

*UNION EUROPEENNE DE GYMNASTIQUE  
EUROPÄISCHE TURNUNION  
EUROPEAN UNION OF GYMNASTICS*



Secrétariat général  
Avenue de Rhodanie 2  
Case postale 188  
CH - 1000 Lausanne 6  
Tél. : +41 - 21 - 613.73.32  
Fax : +41 - 21 - 613.73.31  
E-mail: [info@ueg.org](mailto:info@ueg.org)  
[www.ueg-gymnastics.com](http://www.ueg-gymnastics.com)

## **TEAMGYM CHAMPIONSHIP**

# **CODE OF POINTS**

**Edition May 2004**

# CONTENTS

<b>I</b>	<b>GENERAL PART</b>	<b>4</b>
<b>ART. 1</b>	<b>PURPOSE AND AIMS OF THE CODE OF POINTS</b>	<b>4</b>
<b>ART. 2</b>	<b>MANAGEMENT PANEL OF THE COMPETITION</b>	<b>4</b>
2.1	<i>Members</i>	4
2.2	<i>Responsibility</i>	4
<b>ART. 3</b>	<b>COMPETITION JURY</b>	<b>4</b>
3.1	<i>Members</i>	4
3.2	<i>Responsibility</i>	4
<b>ART. 4</b>	<b>JUDGING</b>	<b>4</b>
4.1	<i>Generally</i>	4
4.2	<i>Panels</i>	4
4.3	<i>Seating Arrangement</i>	5
4.4	<i>Head Judge Duties</i>	5
4.5	<i>Judge Duties</i>	5
4.6	<i>Control Judge Duties</i>	5
<b>ART. 5</b>	<b>EVALUATION OF THE SCORE</b>	<b>6</b>
5.1	<i>Generally</i>	6
5.2	<i>Calculating the Final Score</i>	6
5.3	<i>Tolerance between the Judges Scores</i>	6
5.4	<i>Base Score</i>	7
<b>ART. 6</b>	<b>DECLARATION OF THE DISCIPLINES</b>	<b>7</b>
<b>ART. 7</b>	<b>DRESS</b>	<b>7</b>
7.1	<i>Judges</i>	7
7.2	<i>Gymnasts</i>	7
<b>ART. 8</b>	<b>CATCHING OR SUPPORTING</b>	<b>8</b>
<b>ART. 9</b>	<b>REPETITION OF A COMPETITION PROGRAMME</b>	<b>8</b>
<b>ART. 10</b>	<b>RECOMMENDATION (GOLDEN RULE)</b>	<b>9</b>
<b>ART. 11</b>	<b>DIVISION OF POINTS</b>	<b>9</b>
11.1	<i>Composition</i>	9
11.2	<i>Difficulty</i>	9
11.3	<i>Execution</i>	9
11.4	<i>Bonus points</i>	9
<b>II</b>	<b>FLOOR PROGRAMME</b>	<b>9</b>
<b>ART. 12</b>	<b>DISCIPLINE REQUIREMENTS</b>	<b>9</b>
<b>ART. 13</b>	<b>REQUIREMENTS OF THE COMPOSITION (2.5 POINTS)</b>	<b>10</b>
13.1	<i>Specific deductions</i>	10
13.2	<i>The choice of elements and movements (0.3)</i>	10
13.3	<i>Movements corresponding to the music (0.3)</i>	10
13.4	<i>Transitions and connecting elements (0.3)</i>	10
13.5	<i>Varying formations (0.3)</i>	10
13.6	<i>Acrobatic elements must flexibly and rhythmically melt into the programme (0.3)</i>	11
13.7	<i>Movements on all levels and in all directions (0.2)</i>	11
13.8	<i>Programme performed to different fronts, use of Floor area (0.2)</i>	11
13.9	<i>Unnecessary repetitions of elements or gymnastic movements (0.2)</i>	11
13.10	<i>Changes of dynamics (0.2)</i>	11
13.11	<i>Changes of tempo of elements/movements (0.2)</i>	11

<b>ART. 14 DIFFICULTY (2.5 POINTS)</b> .....	<b>12</b>
14.1 Section elements (0.5) .....	12
14.2 Pirouettes (0.5) .....	13
14.3 Jumps / Leaps (0.6) .....	13
14.4 Balance/Power elements (0.6) .....	13
14.5 Combination of gymnastic elements (0.3) .....	13
14.5.1 Jumps or leaps.....	13
14.5.2 Balances/Power elements .....	13
14.5.3 Pirouettes.....	14
14.5.4 Mixed combinations .....	14
<b>ART.15 EXECUTION (4.8 POINTS)</b> .....	<b>14</b>
15.1 Generally.....	14
15.2 Special deductions.....	14
<b>ART. 16 BONUS (0.1 – 0.2)</b> .....	<b>14</b>
<b>ART. 17 HEAD JUDGE DEDUCTIONS</b> .....	<b>14</b>
<b>III TUMBLING</b> .....	<b>15</b>
<b>ART. 18 DISCIPLINE REQUIREMENTS</b> .....	<b>15</b>
<b>ART. 19 COMPOSITION (1.0 POINTS)</b> .....	<b>15</b>
19.1 Intensification (0.2).....	15
19.2 Variation (0.8) .....	16
19.2.1 The choice of elements must vary in the different rounds (0.4).....	16
19.2.2 The direction of rotation in elements must vary (0.2) .....	16
19.2.3 Level of elements (0.2).....	16
<b>ART. 20 DIFFICULTY (4.0 POINTS)</b> .....	<b>16</b>
20.1 Difficulty value – Tumbling .....	16
<b>ART. 21 EXECUTION (4.8 POINTS)</b> .....	<b>17</b>
21.1 Generally.....	17
21.2 Special deductions.....	17
<b>ART. 22 BONUS (0.1-0.2 POINTS)</b> .....	<b>18</b>
<b>ART. 23 HEAD JUDGE DEDUCTIONS</b> .....	<b>18</b>
<b>IV. TRAMPETTE</b> .....	<b>18</b>
<b>ART. 24 DISCIPLINE REQUIREMENTS</b> .....	<b>18</b>
<b>ART. 25 COMPOSITION (1.0 POINTS)</b> .....	<b>19</b>
25.1 Intensification (0.2).....	19
25.2 Variation (0.8) .....	19
25.2.1 The choice of elements must vary in the different rounds (0.4).....	19
25.2.2 Level of elements (0.4).....	19
<b>ART. 26 DIFFICULTY (4.0 POINTS)</b> .....	<b>19</b>
26.1 Difficulty value – Trampoline.....	20
<b>ART. 27 EXECUTION (4.8 POINTS)</b> .....	<b>20</b>
27.1 Generally.....	20
27.2 Special deductions.....	20
<b>ART. 28 BONUS (0.1-0.2 POINTS)</b> .....	<b>21</b>
<b>ART. 29 HEAD JUDGE DEDUCTIONS</b> .....	<b>21</b>
<b>V ELEMENTS AND SYMBOLS</b> .....	<b>22</b>
<b>ART. 30 PIROUETTES</b> .....	<b>22</b>
<b>ART. 31 JUMPS/LEAPS</b> .....	<b>23</b>

<b>ART. 32</b>	<b>BALANCE/ POWER ELEMENTS .....</b>	<b>27</b>
32.1	<i>Balance elements .....</i>	27
33.2	<i>Power elements .....</i>	30
<b>ART. 34</b>	<b>TUMBLING ELEMENTS .....</b>	<b>31</b>
<b>ART. 35</b>	<b>TRAMPETTE.....</b>	<b>32</b>
35.1	<i>With vaulting apparatus.....</i>	32
35.2	<i>Without vaulting apparatus.....</i>	33

All the members UEG Working Group Teamgym contributed to this revision of the Code of Points

---

President	Stefan Bengtsson
Vice president	Raili Hämäläinen
Secretary	Keith Hughes
Member	Erik Tybjerg-Pedersen
Illustrations	Raili Hämäläinen

Copyright © UEG 2004  
All rights reserved

# **I. GENERAL PART**

## **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 WG-TG/UEG appoints a Management Panel for the respective competition.

### **2.1 Members**

The Management Panel shall consist of:

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

### **2.2 Responsibility**

The Management Panel is responsible for:

- The Work Plan
- Running of the competition
- Checking equipment
- Checking the accreditation (insurance, passport, tariff forms)

## **Art. 3 Competition Jury**

### **3.1 Members**

A Competition Jury consists of three people, who must always be present at every competition during the Championships. They are:

- An Official representative of WG-TG/UEG (not from organising country)
- The Competition Director
- The Head Judge in the respective discipline

### **3.2 Responsibility**

The Competition Jury is responsible for:

- Handling protests
- Handling unexpected situations

## **Art. 4 Judging**

### **4.1 Generally**

Each judge must be ready to explain his/her deductions and justify his/her own score to the Judging Panel if necessary.

All judges must be in their respective panels at the competition hall one hour before the start of the competition in each section.

### **4.2 Panels**

The number of Judging Panels is three; one for each discipline in each section.

Each Judging Panel consists of four judges including a Head Judge, plus two Control Judges.

WG-TG/UEG nominates the Head Judge on each discipline for each section. All other positions in the Judging Panels will be decided by drawing of lots.

#### **4.3 Seating Arrangement**

The judges must sit in a position, which affords a correct and undisturbed view of the teams' performances, within reasonable distance of each other.

Example for seating order:

**J2      CJ2      CJ1      HJ      SEC      J3      J4**

#### **4.4 Head Judge Duties**

- Lead the judges meetings before the competition in each section.
- Signal the start of the programme in the discipline with a green flag.
- Decide whether the interruption of the programme was caused by the team or was due to a technical matter.
- Inform the Judging Panel of any change in difficulty value.
- Control the scores of the judges, the difference between the scores and calculate the Final Score.
- Call the judges to a meeting in the case of an unallowable score difference.
- Make special Head Judge Deductions on the Final Score in each discipline.
- If there are Head Judge Deductions the Head Judge must inform the panel before handing the Final Score to secretary. The Head Judge Deduction are recorded on Head Judge Deduction Form, which is past to secretary.
- Be a member of the Competition Jury in their respective discipline only.

#### **4.5 Judge Duties**

- All judges must evaluate the team programmes correctly and with great expertise.
- All judges give their scores independently of each other.
- The judge sends the score slip immediately to the Head judge for control and calculation of the Final Score.

#### **4.6 Control Judge Duties**

##### **4.6.1 Before the Competition**

- Calculate and control the difficulty value for the teams in each discipline.
- The Control Judge must be ready at the judge's meeting one hour before the competition.

##### **4.6.2 During the Competition**

- Check that the teams perform their submitted series and elements of either the Floor, Tumbling or Trampoline Programmes.
- Complete the competition data sheets, with time, difficulty value and head judge deductions.
- Inform the Head Judge in writing of any divergence from the proposed difficulty value.
- Control and inform the Head Judge about the time for Floor, Tumbling or Trampoline Programme.

#### 4.6.3 After the Competition

- Prepare a list with all the team's times, their difficulty values and the change to them, in all disciplines and deliver it to the Management Panel of the competition.

### Art. 5 Evaluation of the score

#### 5.1 Generally

The judges have to judge difficulty, execution and composition. The judges mark faults as small, medium or large and make the deduction accordingly.

Deductions are made under the following headings:

Small fault or series of minor faults	0.05 - 0.1
Medium faults	0.2 - 0.3
Large faults	0.4 - 0.5
Also specific deductions in each discipline	

After the performance, the judges subtract their deductions from the starting value and submit their score on a judging slip to the Head Judge.

Throughout the competition each score is compared to that of the first team who set the standard in the section, in that discipline.

#### 5.2 Calculating the Final Score

All programmes are evaluated by the four judges, from 0.0 to 10.0 points.

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

The lowest and the highest of the four judges' scores are eliminated.

The Final Score is the average of the two middle scores.

Example: Head Judge	8.5*	
Judge 2	8.4*	* indicates middle two scores
Judge 3	8.0	
Judge 4	8.6	Final Score 8.45

All score slips are sent to the competition secretariat.

#### 5.3 Tolerance between the Judges Scores

The difference between the lowest and the highest judges' scores may not be larger than 0.6 when the final score is 8.5 or above and 1.0 for scores below 8.5.

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

<u>Final Score between</u>	<u>Allowable tolerances</u>
9.00 – 10.00	0.1
8.50 – 8.95	0.2
8.00 – 8.45	0.3
Score below 8.0	0.5

If the difference among all the judges is too large **or** the difference between the middle scores is not in tolerance, the Head Judge 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 Score, if the judges cannot agree to changes.

#### **5.4 Base Score**

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

Example:

Head Judge	8.3*
Judge 2	8.9
Judge 3	8.3
Judge 4	8.8*

Final Score would be 8.55. But middle two scores out of allowable tolerance.  
 Base Score  $(8.55 + 8.3) / 2 = \mathbf{8.425}$

#### **Art. 6 Declaration of the Disciplines**

The proposed elements of the Floor Programme, Tumbling and Trampoline are to be written down with their calculated difficulty value on the Tariff Form. The Tariff Forms will be sent out to the teams together with the Work Plan.

The Tariff Forms must be presented to the organisers at the accreditation (Clarification will be included in the Work Plan).

Corrections, on replacement Tariff Forms, can be made up to two (2) hours before the start of the competition in each section.

If the team qualify for the Finals, new Tariff Forms must be handed in to the organisers up to 30 minutes after the draw, unless the Work Plan states otherwise.

#### **Art. 7 Dress**

##### **7.1 Judges**

Judges must wear dark grey, dark blue or black trousers/skirt and jacket.  
 Men must wear ties.

##### **7.2 Gymnasts**

###### **7.2.1 Generally**

A neat and proper athletic appearance should be the overall impression.

The dress must be identical for members of the same team, with some exceptions for mixed teams (see 7.2.4).

The wearing of gymnastic footwear is optional on each discipline, but if chosen must be worn by entire team on the Floor Programme.

Bandages are permitted. They must be securely fastened and of a none intrusive colour.

No Jewellery may be worn by gymnasts or coaches (This includes ear studs).

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.  
Decorated hair grips are classed as jewellery.  
Advertising must follow valid UEG rules.

### **7.2.2 Women**

Gymnasts must wear sportive and non transparent leotards or unitards.  
Leggings can be worn with leotards.  
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  
The leggings can be worn under or over the leotard.

### **7.2.3 Men**

Gymnasts must wear a leotard or a gymnastic sports shirt, with either a pair of gymnastics shorts or long gymnastic pants (trousers).  
The top of the men's attire must not have an open cut lower than the shoulder blade.

### **7.2.4 Mixed**

The women and men must follow the rules in 7.2.2 and 7.2.3 respectively.  
Though the gymnasts must wear identical clothes, the two genders are allowed to differ slightly with respect to the neckline, the tightness of sleeves/leggings and the length of sleeves.

### **Coaches**

Coaches must wear matching attire appropriate to their club.  
Coaches must not wear jewellery when standing in for support.

## **Art. 8 Catching or supporting**

Security spotting for the Trampette is required for all elements during the whole team performance. Two coaches must stand on the landing mat during the Trampette routine, in order to react quickly in case of danger. They are allowed to leave the mat momentarily for security reasons.  
The Head Judge will only signal the start of the programme when the security spotting for Trampette is in place.  
Catching or supporting will result in deductions of the score.  
Failure to support dangerous elements will also incur deductions.  
Coaches are not allowed to give instructions to the gymnasts and/or disturb them during the programme in each discipline.

## **Art. 9 Repetition of a Competition Programme**

No programme can be started a second time, unless an interruption was caused by defects with the equipment or the music player, and not caused by the team itself. Only the Head Judge can decide if a programme may start again. In this case the whole programme of the team must start from the beginning in the actual discipline after the next team in competition order.  
If the teams conclude their programme, they are not allowed to start again.

**Art. 10 Recommendation (Golden Rule)**

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

**Art. 11 Division of Points**

	<b>Floor Programme</b>	<b>Tumbling/Trampoline</b>
Composition	2.5	1.0
Difficulty	2.5	4.0
Execution	4.8	4.8
Bonus	0.2	0.2
<b>Total</b>	<b>10.0</b>	<b>10.0</b>

**11.1 Composition**

The selection of different gymnastic and acrobatic elements and on Floor Programme different formations and the way they are combined to a unity. Creative and artistic composition of various elements and connections are important.

**11.2 Difficulty**

There is difficulty value for elements and combinations in each discipline.

**11.3 Execution**

How the team executes the elements and the movements it has chosen to perform. Each element shall be executed in a definite, precise and technically correct manner.

**11.4 Bonus points**

It concerns elements or combinations and on Floor Programme whole sections, which are performed with such elegance and ease that they become a masterpiece.

**II. FLOOR PROGRAMME**

**Art. 12 Discipline requirements**

- This is an optional Floor Programme without hand apparatus, to music.
- The music must be instrumental. Choice of music is optional.
- The Time Limit is between 2.30 and 3.00 minutes.
- Time keeping starts with the music and ends when the last movement is performed.
- The team must wait outside the floor area, ready to run into the starting position, when they get the green flag from the Head Judge of Floor Programme.
- Music for entry or leaving the floor area is not allowed.
- It is not allowed to change a gymnast during the Floor Programme.

## **Art. 13 Requirements of the composition (2.5 points)**

### **13.1 Specific deductions**

For clarification the deduction for 13.2-13.6 should be grouped in the following manner:

Small faults and minor faults	0.1 (the fault occurs 1 time during the programme)
Medium faults	0.2 (the fault occurs 2-3 times during the programme)
Large faults	0.3 (the fault occurs 4 times or more during the programme)

For items 13.7-13.11, the full 0.2 points should be deducted for none compliance.

### **13.2 The choice of elements and movements (0.3)**

The Floor Programme must include gymnastic elements (e.g. jumps/leaps, pirouettes, turns, waves, swings and balance elements) and acrobatic elements (e.g. rolls, cartwheels, handstands, handsprings, flick-flacks).

However, the Floor Programme must be based on gymnastic elements (Body movements). These elements shall favour dynamic execution, in other words, the whole body is engaged to the element/movement.

Simple, isolated arm and leg movements, which are easy to do in rhythms/tempo, should get the maximum deduction.

#### **Deduction up to 0.3**

### **13.3 Movements corresponding to the music (0.3)**

There must be a harmony between the chosen elements, the execution by gymnasts and the music. There is a deduction if the movements do not correspond to the music, concerning the dynamics and character.

There is a deduction when the gymnasts must wait for the music or they have unmotivated (purposeless) pauses.

#### **Deduction up to 0.3**

### **13.4 Transitions and connecting elements (0.3)**

Transitions mean those elements/movements included in changing one formation to another. Transitions must have gymnastic and rhythmic quality and form a natural part of the Floor Programme.

Connecting elements mean how the single elements/movements are built together as one harmonious sequence, which gives the impression of fluent and logical series of elements and not as elements just coming after each other.

#### **Deduction up to 0.3**

### **13.5 Varying formations (0.3)**

Formation means how the gymnasts are placed in relation to each other on the floor area.

#### *Number of formations:*

At least **six different** formations must be included into the programme.

If the team creates a totally new formation, it is counted as a new formation.

The transitions from one formation into another, through a simple rotation of the gymnasts staying on the same place, is possible but it is not counted as a new formation.

*Shape of formations.*

The shape and the size of the formations must vary e.g. it is not good to have the gymnasts in straight lines for most of the Programme.

**Deduction up to 0.3**

**13.6 Acrobatic elements must flexibly and rhythmically melt into the programme (0.3)**

A deduction is made if the acrobatic elements dominate and do not melt rhythmically into the movement sequences. Example: stop in movement sequence, a pause to prepare an acrobatic element or a long run-up (more than three steps) to an acrobatic element.

**Deduction up to 0.3**

**13.7 Movements on all levels and in all directions (0.2)**

The programme must be performed in different directions e.g. forwards, backwards, sideways. There is also a requirement of using different levels, e.g. lying, sitting, standing and jumping.

**Deduction (0.2)**

**13.8 Programme performed to different fronts, use of Floor area (0.2)**

The programme must be performed to different fronts. The whole floor area must be used during the programme.

**Deduction (0.2)**

**13.9 Unnecessary repetitions of elements or gymnastic movements (0.2)**

The elements / movements must differ so that the composition is not monotonous and the chosen elements are not missing variation. A deduction is made if the same elements/movements are repeated several times.

**Deduction (0.2)**

**13.10 Changes of dynamics (0.2)**

The elements/movements should vary in dynamics. Dynamic variation means that the sequences of elements/movements should vary in intensity and power (muscle power and gravity).

**Deduction (0.2)**

**13.11 Changes of tempo of elements/movements (0.2)**

Sequences of elements/movements must vary in tempo (even if the music does not include any variation in tempo). It means that the elements must be executed in different tempos (measure), e.g. whole, half and double measures.

**Deduction (0.2)**

## Art. 14 Difficulty (2.5 points)

The programme must include **two** elements with **different** Code Number (except Section elements) from each of the following groups:

- 2 Section elements 0.5
  - 2 Pirouettes 0.5
  - 2 Jumps/Leaps 0.6
  - 2 Balance elements and/or Power elements 0.6
- plus
- 1 Combination of 2 elements 0.3

All elements (except section elements) are divided into three difficulty groups:

- A element value 0.1
- B element value 0.2
- C element value 0.3

The execution of each difficulty element must comply with norms; otherwise its difficulty value will be reevaluated.

For elements and symbols see chapter V.

All gymnasts in the team must do the same difficulty elements, with arms and legs in the same positions. The difficulty elements must be performed at the same time or close to each other.

When 7.3 is added to the difficulty value this gives the starting value for Floor Programme.

All new elements must be valued before the competition. They must be submitted to the WG-TG/UEG at least two months before the competition.

### 14.1 Section elements (0.5)

Two different section elements are included in the difficulty value.

#### The section elements are:

- |       |                     |
|-------|---------------------|
| Women | 2 Body waves        |
| Men   | 2 Swing movements   |
| Mixed | 2 Movement in pairs |

#### Definitions

- |                    |                                                                                                                                                                                          |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Body Waves         | From a bent position an extension occurs through each joint as a wave through the body. Alternatively from a straight position with a contraction. The body waves must include the hips. |
| Swing elements     | In a swing element there is an impulse or a release that lets gravity take the body into a pendulum swing. The swing must include the trunk and the legs.                                |
| Movements in pairs | A movement with body contact between female and male gymnasts (lifts, throws, etc).                                                                                                      |

**If the team performs just one element the difficulty value for section elements is 0.2.**

**If both section elements are missing there is no value for section elements.**

## 14.2 Pirouettes (0.5)

The two pirouettes with the highest difficulty settle the value for pirouettes.

### Definition

At least 360° rotation on one foot on tiptoes.

## 14.3 Jumps / Leaps (0.6)

The two Jumps/Leaps with the highest difficulty settle the value for Jumps/Leaps.

### Definition

A recognised shape (position) formed in the air during a jump/ leap

## 14.4 Balance/Power elements (0.6)

The two Balance and/or Power elements with the highest difficulty settle the value for Balance/Power elements.

### 14.4.1 Balance elements

#### Definition

Where the whole body is static for a two seconds pose without any additional movement.

### 14.4.2 Power elements

#### Definition

A controlled movement with dynamic strength. The positions before and after must be clear but need not to be hold for two seconds.

## 14.5 Combination of gymnastic elements (0.3)

A combination of gymnastic elements consists of two difficulties (different Code number).

It is allowed that the elements which are counted in 14.2-14.4 may be a part of the combination or may be repeated in the combination.

Value of combination:

A+B	or reverse	0.1
B+B, A+C	or reverse	0.2
B+C, C+C	or reverse	0.3

Both elements in a combination are valued as elements counted in the difficulty value.

### 14.5.1 Jumps or leaps

A combination of a succession of 2 leaps or jumps with maximum of one intermediate step (each foot once on the floor). E.g. Split leap, landing on right foot – step forward and take off with left foot – Scissors leap.

### 14.5.2 Balances/Power elements

A combination of a succession of 2 different shapes of balances/power elements. The connection is performed with the body weight on the same foot during both elements or in handstand without intermediate hand supports.

### 14.5.3 Pirouettes

A combination of a succession of 2 different shapes of pirouettes. The connection between pirouettes of the combination may be performed without intermediate steps (with heel support in between) or with one intermediate step (each foot once in the floor). E.g. in first pirouette left leg as support leg, the right leg is free – in the second pirouette right leg as support leg, left leg is free.

### 14.5.4 Mixed combinations

A connection between the difficulties of a mixed combination of 2 elements is performed with maximum of one intermediate step.

## Art.15 Execution (4.8 points)

### 15.1 Generally

The execution is judged under the following headings:

- Effective teamwork in performing as a team
- Precision in formations
- Good technique in the elements
- Amplitude and posture in the individual elements
- Synchronisation according to composition
- Expression according to character of music

The faults are graded as:

Small faults and series of minor faults	0.05-0.1
Medium faults	0.2-0.3
Large faults	0.4-0.5

On Floor Programme, the more gymnasts that make the fault the greater the deduction.

### 15.2 Special deductions

Fall (hand support)	0.3-0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Performing outside the area	0.1 each time

## Art. 16 Bonus (0.1 – 0.2)

Bonus in Floor Programme is given for virtuosity, which means.

- Virtuosity bonus can only be given when the elements/connections are performed without large faults.
- An especially expressive exercise can help to make the programme virtuous.
- Bonus points are always given to the team, not individuals.
- They are given by each judge on his/her Final Score in the discipline.

## Art. 17 Head Judge Deductions

Time Fault	0.3
Incorrect competition dress	0.5
Incorrect music	0.5
Wearing Jewellery	0.5

Wrong number of gymnasts	1.0 per gymnast
Giving verbal or visual instructions to the gymnasts	0.5
Interrupting the Floor Programme	0.5
Not running into the area	0.2

All Head Judge Deductions are deducted from the final score per team.

### III. TUMBLING

#### Art. 18 Discipline requirements

- The complete presentation is performed to music. The music must be instrumental. Choice of music is optional.
- 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.
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge of Tumbling.
- It's not allowed to mark the run-up with clothes or other things.
- Each team performs three different rounds.  
First Round  
All gymnasts perform the same element.  
Second Round  
All gymnasts perform the same element or make intensification.  
Third Round  
All gymnasts perform the same element or make intensification.
- Each series must consist of a combination of at least three acrobatic elements, without intermediate steps. At least three of the elements must be different. (Acrobatic elements see chapter V)
- After each round the gymnasts return by running to their start position for the next round.
- Additional movements before or between the rounds are not allowed. The gymnasts must return together, at the same time.
- Different gymnasts from the team may perform in each round.
- The difficulty value of each element is according to the Table of Difficulty.
- It is the intention that all gymnasts land their last element in the landing area.
- If required for safety, one coach is allowed to stand in. This must be on the landing area.

#### Art. 19 Composition (1.0 points)

All composition deductions are on each judge's Final Score.

##### 19.1 Intensification (0.2)

In each round, the basic element with the highest difficulty value in every gymnast's acrobatic series must come from the same Group.  
In the first round there can be no deduction of intensification. A gymnast performing a different series is deducted as "Wrongly performed Programme".

In the second and third round gymnasts are allowed to increase the difficulty of elements with body positions (shape), turns and/or double saltos. Additional saltos can also increase the series difficulty.

The series with higher difficulty values must come after the series with lower values in the round.

**Deduction 0.1 per round up to 0.2 points after the team has performed all three rounds on each judge's Final Score.**

## 19.2 Variation (0.8)

The teams should show a great variation in the chosen acrobatic elements.

### 19.2.1 The choice of elements must vary in the different rounds (0.4)

If any gymnast performs the same series from another round, there will be a deduction of 0.1 per gymnast each time.

The calculation of deductions is based in the round where the series is performed the most times. In this round the series is free from deduction. In any other round 0.1 is deducted per gymnast.

**Deduction 0.1 per gymnast up to 0.4 points after the team has performed all three rounds on each judge's Final Score.**

### 19.2.2 The direction of rotation in elements must vary (0.4)

The team must perform at least one round with backward elements and one round with forward elements. The element with the highest difficulty value must be in the direction of the round. In that round at least two elements must be forward or backward respectively.

**If the team does not fulfil these requirements a deduction of 0.4 will be made on each judge's Final Score.**

## Art. 20 Difficulty (4.0 points)

- The basic element with the highest difficulty settles the value of the series.
- The value can be increased with additional difficulty.
- The highest additional value for body position (shape) in double saltos is added.
- The difficulty value of each series can never exceed 4.0 points.
- The average of the individual difficulties gives the team's difficulty value for the round.
- The value is rounded down to the nearest 0.1 point.
- When 5.8 points are added to the difficulty value this gives the starting value for the round.

All new elements must be valued before the competition. They must be submitted to the WG-TG/UEG at least two months before the competition.

## 20.1 Difficulty value – Tumbling

	Basic element	Women/Mixed	Men
Group 1 (Forwards)	Cartwheel	0.6	0.6
	Handspring	1.2	1.2
	Flyspring	1.2	1.2
	Salto forwards	1.7	1.3
	Double salto forward	3.8	3.4

	Basic element	Women/Mixed	Men
Group 2 (Backwards)	Cartwheel	0.6	0.6
	Roundoff	0.6	0.6
	Flicflac	1.2	1.0
	Whipback	1.5	1.1
	Salto backwards	1.7	1.3
	Double salto backwards	3.6	2.9

Cartwheel is counted as **a forward element**, if it is followed by a forward element.

E.g. Cartwheel – Handspring forward...

Cartwheel is counted as **a backward element**, if it is followed by a backward element.

E.g. Cartwheel – Round off – Salto backward

Round off is counted as a **backward element**

#### **Additional Value to be added**

Pike	0.2
Straight	0.4
Each 180° of twist	0.3
Other salto in series	0.1
Salto-salto	0.3 max once/series
Whipback in the series	0.2 max once/series
Handspring before front salto	0.2
Flyspring before front salto	0.2

Additional value for body position (shape) and twists is also given for all saltos included in the series.

## **Art. 21 Execution (4.8 points)**

### **21.1 Generally**

The deductions are made under the following headings:

- Good technique in the elements
- Good style & body positioning
- Landing with control & balance
- Streaming must be even between all gymnasts (see 21.2 Special deductions)
- At least 2 gymnasts moving at the same time

Deductions for faults are summed for each round

### **21.2 Special deductions**

Support	0.3 each time per gymnast
Uneven streaming	0.2 per round
Total lack of streaming	1.0 per round
Intermediate steps	0.5 per gymnast
Fall (hand support)	0.3 – 0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Fall (not landing on feet first)	1.0 each time per gymnast
Running past the apparatus	1.5 per gymnast *
Wrong number of gymnasts	1.5 per gymnast / round *
Wrongly performed tumbling programme	1.0 per gymnast / round *
Team error (all gymnasts in the team)	Zero for the round

\* No change of difficulty value.

## **Art. 22 Bonus (0.1-0.2 points)**

Bonus in Tumbling is given for virtuosity, which means:

- Identical technique of elements between the gymnasts
- Flight height during acrobatic elements
- Correctness of execution of phases during turns around several axis
- Absolute sureness of performance
- The execution must give the expression of an uninterrupted whole

## **Art. 23 Head Judge Deductions**

Incorrect competition dress	0.5
Incorrect music	0.5
Wearing jewellery	0.5
Time fault	0.3
Giving verbal or visual instructions to the gymnasts	0.5
Not running back between the rounds	0.2 each time
Additional movements before and between the rounds.	0.5
Marking the run-up with chalk, tape, clothing etc	0.3

All Head Judge Deductions are deducted from the Final Score per team.

## **IV. TRAMPETTE**

### **Art. 24 Discipline requirements**

- The complete presentation is performed to music. The music must be instrumental. Choice of music is optional
- 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.
- The performance will start from the starting position of the run-up when the team gets the green flag from the Head Judge of Trampette.
- It's not allowed to mark the run-up with clothes or other things.
- Each team performs three different rounds.  
First Round  
All gymnasts perform the same element.  
Second Round  
All gymnasts perform the same element or make intensification.  
Third Round  
All gymnasts perform the same element or make intensification.
- At least one round must be performed on apparatus. The apparatus must be touched with both hands. It is not permitted to touch the apparatus with the feet.
- At least one round must be performed without apparatus.
- After each round the gymnasts return by running to their start position for the next round. Additional movements before or between the rounds are not allowed. The gymnasts must return together, at the same time.
- Different gymnasts from the team may perform in each round.
- The difficulty value of each element is according to the Table of Difficulty.

- Two coaches (and only two) must be present on the landing mat, for security spotting the landings of elements. In the event of a dangerous situation, they must take appropriate action.

## **Art. 25 Composition (1.0 points)**

All composition deductions are on each judge's Final Score.

### **25.1 Intensification (0.2)**

Each Round all gymnasts perform an element from the same group. In the first round there can be no deduction of intensification. A gymnast performing a different element is deducted as "Wrongly performed Programme". In second and third round gymnasts are allowed to increase the difficulty of an element with body positions (shape), turns and/or double saltos. The element with higher difficulty values must come after the element with lower values in the round.

**Deduction 0.1 per round up to 0.2 points after the team has performed all three rounds on each judge's Final Score.**

### **25.2 Variation (0.8)**

The teams should show a great variation in the chosen elements.

#### **25.2.1 The choice of elements must vary in the different rounds (0.4)**

If any gymnast performs the same element from another round, there will be a deduction of 0.1 per gymnast each time.

The calculation of deductions is based in the round where the element is performed the most times. In this round the element is free from deduction. In any other round 0.1 is deducted per gymnast.

**Deduction 0.1 per gymnast up to 0.4 points after the team has performed all three rounds on each judge's Final Score.**

#### **25.2.2 Level of elements (0.4)**

a) Rotation about longitudinal axis (Twist).  
The team must perform one round with at least 360° in single saltos or 180° in double saltos (in a free rotation).

b) Rotation about horizontal axis (Salto).  
Double salto counting from Trampette to landing.  
E.g. tsukahara.

**If the team does not fulfil these requirements a deduction of 0.2/each requirement will be made on each judge's Final Score.**

## **Art. 26 Difficulty (4.0 points)**

- The value of each basic element can be increased with additional difficulty.
- The highest additional value for body position (shape) in double saltos is added.
- The difficulty value of each element can never exceed 4.0 points.
- The average of the individual difficulties gives the team's difficulty value for round.

- The value is rounded down to the nearest 0.1 point.
- When 5.8 points are added to the difficulty value this gives the starting value for round.

All new elements must be valued before the competition. They must be submitted to the WG-TG/UEG at least two months before the competition.

## 26.1 Difficulty value – Trampoline

### With vaulting apparatus

Basic element		Women/Mixed	Men
Group 3 With vaulting apparatus Backwards	Cartwheel = Handspring 90° on- 90° off	1.6	1.6
	Tsukahara	2.6	2.2
Group 4 With vaulting apparatus Forwards	Handspring	2.0	1.8
	Handspring 180° on, 180° off	2.2	2.0
	Handspring salto forwards	2.8	2.5
Group 5 Without vaulting apparatus	Salto	1.8	1.4
	Double salto	2.8	2.4

### Additional Value to be added

Pike	0.2
Straight	0.4
Each 180° of twist	0.3

Triple saltos are not permitted.

## Art. 27 Execution (4.8 points)

### 27.1 Generally

The deductions are made under the following headings:

- Good technique in the elements
- Good style & body positioning
- Landing with control & balance
- Streaming must be even between all gymnasts (see 27.2 Special deductions)
- At least 2 gymnasts moving at the same time

Deductions for faults are summed for each round.

### 27.2 Special deductions

Support	0.3 each time per gymnast
Coach not taking action to dangerous situations	0.5 each time
Uneven streaming	0.2 per round
Total lack of streaming	1.0 per round
Fall (hand support)	0.3 – 0.4 each time per gymnast
Fall (sitting)	0.5 each time per gymnast
Fall (not landing on feet first)	1.0 each time per gymnast

Running past the apparatus	1.5 per gymnast *
Wrong number of gymnasts	1.5 per gymnast /round *
Wrongly performed programme	1.0 per gymnast / round *
Team error (all gymnasts in the team)	Zero for the round

\* No change of difficulty value.

If the team is missing a round with touch of the vaulting apparatus, or a round without apparatus the third round will receive zero.

#### **Art. 28 Bonus (0.1-0.2 points)**

Bonus in Trampoline is given for virtuosity, which means:

- Identical technique of elements between the gymnasts
- Flight height during acrobatic elements
- Correctness of execution of phases during turns around several axis
- Absolute sureness of performance
- The execution must give the expression of an uninterrupted whole

#### **Art. 29 Head Judge Deductions**

Incorrect competition dress	0.5
Incorrect music	0.5
Wearing jewellery	0.5
Time fault	0.3
Giving verbal or visual instructions to the gymnasts	0.5
Not running back between the rounds	0.2 each time
Additional movements before and between the rounds	0.5
Marking the run-up with chalk, tape, clothing etc	0.3

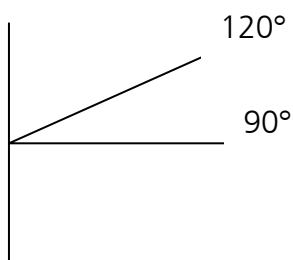
All Head Judge Deductions are deducted from the Final Score per team.

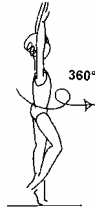

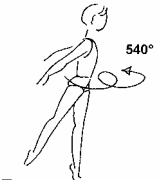
## V. ELEMENTS AND SYMBOLS

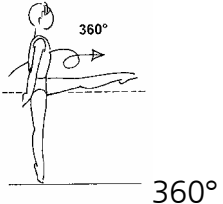
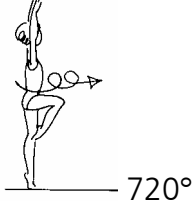
Counting difficulty value of elements: Different elements must have different Code number

### Art. 30 Pirouettes

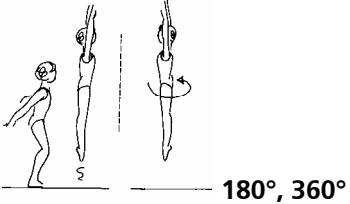

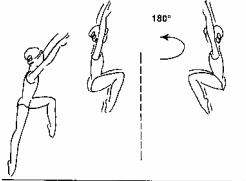
The height of the free leg in pirouettes affects the value of the element. If the free leg is bent the heel is used to define the angle with the hip.

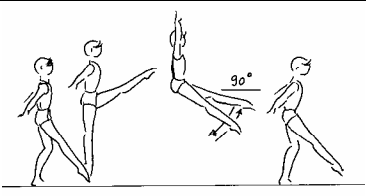
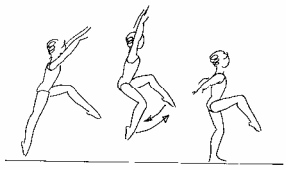
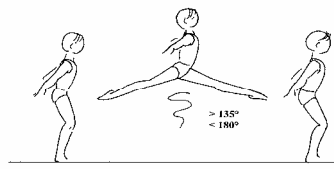
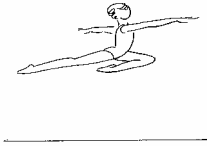

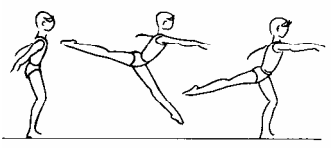
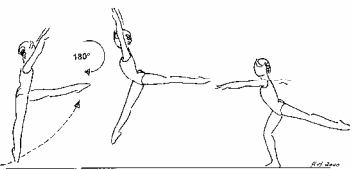
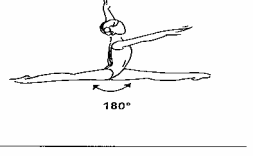
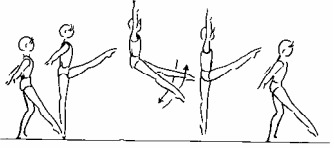


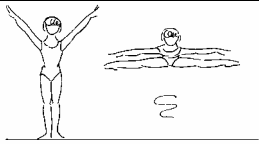
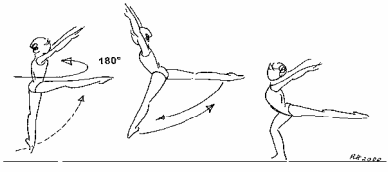

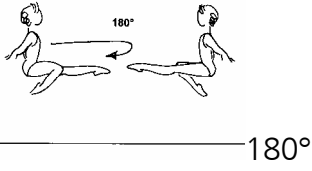
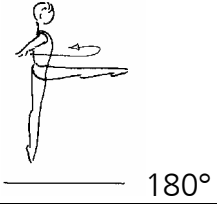
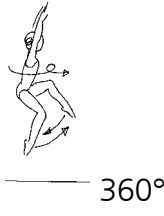
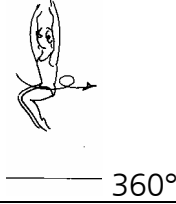
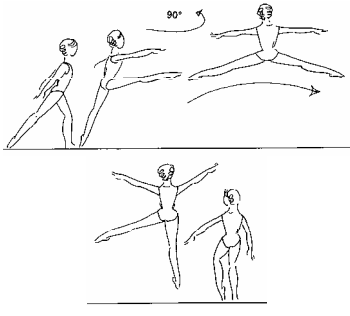
Code	Element	Description	Value
P101	360° turn on one leg, <b>forwards</b> , support leg extended or bent. Free leg under horizontal (<90°)	 360°	0.1
P102	360° turn on one leg, <b>backwards</b> , support leg extended or bent. Free leg under horizontal (<90°)		0.1
P201	360° turn on one leg, <b>forwards</b> , support leg extended or bent. Free leg with help of hands, ≥90°, from start to end	 360°	0.2
P202	360° turn on one leg, <b>backwards</b> , support leg extended or bent. Free leg with help of hands, ≥90°, from start to end.		0.2
P203	540° turn on one leg, <b>forwards</b> , support leg extended or bent. Free leg under horizontal (<90°)	 540°	0.2
P204	540° turn on one leg, <b>backwards</b> , support leg extended or bent. Free leg under horizontal (<90°)		0.2

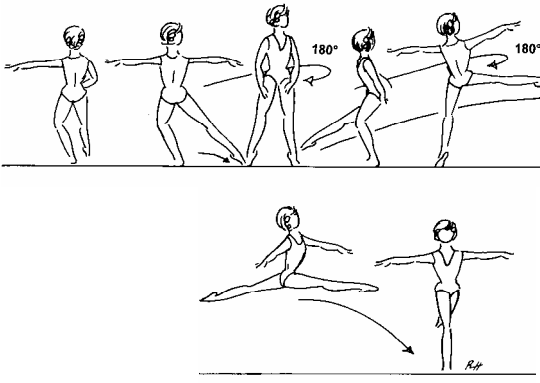
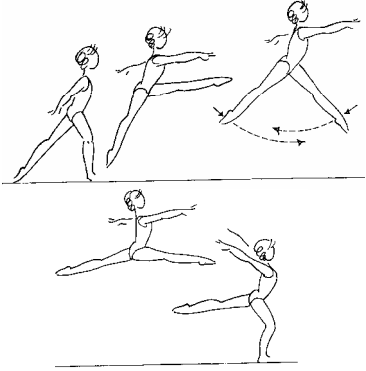
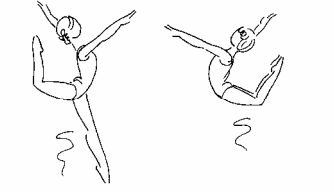
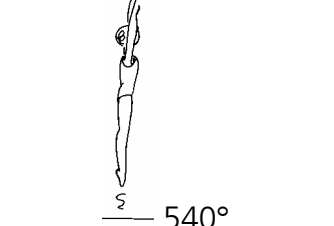
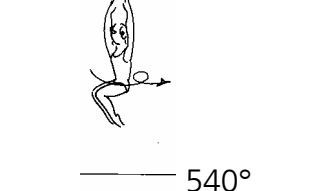
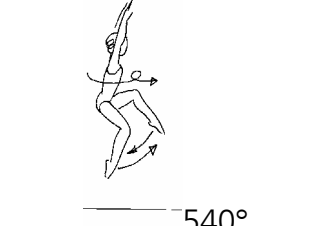
P301	360° turn on one leg, <b>forwards</b> , support leg extended or bent. Free leg without help of hands, $\geq 90^\circ$ , from start to end.		0.3
P302	360° turn on one leg, <b>backwards</b> , support leg extended or bent. Free leg without help of hands, $\geq 90^\circ$ , from start to end.		0.3
P303	540° turn on one leg, <b>forwards</b> , support leg extended or bent. Free leg with help of hands, $\geq 90^\circ$ , from start to end.		0.3
P304	540° turn on one leg, <b>backwards</b> , support leg extended or bent. Free leg with help of hands, $\geq 90^\circ$ , from start to end.		0.3
P305	720° turn on one leg, <b>forwards</b> , support leg extended or bent. Free leg under horizontal ( $< 90^\circ$ ).		0.3
P306	720° turn on one leg, <b>backwards</b> , support leg extended or bent. Free leg under horizontal ( $< 90^\circ$ ).		0.3

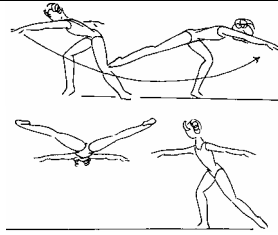
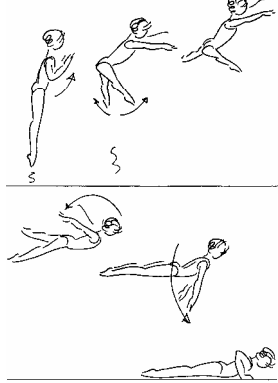
### Art. 31 Jumps/Leaps

Code	Element	Description	Value
J101	Stretched jump, with 180° or 360° turn, also chasse with 360°.		0.1
J102	X-jump (Side straddle jump, hip angle extended)		0.1
J103	Tuck jump with legs together, also with 180° turn, thighs at horizontal level. Take-off from one or both legs.		0.1

J104	Scissors leap forward or backward, legs under horizontal (<math><90^\circ</math>).		0.1	
J105	Cat leap, also with 180° turn, (scissors leap forward with bent legs), thighs at horizontal level.		0.1	
J106w J106m	Split leap forward or split jump in place. Leg separation > 135° and <math><180^\circ</math>, take-off from one or both legs. w) Women 0.1 m) Men/Mixed 0.2		W 0.1	M 0.2
J107	Stag leap or stag jump (stag position in flight phase) bending of the forward leg or both legs.		0.1	
J108	Cossack jump (Tuck jump with one leg extended horizontally). Take-off from one or both legs.		0.1	
J109w J109m	Sissone. Leg separation > 135° and <math><180^\circ</math>. Take-off from both legs. w) Women 0.1 m) Men, mixed 0.2		W 0.1	M 0.2
J110	Vertical hop, free leg extended under horizontal level (<math><90^\circ</math>), take-off from one leg.		0.1	
J111	Fouetté (Hop kicking) one leg forward with 180° turn. Take-off from one leg, landing on the same.		0.1	
J201w J201m	Split leap forward or split jump in place, take-off from one or both legs. Leg separation = 180°. w) Women 0.2 m) Men, mixed 0.3		W 0.2	M 0.3
J202	Scissors leap forward, first leg at horizontal or over (>math>\geq 90^\circ</math>), second leg above >math>\geq 120^\circ</math>.		0.2	

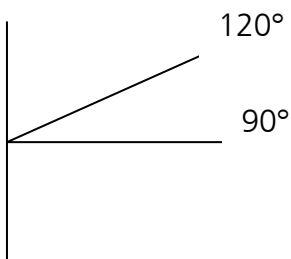
J203	Straddle pike jump, take-off from both legs. Leg separation >135°		0.2	
J204w J204m	Scissors leap forward with stretched legs and 180° turn (Tour Jeté). Leg separation >135° after turn. w) Women 0.2 m) Men, mixed 0.3		W 0.2	M 0.3
J205	Pike jump or leap, legs above horizontal. Take-off from one or both legs.		0.2	
J206	Cossack jump (Wolf jump) with 180° turn, one leg extended forwards, thighs at horizontal level. Take off from one or both legs.		0.2	
J207	Vertical hop with 180° turn, one leg in or over 90°, in different positions.		0.2	
J208	Cat leap with 360° turn, thighs at horizontal level.		0.2	
J209	Tuck jump with legs together with 360° turn thighs at horizontal level. Take-off from one or both legs.		0.2	
J301	Side split jump, also split leap forward or in place with 90° turn. Take off from one or two legs. Leg separation after turn >135°.		0.3	

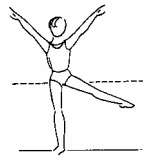


<p>J302w J302m</p>	<p>Split leap backward with 180° turn. Take off from one leg. Leg separation after turn. w) Women 180° m) Men/Mixed &gt;135°</p>		<p>0.3</p>
<p>J303w J303m</p>	<p>Split leap forward with leg change. Leg separation after leg change. w) Women 180° m) Men/Mixed &gt;135°</p>		<p>0.3</p>
<p>J304</p>	<p>Ring leap or ring jump, rear leg at head height. Take-off from one or both legs.</p>		<p>0.3</p>
<p>J305</p>	<p>Stretched jump with 540° turn or more. Take-off from both legs.</p>		<p>0.3</p>
<p>J306</p>	<p>Tuck jump with 540° turn or more, thighs at horizontal level.</p>		<p>0.3</p>
<p>J307</p>	<p>Cat leap with 540° turn, thighs at horizontal level.</p>		<p>0.3</p>

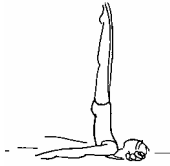
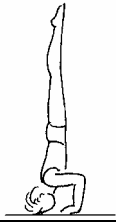
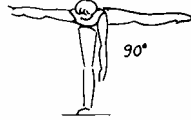

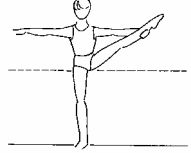
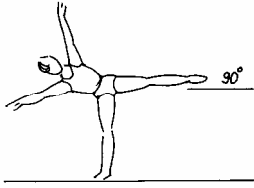
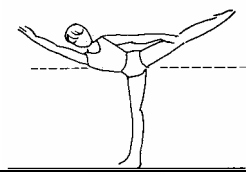

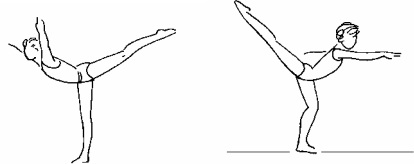

J308	Butterfly		0.3
J309	Straddle jump with landing to laying support or similar (Schushunova). Leg separation $>135^\circ$ .		0.3
J310	Split jump to laying position. Leg separation $>135^\circ$		0.3

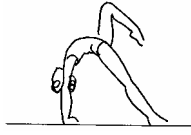
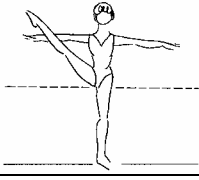

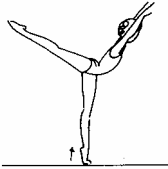
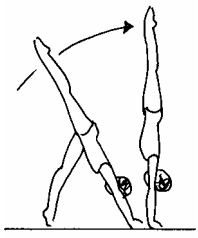

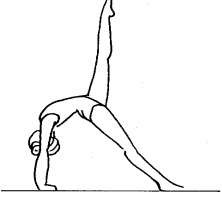
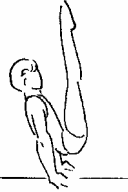
## Art. 32 Balance/ Power Elements

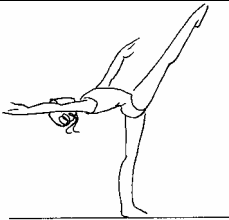
### 32.1 Balance elements




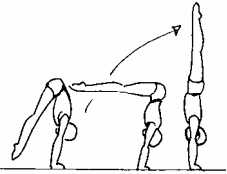
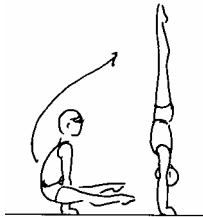
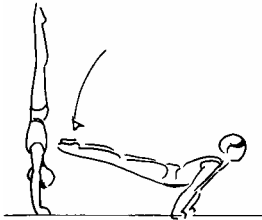

Code	Element	Description	Value
B101	Standing on one leg (whole foot), free leg hold below horizontal ( $<90^\circ$ ).		0.1
B102	Scale forward, support leg extended or bent. Free leg at horizontal ( $=90^\circ$ ).		0.1
B103	Free pike - "V"-sit		0.1

B104	Neck stand		0.1
B105	Head stand		0.1
B106	Standing on one leg (whole foot), upper body at horizontal forward (in the front), free leg to the side, hold at horizontal ( $\geq 90^\circ$ ).		0.1
B201	Standing on one leg (whole foot), free leg hold at horizontal ( $\geq 90^\circ$ ) without help of hands.		0.2
B202	Standing on one leg (whole foot), free leg hold $\geq 120^\circ$ with help of hands. If the free leg is bent the heel is used to define the angle with the hip.		0.2
B203	Scale sideways. Standing on one leg. Free leg at horizontal ( $\geq 90^\circ$ ) to the side, without help of hands.		0.2
B204	Scale sideways. Standing on one leg. The free leg $\geq 120^\circ$ to the side, with help of hands.		0.2
B205	Standing on one leg (on tiptoes), free leg below horizontal ( $< 90^\circ$ ).		0.2
B206	Scale forward, support leg extended or bent. Free leg $\geq 120^\circ$ .		0.2
B207	Planche with support on both arms, trunk supported on elbows.		0.2

B208	Bridge - free leg bent in upward hold. Support leg and arms straight.		0.2
B301	Standing on one leg (whole foot), free leg held $\geq 120^\circ$ . If the free leg is bent the heel is used to define the angle with the hip.		0.3
B302	Standing on one leg (on tiptoes), free leg held $\geq 120^\circ$ with help of hands. If the free leg is bent the heel is used to define the angle with the hip.		0.3
B303	Scale forward in balance stand (on tiptoes). Free leg held $\geq 120^\circ$ .		0.3
B304	Hand support with hips and legs over head level e.g. Hand stand.		0.3
B305	Planche with support on both arms (clear front support).		0.3
B306	Bridge stand backward, -free leg in upward hold. Support leg and arms straight.		0.3
B307	Clear pike - "V" – support		0.3

B308	Scale backward, on whole foot or on tiptoes. Free leg $\geq 90^\circ$ .		0.3
------	-------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-----

### 33.2 Power elements

Code	Element	Description	Value
Po101	Sitting on floor with hips and legs lifted from floor to "pike sitting". Legs apart or together.		0.1
Po201	Double leg circles (min 1 rounds)		0.2
Po202	Press to handstand with straight legs. Legs apart or together. Starting the hip over shoulder height.		0.2
Po301	From handstand, lowering to clear straddle or clear pike support "pike sitting".		0.3
Po302	From clear straddle or clear pike support "pike sitting" press up to handstand.		0.3
Po303	Double leg circles (min 2 rounds)		0.3
Po304	Flaired leg circles (min 2 rounds)		0.3
Po305	From handstand, lowering to clear front support (Planché). Legs apart or together.		0.3
Po306	From clear front support (Planché) press up to handstand. Legs apart or together.		0.3
Po307	From hand stand lowering to clear pike – "V".		0.3
Po308	From clear pike – "V" press up to handstand.		0.3

## Art. 34 Tumbling Elements

Elements landing on one or two legs are counted as the same element, if they don't have different code number.

Group 1 Forwards			Value	
Code	Element	Symbol	Women/Mixed	Men
Tu 1	Cartwheel	X	0.6	0.6
Tu 2	Flyspring	∩	1.2	1.2
Tu 3	Handspring	∩	1.2	1.2
Tu 4	Front – Tucked	∩	1.7	1.3
Tu 5	Front – Piked	∩	1.9	1.5
Tu 6	Front – Straight	∩	2.1	1.7
Tu 7	Front – Tucked 180°	∩ <sub>180°</sub>	2.0	1.6
Tu 8	Front - Piked 180°	∩ <sub>180°</sub>	2.2	1.8
Tu 9	Front - Straight 180°	∩ <sub>180°</sub>	2.4	2.0
Tu 10	Front - Straight 360°	∩ <sub>360°</sub>	2.7	2.3
Tu 11	Front - Straight 540°	∩ <sub>540°</sub>	3.0	2.6
Tu 12	Front - Straight 720°	∩ <sub>720°</sub>	3.3	2.9
Tu 13	Double salto forward	∩∩	3.8	3.4

Group 2 Backwards			Value	
Code	Element	Symbol	Women/Mixed	Men
Tu 20	Cartwheel	X	0.6	0.6
Tu 21	Roundoff	∩	0.6	0.6
Tu 22	Flic Flac	∩	1.2	1.0
Tu 23	Whipback	∩	1.5	1.1
Tu 24	Back – Tucked	∩	1.7	1.3
Tu 25	Back – Piked	∩	1.9	1.5
Tu 26	Back – Straight	∩	2.1	1.7
Tu 27	Back – Straight 180°	∩ <sub>180°</sub>	2.4	2.0
Tu 28	Back – Straight 360°	∩ <sub>360°</sub>	2.7	2.3
Tu 29	Back – Straight 540°	∩ <sub>540°</sub>	3.0	2.6
Tu 30	Back – Straight 720°	∩ <sub>720°</sub>	3.3	2.9
Tu 31	Double Back – Tucked	∩∩	3.6	2.9

Tu 32	Double Back – Piked		3.8	3.1
Tu 33	Double Back – Straight		4.0	3.3
Tu 34	Tsukahara – Tucked		4.0	3.5
Tu 35	Double Back – Straight 360°		4.0	3.9
Tu 36	Double Back – Straight 720°		4.0	4.0

## Art. 35 Trampette

### 35.1 With vaulting apparatus

Group 3 With vaulting apparatus backwards			Value	
Code	Element	Symbol	Women/Mixed	Men
Tr 1	Cartwheel= Handspring 90° in- 90° out		1.6	1.6
Tr 2	Tsukahara	<b>TSU</b>	2.6	2.2
Tr 3	Tsukahara – Piked	<b>TSU</b> ∨	2.8	2.4
Tr 4	Tsukahara – Straight	<b>TSU</b> /	3.0	2.6
Tr 5	Tsukahara – Straight 360° & Kasamatsu	<b>TSU</b> /360°	3.6	3.2
Tr 6	Tsukahara – Straight 720°	<b>TSU</b> /720°	4.0	3.8
Tr 7	Tsukahara – Straight 1080°	<b>TSU</b> /1080°	4.0	4.0

Group 4 With vaulting apparatus forwards			Value	
Code	Element	Symbol	Women/Mixed	Men
Tr 10	Handspring		2.0	1.8
Tr 11	Half in (180°) – half out (180°)	180°	2.2	2.0
Tr 12	Handspring 360°		2.6	2.4
Tr 13	Handspring forwards, 180° in 1 flight and 360° in 2 flight	180°	2.9	2.7
Tr 14	Handspring forwards, 180° in 1 flight and 540° in 2 flight	180°	3.2	3.0
Tr 15	Handspring 540°		2.9	2.7
Tr 16	Handspring salto forwards		2.8	2.5
Tr 17	Handspring Front – Piked		3.0	2.7
Tr 18	Handspring Front – Tucked 180°		3.1	2.8
Tr 19	Handspring Front – Piked 180°		3.3	3.0
Tr 19	Handspring Front – Straight		3.2	2.9
Tr 20	Handspring Front Straight 180° (Cuervo)		3.5	3.2
Tr 21	Handspring Front Straight 540°		4.0	3.8
Tr 22	Handspring Front Straight 900°		4.0	4.0

**35.2 Without vaulting apparatus**

Group 5 Without vaulting apparatus			Value	
Code	Element	Symbol	Women/Mixed	Men
Tr 30	Front salto – Tucked		1.8	1.4
Tr 31	Front – Piked		2.0	1.6
Tr 32	Front – Straight		2.2	1.8
Tr 33	Front - Tucked 180°		2.1	1.7
Tr 34	Front - Piked 180°		2.3	1.9
Tr 35	Front - Straight 180°		2.5	2.1
Tr 36	Front - Straight 360°		2.8	2.4
Tr 37	Front - Straight 540°		3.1	2.7
Tr 38	Front - Straight 720°		3.4	3.0
Tr 39	Front - Straight 900°		3.7	3.3
Tr 40	Front - Straight 1080°		4.0	3.6
Tr 41	Front – Straight 1440°		4.0	3.9
Tr 42	Double Front – Tucked		2.8	2.4
Tr 43	Double Front – Piked		3.0	2.6
Tr 44	Double Front – Straight		3.2	2.8
Tr 45	Double Front - Tucked 180° in		3.1	2.7
Tr 46	Double Front - Tucked 180° out		3.1	2.7
Tr 47	Double Front - Tucked 360° in		3.4	3.0
Tr 48	Double Front - Piked 180° in		3.3	2.9
Tr 49	Double Front - Piked 180° out		3.3	2.9
Tr 50	Double Front - Straight 180° in		3.5	3.1
Tr 51	Double Front - Straight 180° out		3.5	3.1
Tr 52	Double Front - Tucked 180° in 360° out		3.7	3.3
Tr 53	Double Front - Tucked 360° in 180° out		3.7	3.3
Tr 54	Double Front - Tucked 540° out		3.7	3.3
Tr 55	Double Front - Piked 540° out		3.9	3.5
Tr 56	Double Front - Straight 180° in 360° out		4.0	3.7
Tr 57	Double Front - Straight 360° in 180° out		4.0	3.7
Tr 58	Double Front - Straight 540° out		4.0	3.7
Tr 59	Double Front Straight 900°		4.0	4.0
Tr 60	Double Front Straight 1260°		4.0	4.0