acrobatic elements like cartwheels, summersaults and handspring – but not too many, the judges will make heavy deductions if it looks too much like a programme of artistic gymnastics.



All this has to be choreographed dynamically with the use of transitions in space, with definite lines, formations and teamwork together with amplitude, posture and



expression of each gymnast and precision in synchronisation. For composition and execution the judges may take deductions up to 6.8 points.

Tumbling and Trampet

Each team has to perform three rounds on each equipment. Unlike the floor programme, only six gymnasts have to participate. In the mixed team competition it has to be three of each sex. The different elements have values

according to their difficulty and this can add up to 3.0. That is when they have lots of straight summersaults with full or double twists.

Tumbling

The three rounds in tumbling must vary and must consist of at least three different acrobatic elements.

In the first round all gymnasts perform the same series, and in the second and third round they have to show new elements, for example by chan-

ging the body position (pike, straight) or by using twist or turns; it is allowed to use more and more difficult elements during the series. Another requirement is that at least one of the rounds must consist only of forward rotations.

Trampet

The three rounds of trampet must also vary so that no elements are performed twice by the same gymnast. As in tumbling they all have to do exactly the same element in the first round. In the next two rounds they are allowed to intensify the difficulties. The last thing that is required is that one or two of the rounds are performed on a vaulting horse or table.

What deductions can the judges make?

- The judges will emphasise
- good technique
 - safe landings with control and balance
 - good style and body positioning
 - team work and streaming

Execution and composition are together 6.8 points. As in the floor programme they can also add 0.2 for excellency.

How are the points added?

Each team receives three scores. They get one score for their floor program, one for tumbling and one for trampet. So at the end each team will have the sum of the three scores.



Teams with the highest scores win the competition.

