

# TeamGym Code Update



European  
Gymnastics

Webinar

15 June 2021

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# Agenda

- Introduction
- Presentation of key changes planned for the Code Update
- Short information about judges' courses
- Comments/questions

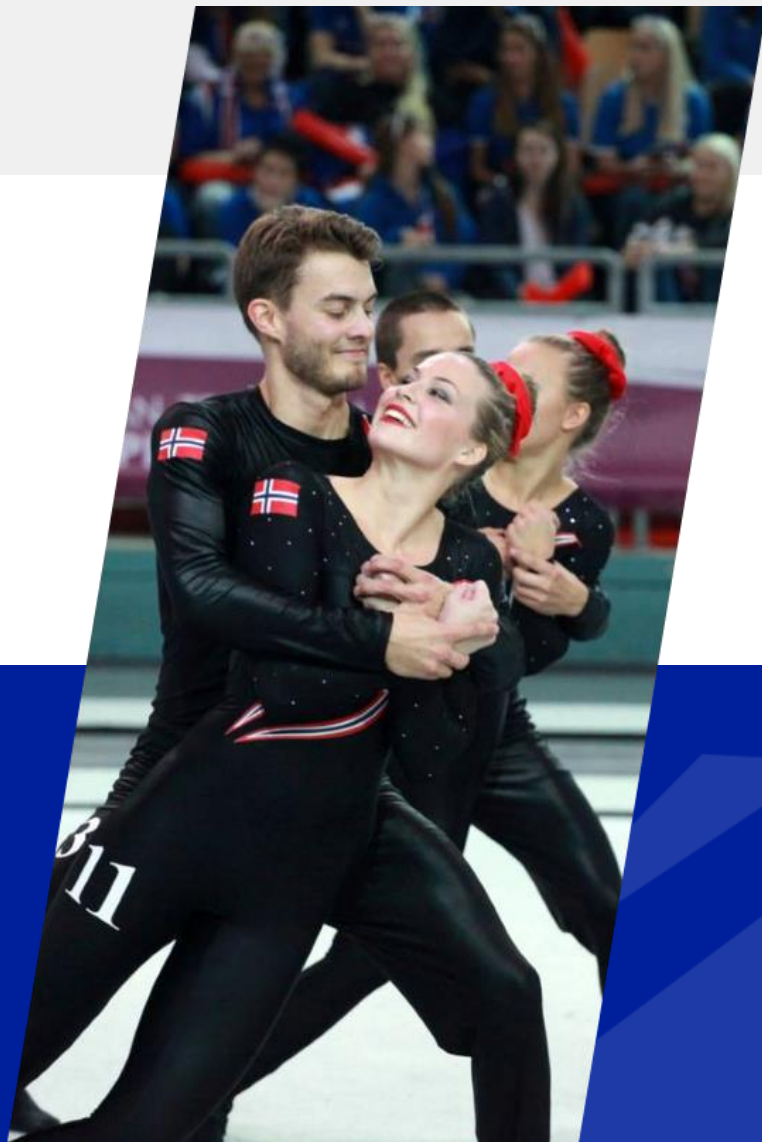


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# Some Practical Information

- You are welcome to ask questions during the webinar by using the Q&A at the bottom of the video window
- You will receive a copy of this presentation after the webinar





# TeamGym Code update 2022-2024

4-year cycle (this time only three years)

Code Update to be released in September 2021 (after approval by the Executive Committee)

New rules come into operation on 1<sup>st</sup> January 2022



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# Introduction

## TeamGym development 2010-2020

- 1<sup>st</sup> Official TeamGym European Championships in 2010
- Junior sections were added in 2010
- Increasing number of NFs and teams
- Performance level has increased rapidly
- Our sport has become more international



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# Introduction

## Code Update 2017-2021

Aligned format with the FIG Codes

Introduced means to speed up judging

### Floor

- Method of summarising execution deductions added
- Flexibility element introduced on floor
- Handstand HB1001 compulsory
- Modified the Group element to include a lift or a throw
- Added composition requirement for Difficulty Distribution

### Tumble/Trampet

Difficulty tables adjusted to improve linearity

More strict requirements on body positions

Added requirements for extending the body and finish twisting before landing

Allowed for deeper landing positions (for safety)



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# Introduction

## Code Update 2022-2024

- Maintain the current competition format with male, female and mixed teams
- All competing gymnasts must still participate in the floor program
- Support the growth of TeamGym
- Continued focus on speeding up the judging
- Improve variation in the selection of elements
- Improve the balance between Difficulty and Execution (both within apparatus and sections)
- Make the Code easier to understand among coaches and judges



# Floor - planned updates

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# Principle and aims behind the Code update on Floor

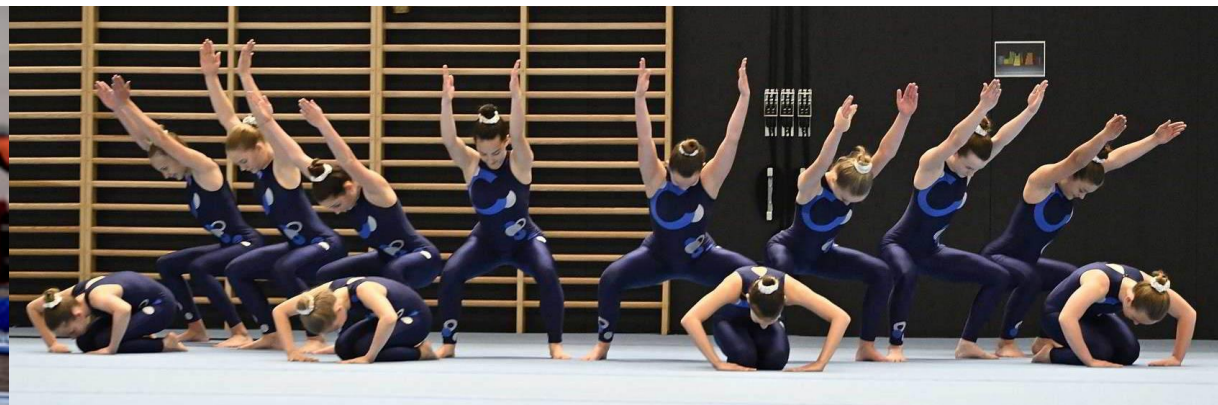


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# Composition (2.0)

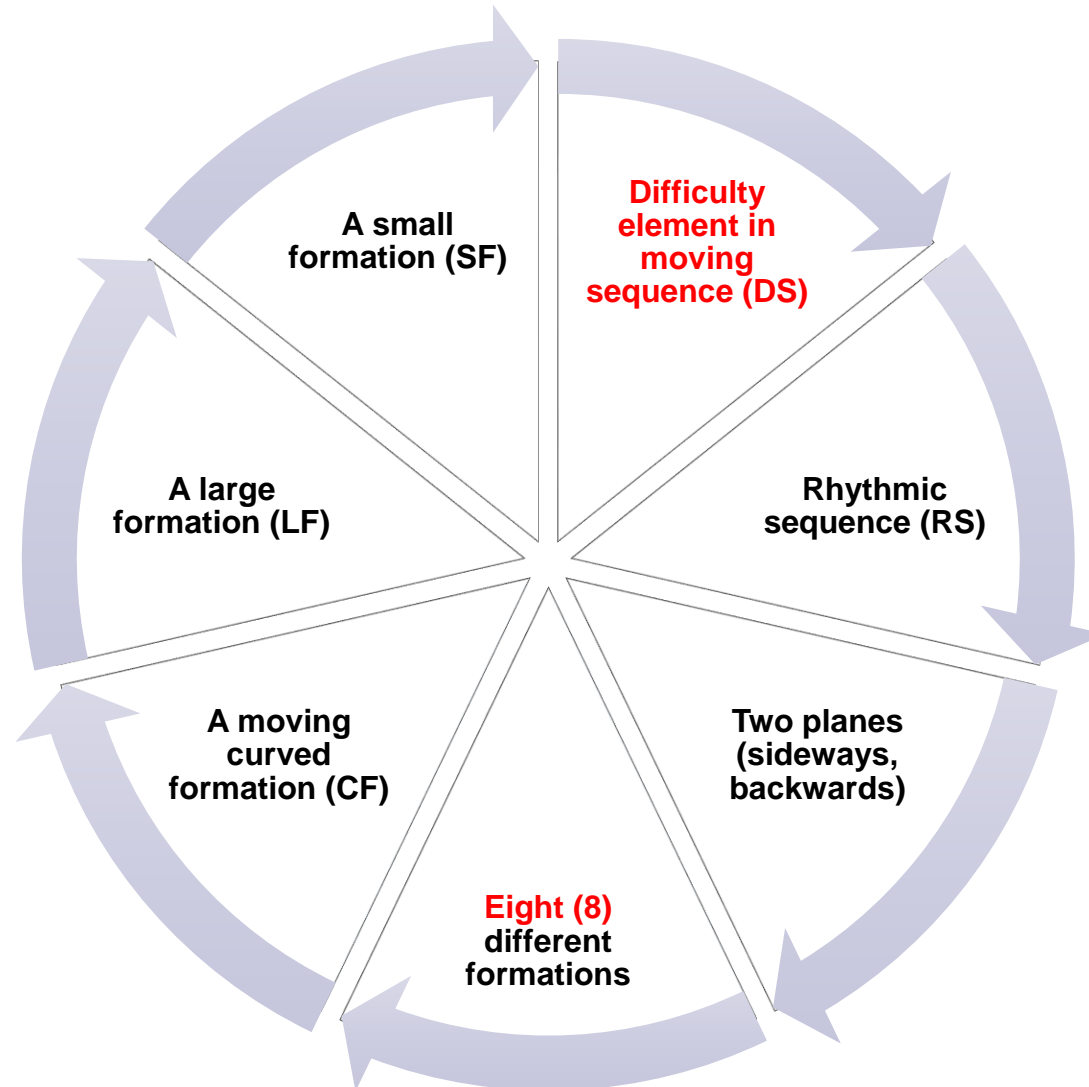
Composition is the skeleton of the program. It consists of seven (7) different composition requirements:

-0.2 value for each missing requirement from the C score.



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# Composition



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# Difficulty element in moving sequence (DS)

**Sequence**

**All  
gymnasts**

**At the  
same time**

**Create  
flowing and  
travelling  
movement  
pattern**





# Difficulty element in moving sequence (DS)

One difficulty element (leap, hop or acrobatic element with take-off and landing on one foot)

Continuous passages of choreography

Momentum is conserved and transferred

Between choreography and the difficulty element

At least three (3) choreographic elements before and after the difficulty element

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# Composition & Difficulty



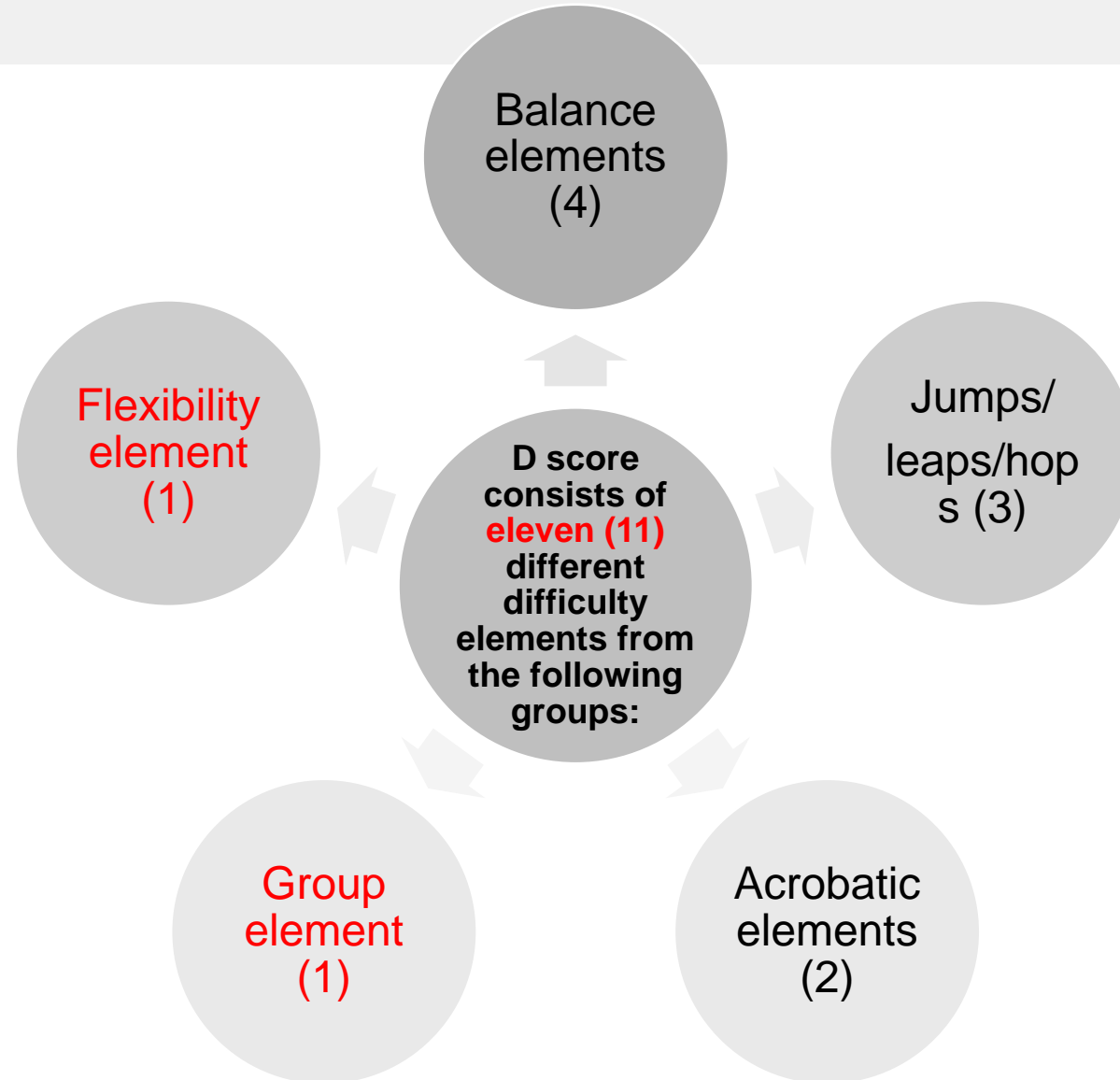
CD panel seating order:

Front panel: CD1 sits together with E-panel

Side panels: CD2, CD3 and CD4 will be positioned **separately** around the floor area to achieve the best possible view.

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# Difficulty - All element values are found in Appendix A1



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# Difficulty – HB1001

Handstand: The placement of legs must be the same for the whole team.





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# Difficulty – Group element

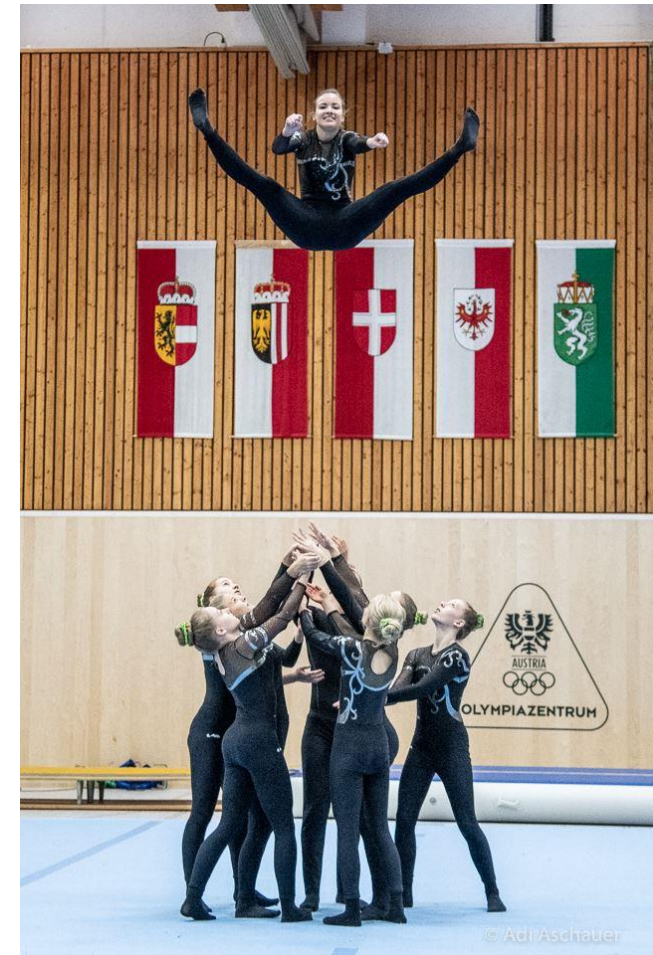
Move it to Difficulty

Interaction between the gymnasts - Teamwork

Different options with different values

By the whole team together or in groups

Different groups must perform group elements with the same code number, but no need to be the same



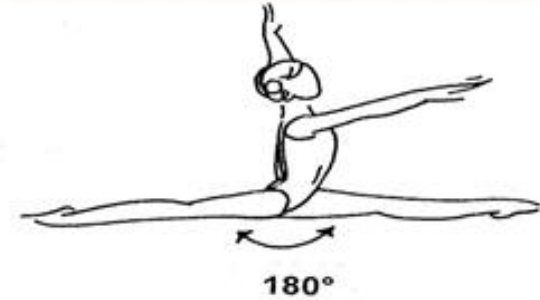
# Difficulty – Flexibility element



next step is to  
move it to  
Difficulty



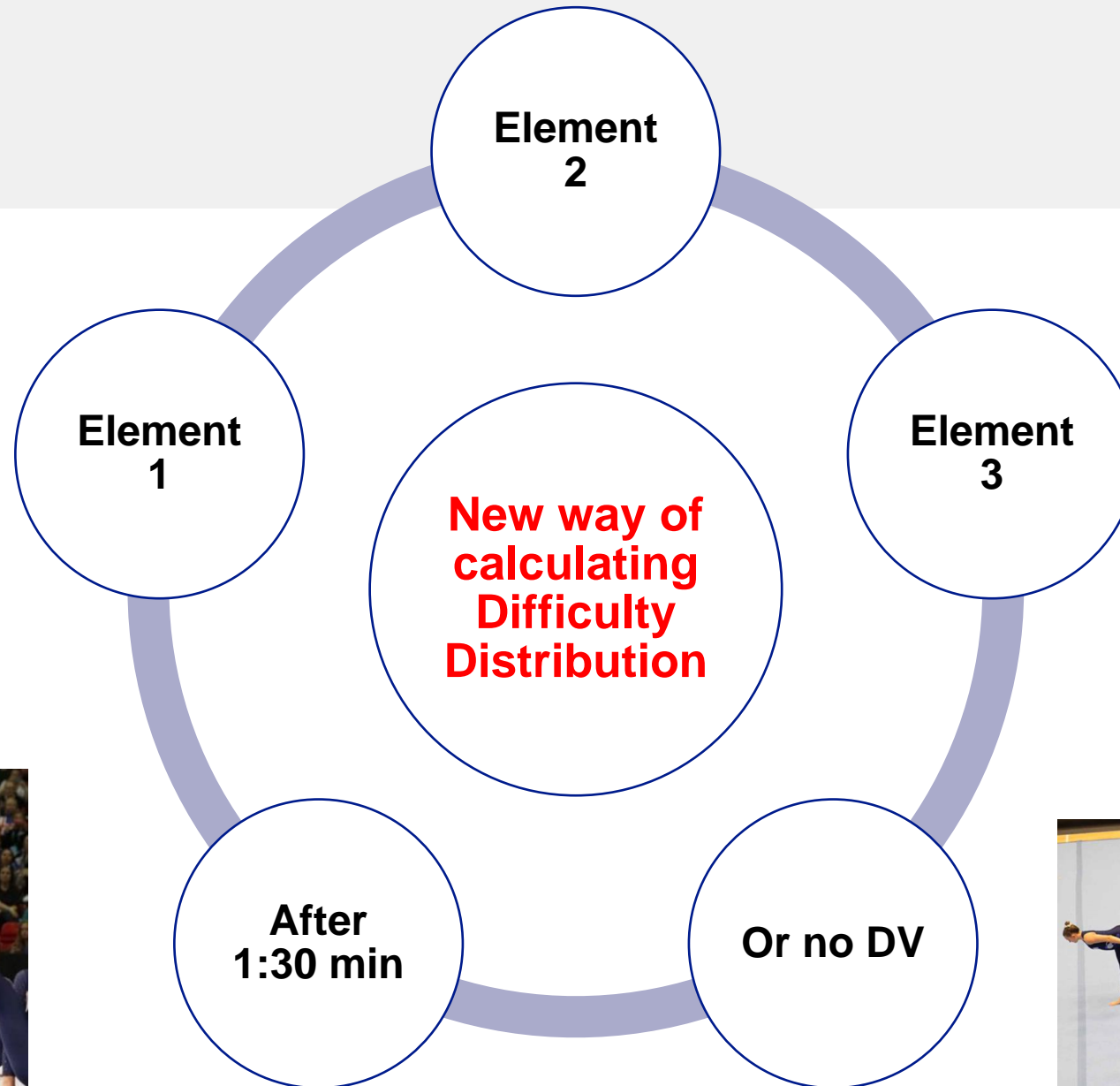
Different  
options with  
different values



The whole  
team has to  
perform the  
same Flexibility  
element

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# Difficulty



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# Difficulty (A1)

Elements will be recognised if they meet the requirements in Appendix A1






New structure:  
old A4 included






The number of jumps and acrobatic elements has increased

To get more variation: Only one acrobatic element per row allowed



# Difficulty (A1) - Examples

| 3.1 Forward Elements   | 0.2 | 0.4 | 0.6  | 0.8  | 1.0  |
|--|-----|-----|--|--|--|
| <b>Forward saltos from one foot</b><br>In A601 the landing in sitting position must be with hands and foot before any other part of the body.<br><br><b>A version:</b> from one foot to one foot<br><b>B version:</b> from one foot to two feet<br><b>C version:</b> from one foot to two feet with half twist |     |     | A601<br><br>sitting salto                         | A801A/B<br><br>tucked salto fw                  | A1001A/B/C<br><br>piked salto/tucked salto 180° |
| <b>Forward saltos from 2 feet</b><br><br><b>A version:</b> from two feet to two feet<br><b>B version:</b> from two feet to two feet with half twist  |     |     | A602A/B<br><br>tucked salto/<br>tucked salto 180° | A802A/B<br><br>piked salto/<br>piked salto 180° |  |

| 3.2 Backward Elements  | 0.2 | 0.4 | 0.6   | 0.8   | 1.0  |
|--|-----|-----|---|---|--|
| <b>Backward saltos</b><br><b>A version:</b> tucked/straight salto without twisting<br><b>B version:</b> tucked/straight salto with full twist<br><b>C version:</b> piked salto |     |     | A606A/B/C<br><br>tucked/piked salto bw |   | A1006A/B<br><br>straight salto bw |
| <b>Backward gainer saltos</b><br>Take-off from one leg   |     |     | A607<br><br>gainer salto tucked        | A807<br><br>gainer salto piked | A1007<br><br>gainer layout        |

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# Execution score



Summarised  
execution deductions

Additional execution  
deductions

Choreographic deductions moved to composition  
(except movement corresponding to music)

Bonus

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# Execution (Appendix A2 = old A5)

## Summarised Execution Faults for Floor

- Repetitions were deleted
- New structure made in Performance in Difficulty elements (grouping)

# Tumble/Trampet - planned updates

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# Tumble - Composition

## Repetition of last element (current CoP: repetition of series)

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

## Twist requirement adjustment

- The team must perform one round where the gymnasts perform a series that contains a salto (single, double, triple) with **at least 360° twist**.

## Moved deduction for missing element in the Series from Execution

- **0.3 per gymnast and missing element**



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# Tumble - Difficulty



**Double forward saltos difficulty values increase +0.1**

**Not landing feet first – adjusted definition / duty for CD panel!**

- Landing on both feet means the sole of the feet. If a gymnast lands, but never shows a recognizable landing preparation **and** falls to face, knees, hands and knees, front or back in the same movement, it is considered as not landing feet first.

# Tumble - Difficulty

**Required Body Positions in Saltos**, showing when the gymnast should be in the correct *straight* body position

- For single saltos, the position of the element should be evaluated after the take-off from 90° up to the remaining 135° (before landing).
- For multiple saltos, the position of the element should be evaluated after take-off from:

**Backward saltos** -> 90° up to the remaining 180° (before landing)

**Forward saltos** -> 135° up to the remaining 180° (before landing)

# Tumble – Difficulty - Body position in straight saltos

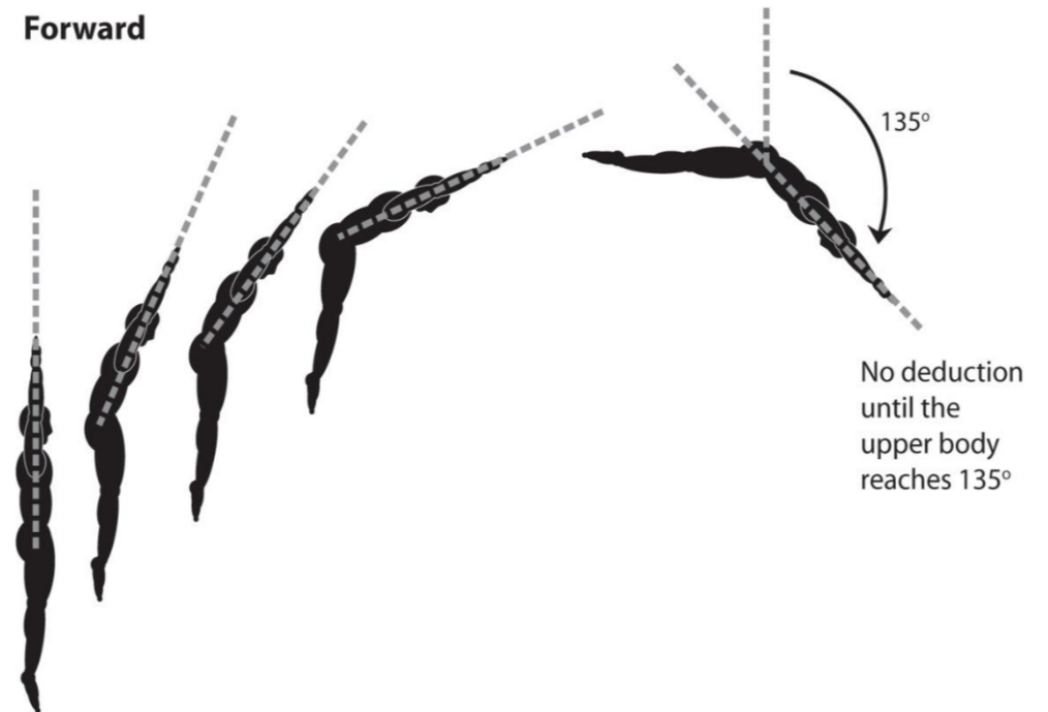
## MULTIPLE SOMERSAULTS TAKE-OFF

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Backward



Forward

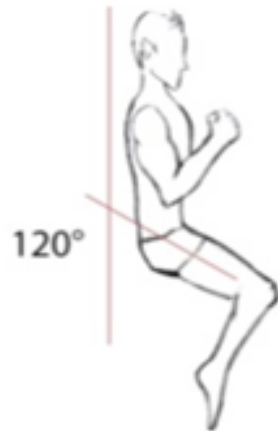


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# Tumble/Trampet - Execution

## Body position in pucked salto

- Clarified **deductions for pucked position** in doubles and triples with at least 1/1 twists



0.0



0.1

# Tumble/Trampet - Execution

## Twisting – deduction adjustments, reflecting 'blind landing'

- Removed deduction for finishing the twist too late in the air -> covered now by 'opening and landing positions in saltos.'
- A blind landing occurs when the gymnast is landing the triple in the forward direction, not being able to spot the landing during the last rotation. Difficulty value is recognized by CD panel (current CoP: zero DV in case of blind landing)
- **Deduction 0.1** per gymnast/element for under/over rotation of twist **30°–45°** (single, double, triple) at the landing
- **Deduction 0.3** per gymnast/element for under/over rotation of twist **45°–90°** (in single/double saltos) at the landing
- **Deduction 1.0** per gymnasts/element for **blind landing in triple saltos**



# Tumble/Trampet - Execution

- Replaced requirement for Extended Body Position Before Landing and Landing Position with **Opening and Landing Position** and adjusted definitions
- Height of the Final Salto – under review (reflecting trampet VS. tumble, fwd VS. bckwd, single VS. multiple)
- Removed Final Salto Length requirement and deductions

# Tumble/Trampet - Execution

- New composite deduction **Opening and Landing Positions in Saltos (0.5)**
- Before landing the gymnast must open the salto and show an extended body position.
- Preparation for landing is allowed after horizontal ( $90^\circ$  from vertical).
- Twisting must be completed by horizontal.
- The body position at landing must be upright. Some bending of the knees ( $<90^\circ$ ) and some bending at the hips ( $<90^\circ$ ) is allowed.

# Tumble/Trampet – Execution - Landing Positions

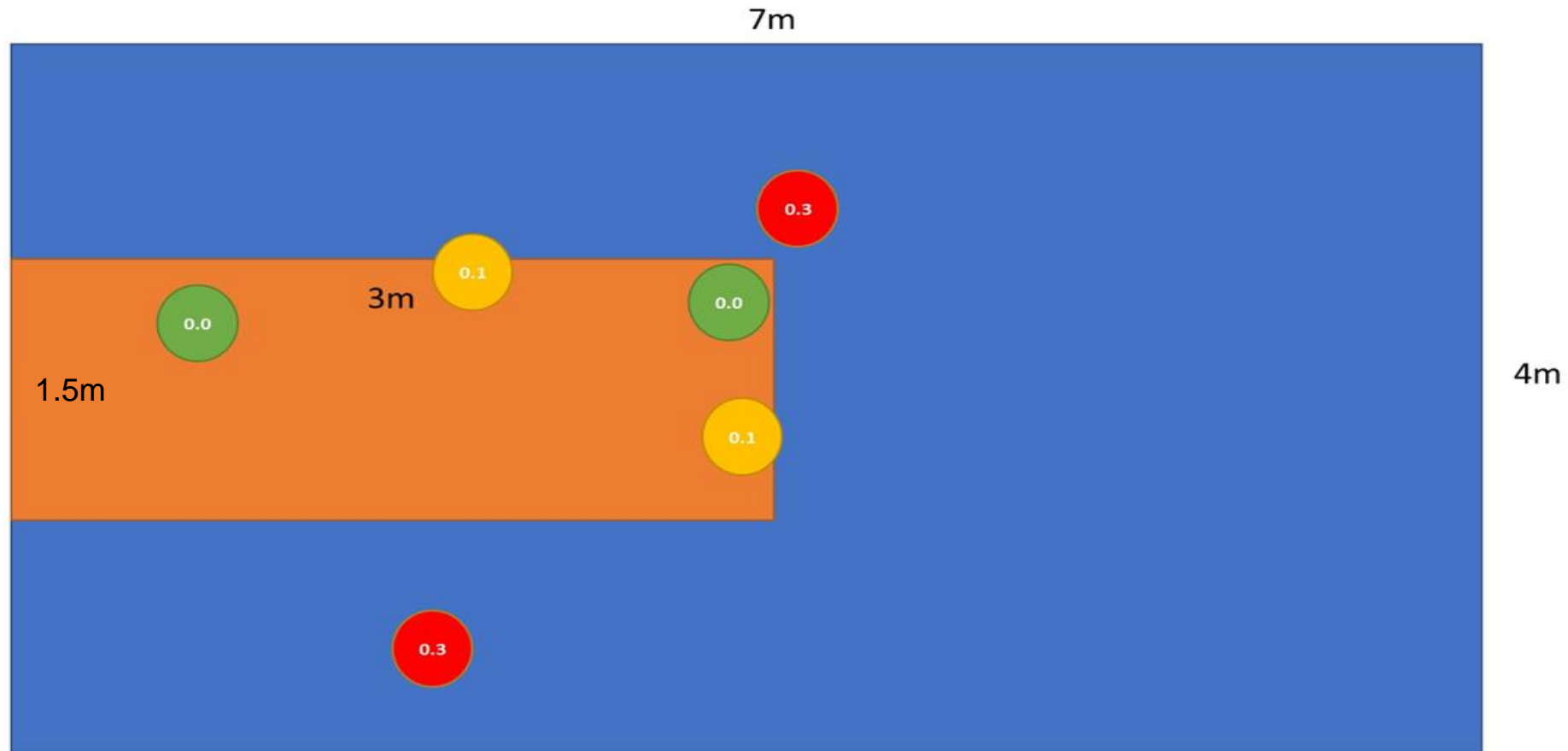
- Deduction 0.1 per gymnast for late opening, 90°–135° from vertical, or early opening not kept until horizontal
- Deduction 0.1 per gymnast for twisting not completed at horizontal
- Deduction 0.2 per gymnast for opening after 135° from vertical or no opening before landing
- Deduction 0.1–0.3 per gymnast at landing for hips/knees bending  $\geq 90^\circ$  up to a deep squat

# Tumble/Trampet - Execution

- Replaced Performing / Landing Along Centre Line requirement and deductions with **Landing Zone (0.3)**
- The first point of contact with the landing area, should be inside the coloured landing zone (1.5 x 3.0 m).
- If the landing area outside the landing zone is touched with any part of the body as first point of contact, there will be a small deduction.
- If first point of contact is completely outside the landing zone, there will be a large deduction.
- It is allowed to step outside the landing zone after the initial contact with the landing area.
- Deduction 0.1 per gymnast for touching outside of the landing zone
- Deduction 0.3 per gymnast for landing outside the landing zone

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# Tumble/Trampet – Execution – Landing Zone





# Tumble/Trampet - Execution

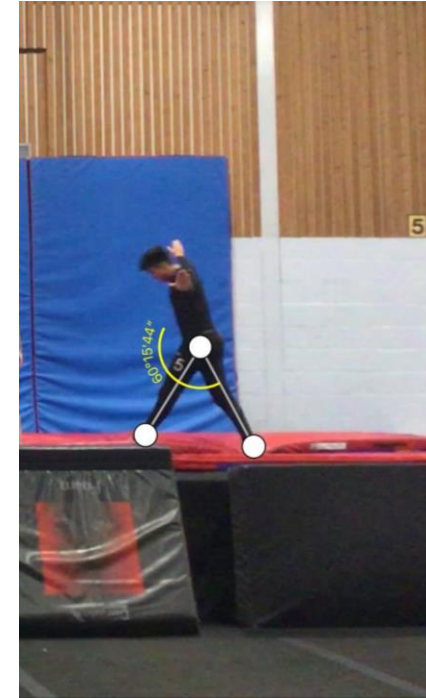
## Control in Landing (1.0) – adjusted 'loss of control' and increased maximum deduction for fall

- The landing must be controlled but may continue moving in the direction of tumble (stream) under control.
- One small step (< 60° leg separation) is allowed to gain control after landing with feet at the same time. Small rebound from extended legs is acceptable. Further steps (once balanced) to exit the landing zone is accepted.
- Movement of other body parts (e.g. none supportive arm movement) are not deductible.
- There is no requirement to place feet together after control has been attained.

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# Tumble/Trampet - Execution

## Control in Landing



# Tumble/Trampet – Execution – Control in Landing

- **Deduction 0.1** per gymnast for one large step ( $> 60^\circ$  leg separation), for large rebound jump (knees flex to maintain upright position), for not landing feet at the same time.
- Deduction 0.2 per gymnast for multiple steps to gain control
- Deduction 0.5 per gymnast for light touching of the mat with hands/knees **without supportive weight**
- Deduction 0.8 per gymnast for a fall due to **over rotation**.
- **Deduction 1.0** per gymnast for falling to due to **under rotation**.

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# Tumble/Trampet - Execution



**Coaches action – increased deduction for support, removing deductions for helping to achieve element / duty for D-panel to consider DV award**

- **Deduction 1.0** per gymnast for support
- Deduction 1.5 per gymnast for not acting in a dangerous situation

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# Tumble (specific) - Execution



## Body shape in other elements than salto – one hand

- Deduction 0.1 per gymnast/element for **one hand support** as a failure to meet element's technical requirement



# Trampet - Composition

- **Twist requirement adjustment**
- The team must perform one round where the gymnasts perform an element with **at least 540° twist in saltos** (single, double, triple) or **360° twist in Tsukahara (Kasamatsu)**.
- **Round with/without VT – adjusted deduction**
- Deduction **0.3 per gymnast** if round with or round without vaulting table is missing
- **Missing element**
- Deduction for missing element in the series moved from Execution to Composition

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# Trampet - Difficulty



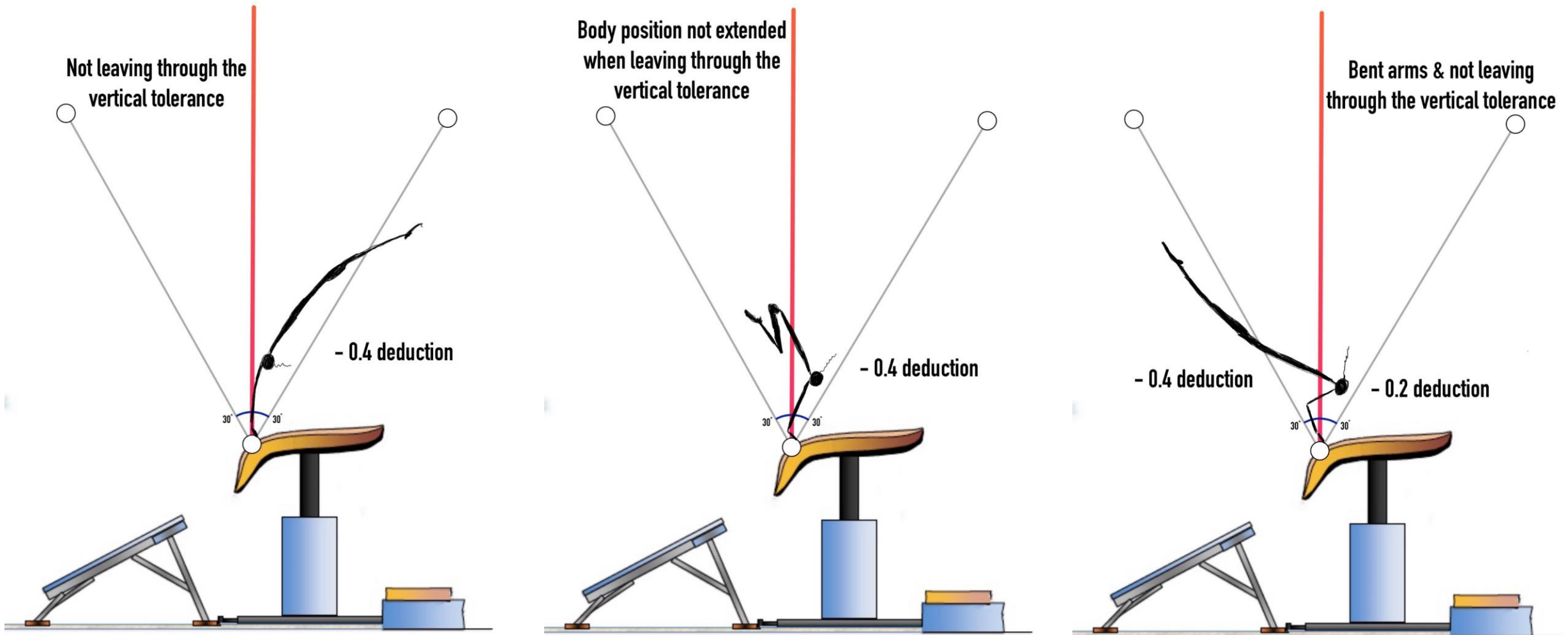
- **Balanced difficulty value for triple straight 180° (2.1 -> 1.9)**

# Trampet (specific) – Execution

**New definition and deductions for Contact with the VT (0.6) / (current CoP: 'Lift off' deductions)**

- Gymnasts must touch the table with both hands, and leave the vaulting table in an extended body position through the vertical.
- When leaving the table, the gymnast should be vertical (+/- 30° from the vertical), and in an extended body position with straight arms
- **Deduction 0.4** per gymnast for **not being vertical with extended body position when leaving** the vaulting table
- **Deduction 0.2** per gymnast for **not having straight arms when leaving** the vaulting table
- **Deduction 0.6** per gymnast for **not touching the vaulting table** with both hands

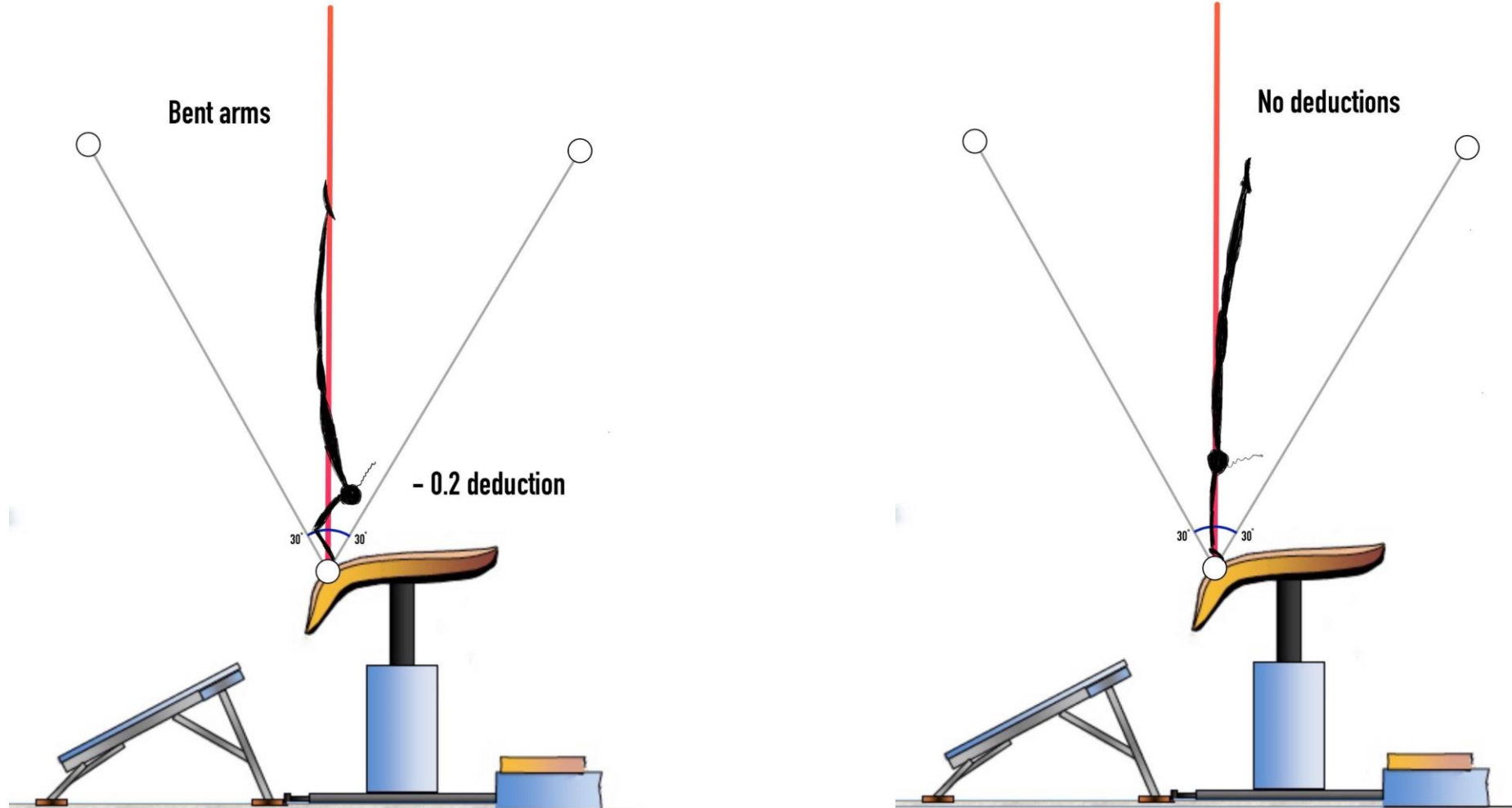
# Trampet (specific) – Execution – Contact with VT



Judges to evaluate the shape and position of gymnasts at the point when leaving the vault (as shown above)

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# Trampet (specific) – Execution – Contact with VT



Judges to evaluate the shape and position of gymnasts at the point when leaving the vault VT (as shown above)



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# Judges' courses

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# Judges' courses



- No judges' education will take place before the 13<sup>th</sup> European Championships in December 2021
- Three TeamGym brevet courses are planned for 1<sup>st</sup> and 2<sup>nd</sup> quarter 2022
- Combination of distance learning and physical weekend course
  - 1<sup>st</sup> course in January – February 2022
  - 2<sup>nd</sup> course in February – March 2022
  - 3<sup>rd</sup> course in April – May 2022
- The 3<sup>rd</sup> course will include an introduction to new judges



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# Questions

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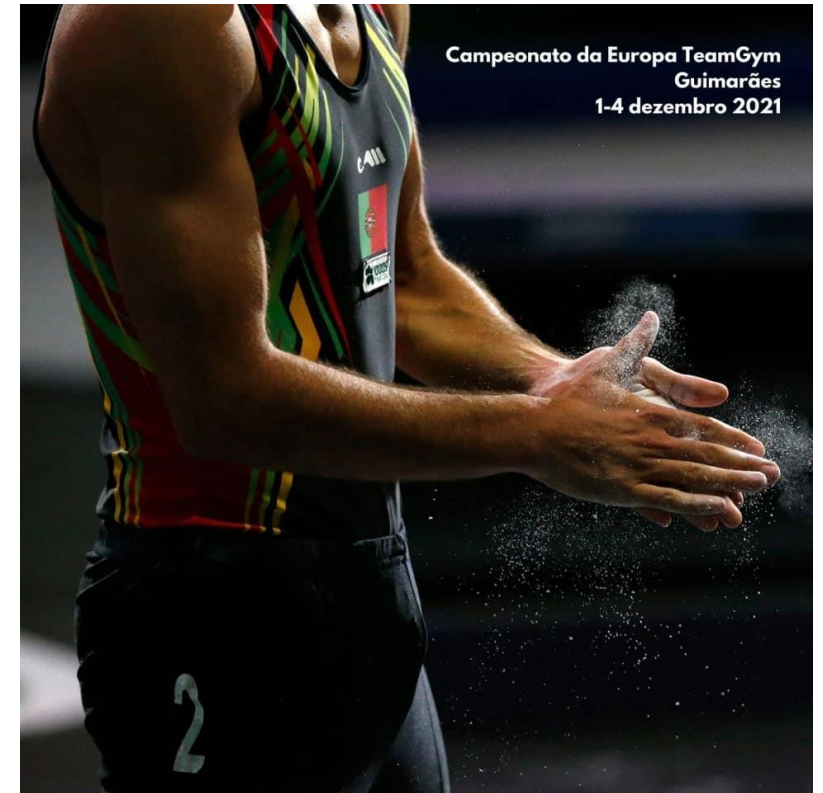
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## 2021 TeamGym European Championships



Our postponed 2020 Europeans will take place on **1-4 December 2021** in Guimarães (POR)

Further information about the event will be published in mid-June





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