



Gymnastics
New South Wales

2012 Team Gym Manual - Club



Team Gym

Is a GNSW participation program for all ages and abilities providing performance opportunities within a team environment for fun, fitness and friendship.

Gymnastics NSW

01/01/12



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1. Participants

1.1 General

- 1.1.1 Events accept Teams of male gymnasts, Teams of female gymnasts, as well as mixed teams.
- 1.1.2 Teams are graded as Novice, Intermediate or Open.
- 1.1.3 All Team members must be a current member of Gymnastics NSW.
- 1.1.4 Clubs/Schools may enter as many teams per section as they choose
- 1.1.5 Clubs/Schools are responsible for ensuring all athletes meet GNSW membership requirements.

1.2 Participants

- 1.2.1 A team consists of 6-12 members.
- 1.2.2 Members of a team must wear the same team uniform. In mixed teams, members must wear appropriate clothing in the same colours.
- 1.2.3 Jewellery is not allowed.
- 1.2.4 Gymnastic footwear is optional of each gymnast and apparatus.
- 1.2.5 After the competition has started, no reserve gymnasts may enter the competition without the permission of the head Judge.

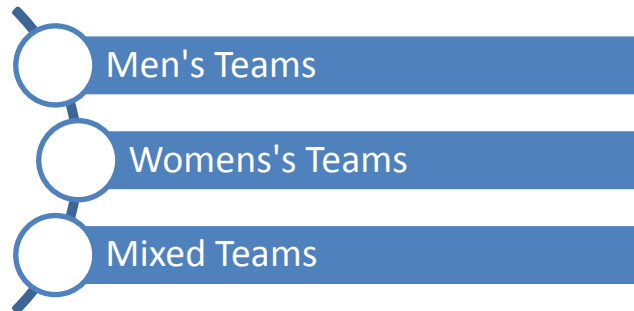




2. Events

2.1 Event Sections and Divisions

2.1.1 Teams are classified as:



2.1.2 Event Organisers may combine these sections at their own discretion.

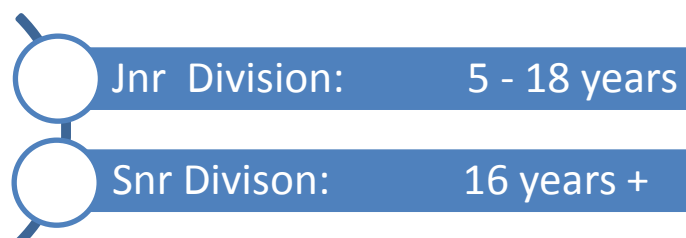
2.1.3 Each section is divided into three divisions based on difficulty:



2.1.4 Difficulty sections will always be competed separately.

2.1.5 Teams must compete the same difficulty section for all three apparatus.

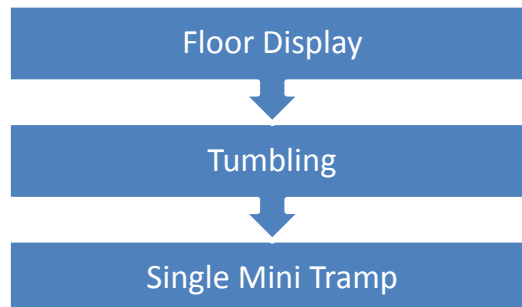
2.1.6 Teams are classified as either:





2.2 Event Apparatus

2.2.1 There are three apparatus at Team Gym Events:



2.2.2 Event Organisers will provide all apparatus required, however, teams may bring their own mini tramp/s for use at the event.

2.2.3 The floor area provided by Organisers must be no less than 12m x 12m.

2.2.4 The floor area must be covered by no less than 35mm mats, appropriately joined to form a continuous area.

2.2.5 The style of the floor provided by Event Organisers (i.e. sprung /none sprung) must be notified to clubs before participation entries are received.

2.2.6 The performing area for Tumbling must be an appropriate tumbling floor at least 12m x 1.8m, with a matted approach including a short ramp.

2.2.7 The style of the tumbling track provided by Event Organisers (i.e. sprung / rod / Air track etc.) must be notified to clubs before participation entries are received.

2.2.8 Appropriate safety/overflow matting must be provided and placed by Event Organisers

2.2.9 The performance area for Single Mini Tramp must contain Two (2) Mini Tramps and appropriately matted landing areas (300mm crash mats) with overflow matting for Single Mini Tramp.

2.2.10 There must be a clear approach of at least 12 Metres.

2.3 Teams may choose not to compete an apparatus. Coaches must inform the Head Judge before the apparatus commences.





3. Music

3.1 General

- 3.1.1 Music is used for all apparatus and is chosen by the club
- 3.1.2 Music can be instrumental or with lyrics
- 3.1.3 Music must not contain inappropriate content or swearing. Routines on any apparatus containing sexual references, drug use or swearing may be terminated at the discretion of the Head Judge. Teams will forfeit the apparatus concerned.
- 3.1.4 Music for each Team and Apparatus must be provided on a separate CD, clearly marked with the following on the CD case:
 - ➔ Name of Team
 - ➔ Club or School
 - ➔ Competition Section (*Men's / Women's / Mixed*)
 - ➔ Apparatus (*Tumbling / Single Mini / Floor Display*)
 - ➔ Division (*Novice / Intermediate / Open*)

3.2 Interruption of Performance

- 3.2.1 Should the team's routine be interrupted because of failure of the competition equipment, facilities or other factors attributable to the Event rather than the team, the team affected should stop the routine. The team will be allowed to present its routine again in its entirety and any scores previously given will be disregarded.
- 3.2.2 Should the team's routine be interrupted because of failure of the team's own equipment, the team must either continue without music or withdraw from the competition

4. Cost

- 4.1.1 Entry Fees to competitions are set by the Event Organiser.
- 4.1.2 GNSW Events, entry and payment conditions are as per GNSW Event Policy

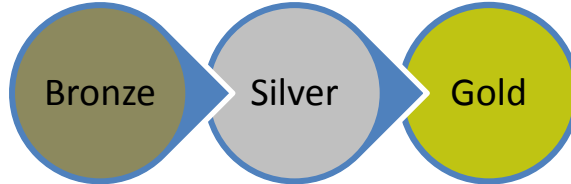




5. Awards

5.1.1 Team Gym is a GFA participation program

5.1.2 Awards will be given on a score ranking of Bronze, Silver or Gold.



5.1.3 Over all Scores will be awarded the appropriate colour medal falling within the scores below:

Gold	• 24.01 - 30
Silver	• 20.01 - 24.0
Bronze	• 0.00 - 20.0

5.1.4 Apparatus awards will be presented after each apparatus is performed with the Rankings as per following:

Gold	• 8.01-10.0
Silver	• 7.00 - 8.00
Bronze	• 0.00 - 6.99

5.1.5 The style of awards presented (i.e. Medals, Certificates, Trophies, Prizes) is at the discretion of the Event Organizers, but should be notified to clubs before participant entries are received.

5.1.6 All members of participating teams receive a Participation Certificate.





6. Spotting / Supporting

6.1 General

- 6.1.1 Each club **MUST** provide a least one suitably qualified team coach to be positioned on, or immediately next to the landing area for Single Mini Tramp during their team routine so that they can react quickly in case of danger.
- 6.1.2 Coaches or team members are also permitted to hold the Single Mini Tramp or landing mats during a routine.
- 6.1.3 Spotting or supporting gymnast on any apparatus may result in a deduction of 0.5 per gymnast.
- 6.1.4 Coaches are not permitted to speak to provide instructions to gymnasts during a routine.

6.2 Technical Safety

- 6.2.1 Coaches must ensure that the skills chosen for performance are appropriate to the experience and ability of the gymnastics in the team. Dangerous or unrecognisable skills are not advised.





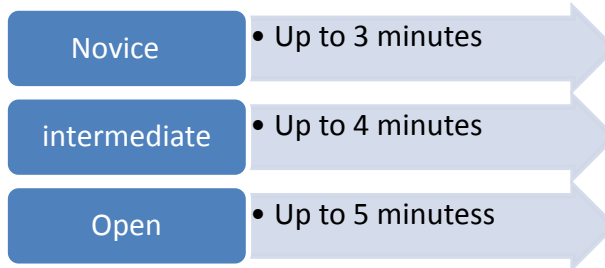
7. Apparatus Specific - FLOOR

7.1 Floor

7.1.1 The floor display must contain all team members.

7.1.2 The display must be performed to music of the Club/Schools Choice.

7.1.3 Music Length:



7.1.4 Props, hand apparatus and the use of single mini trampolines and other gymnastic apparatus are NOT allowed

7.2 Floor Judging

7.2.1 The floor display will be judged on Performance and Technique.

7.2.2 Coaches are encouraged to construct a routine which:

- ➡ Utilises all team members
- ➡ Moves around the performance area
- ➡ Allows performers to interact with each other
- ➡ Uses group formations and gymnastics movements
- ➡ Choreographed in a way which is synchronous with the music & costumes if worn.

See Section 8 (judging) for more information

7.3 Floor Special Requirements

7.3.1 Teams must choose group Acrobatic and Individual skills from the appropriate section. Group balances must be held for a minimum of three seconds; must contain at least six members of the team (i.e. three pair skills or two skills etc.); and must be held AT THE SAME TIME to allow judges to recognise the elements.

For example, in a Novice team there will be TWO times (see 7.3, 7.3.2, 7.3.4) during the routine where AT LEAST SIX TEAM MEMBERS ARE HOLDING AN APPROPRIATE GROUP Acrobatic balance. All team members do not need to hold the same balance, but they must hold a recognised balance at the same time.





The same rules apply for Individual skills (balanced and jumps/leaps). These must be performed/held at the same time to allow judges to recognise the elements.

7.3.2 Novice Teams must choose two (2) Sports Acrobatics skills, one (1) jump or leap and one (1) individual balance from the “Novice” section (see *appendix*) to include in their performances.

7.3.3 Intermediate Teams must choose three (3) Sports Acrobatics skills, two (2) jumps or leaps and two (2) individual balances from the “Intermediate” section (see *appendix*) to include in their performances.

7.3.4 Open Teams must choose four (4) Sports Acrobatics skills, two (2) jumps or leaps and two (2) individual balances from the “Open” section (see *appendix*) to include in their performances.

Floor Summary Table

Novice	<ul style="list-style-type: none"> •2 Sports Acro skills •1 Jump or Leap •1 Individual Balance
Intermediate	<ul style="list-style-type: none"> •3 Sports Acro Skills •2 Jumps or Leaps •2 Individual Balances
Open	<ul style="list-style-type: none"> •4 Sprots Acro Skills •2 Jumps or Leaps •2 Individual Balances

7.3.5 Failure to include appropriate Special Requirement Skills will result in a 1.0 mark deduction.

7.3.6 Failure to *complete* appropriate Special Requirement (which has been attempted) will result in a 0.5 mark deduction.





Apparatus Specific - TUMBLING

7.4 Tumbling

7.4.1 Tumbling consists of two (2) passes/runs by each team

7.4.2 A pass/run consists of two (2) or more skills performed in a sequence without an absolute sop.

7.4.3 Tumbling must be performed to music of the club/schools choice.

7.4.4 Music should be long enough for both passes. Event organisers will fade out music at the conclusion of the second pass.

7.4.5 Rules as per Section 3.1, 3.2 (Music) apply.

7.4.6 Participants should be in appropriate uniform (not costumes)

7.4.7 Tumbling runs are performed in one direction only

7.4.8 Each pass consists of at least six (6) team members

7.4.9 Each pass can contain different (or the same) team members

7.5 Tumbling Judging

In accordance with Tumbling C.O.P. Coaches are encouraged to choose skill which team members can perform without major faults with regard to body shape, amplitude, landings etc.

7.6 Tumbling Requirements

7.6.1 Each pass must contain at least two (2) skills taken from the appropriate skill table (see appendix).

7.6.2 In Novice, there is no deduction for repeating recognised skills.

7.6.3 Intermediate and Open, skills will only be recognised ONCE for each team member. (For example, Round-off Flip (Pass 1) and Round – off Back Salto (Pass 2) = three intermediated skills, not four).

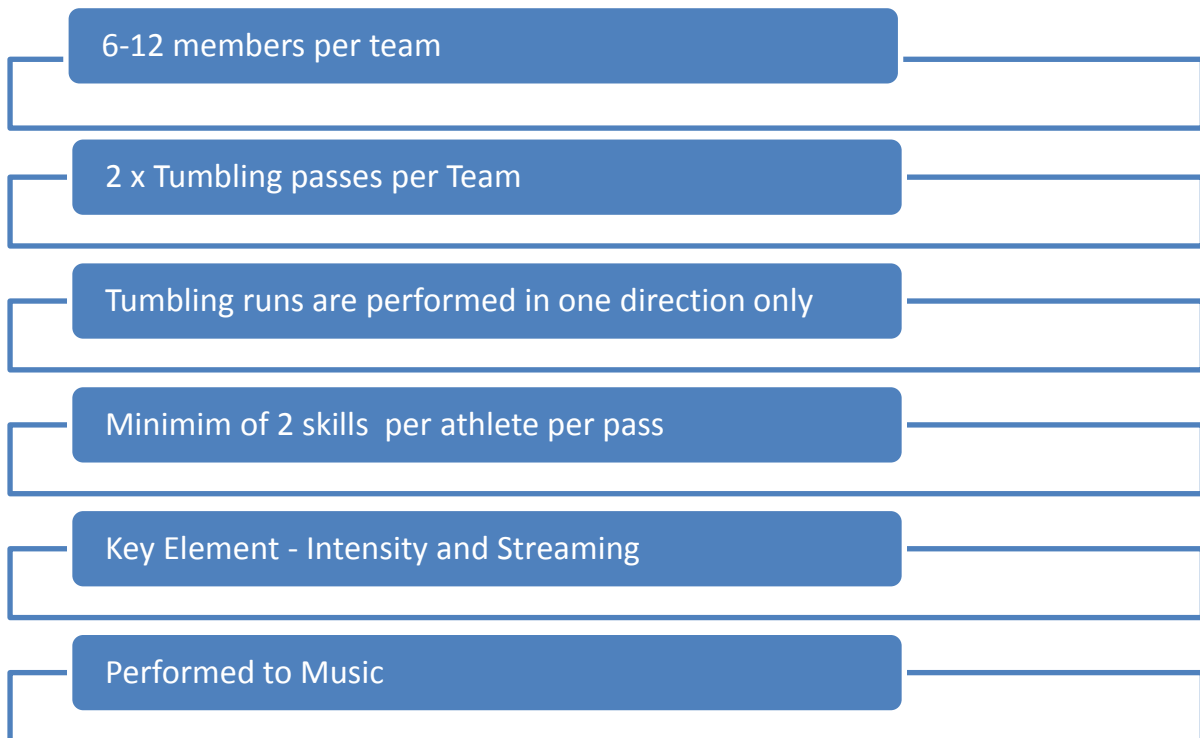
7.6.4 Gymnastics will not be penalised for choosing skills from a higher division, but there is no reward for attempting harder skills.





- 7.6.5 Coaches should construct routines so that skills become progressively more difficult with each team member. This is known as **Intensification**.
- 7.6.6 Gymnasts should commence their pass while the person before them is still moving. This is known as **Streaming**.
- 7.6.7 At the conclusion of the first pass, team members wait at the back of the landing area until all passes are completed before walking, marching or jogging back to the start together. At the conclusion of the second pass, team members will present to the judging Panel.

Tumbling Summary





Apparatus Specific – Single Mini Tramp

7.7 Single Mini Tramp

- 7.7.1 The Single Mini Tramp event consists of four (4) jumps by each Team. Two jumps are individual jumps, two jumps are synchronised jumps. Coaches can decide which order the jumps are performed in.
- 7.7.2 Single Mini Tramp must be performed to music of the Clubs/Schools choice.
- 7.7.3 Music should be long enough for all four jumps. Event organisers will fade out music at the conclusion of the final jump.
- 7.7.4 Rules as per Section 3.1, 3.2 (Music) apply.
- 7.7.5 Participants should be in appropriate uniform (not costumes).
- 7.7.6 Each jump / pass consists of at least six (6 Team members).
- 7.7.7 Each jump / pass can contain different (or the same) team members.
- 7.7.8 A participant cannot perform the same skill twice.
- 7.7.9 Synchronised jumps must be performed by two team members, and must be the same skill.

7.8 Single Mini Tramp Judging

In accordance with Trampoline Sports C.O.P. Coaches are encouraged to choose skills which team members can perform without major faults with regard to body shape, amplitude, landings and synchronisation.

See Section 8 (Judging) for more information.

7.9 Single Mini Tramp Requirements

- 7.9.1 For Novice Teams, skills must be chosen from the Novice skills table, For Intermediate Teams, skills must be chosen from the Intermediate skills table. For Open Teams, skills must be chosen from the Open skills table (see appendix for skills).
- 7.9.2 Gymnasts will not be penalised for choosing skills from a higher division, but there is no reward for attempting harder skills.





- 7.9.3 Coaches should construct routines so that skills become progressively harder with each team member during each pass. This is known as Intensification.
- 7.9.4 At the conclusion of each jump, team members wait at the back of the landing area until all team members have jumped before walk, marching or jogging back to the start together. At the conclusion of the final jump, team members will present to the judging panel.

Single Mini Tamp Summary Table

2 x Individual jump runs	
2 x Synchronised jump runs	
No Team member can repeat a jump	
Key Element - intensity and Streaming	
Performed to Music	





8. Judging

8.1 General

- 8.1.1 Judges are selected by the Event Organisers, and should represent a variety of clubs/ schools and Gym sports.
- 8.1.2 Judges must be in the competition area 30 minutes prior to competition for briefing

8.2 Judging Panels

8.2.1 A judging panel consists of three (3) members:



8.2.2 At larger events, each apparatus may have its own Judging Panel.

8.2.3 Judging procedure (i.e. seating arrangements etc.) is consistent with MG/WG/Acro/Tramp guidelines.

8.3 Duties

Head Judge Tech Deductions, Special requirements and Performance	Panel Judge Execution & Performance	Guest Judge
<ul style="list-style-type: none"> •Responsible for leading the judges briefing prior to any event •Judge for Performance (See Section 9 scores) •Support Guest Judge in thier role •Noting any deductions for Special Requirements where necessary. •Noting and deducting Tech violations where necessary. 	<ul style="list-style-type: none"> •Responsible for deductive judging of execution as per requirements. •Judge for Performance (See section 9 scores). •Explain and justify deductions to Head Judge where necessary. 	<ul style="list-style-type: none"> •Provide feedback to participants at the completion of event or apparatus. •This may take the form of a personal conversation, or a written feedback /review (supplied by the event organiser)



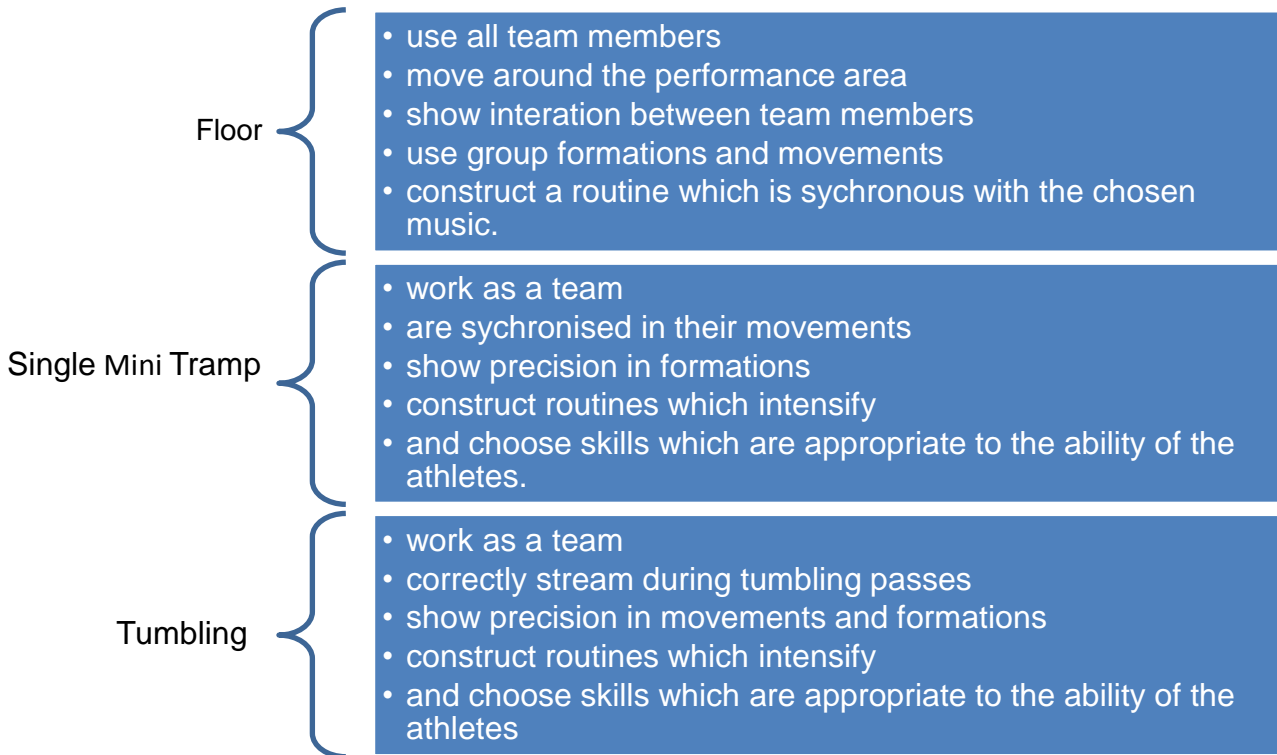


9. Scores

9.1 Each apparatus (in all sections and divisions) is marked out of a maximum 10 points.

9.1.1 7.5 marks are dedicated to execution. It is from these 7.5 marks that errors in execution (body shape / falls etc.) are deducted.

9.1.2 2.5 marks are depicted to Performance. Criteria for performance vary for each apparatus, Judges will be rewarding teams who:



An example	Execution (panel Judge)	7.50 – 1.8 deductions	5.70
+	Performance (panel & Head Judge)	Average of Performance scores	+ 2.25
-	Technical Deductions (Head Judge)	0.5 (no team uniform)	- 0.50
=	Final Score		= 7.45

9.2 Deductions can be made (by the panel Judge/s from Executions Marks) in the following areas:

Faults or variations from ideal Shape	Small 0.1 / Medium 0.2 – 0.3 / Large 0.5
Fall	0.5
Coach Assistance	0.1 – 0.5 depending of degree of assistance
Coach instructing participants during routine	0.5





9.3 The head judge will deduct Technical Deductions for:

Incorrect number for participants on an apparatus	0.5
Omission of a Special requirement	1.0
Wearing Jewellery	0.5
Inappropriate or not team uniform	0.5
Not competing all team members in the floor routine	1.0

9.4 Scores should be shared with coaches at the conclusion of each apparatus. Scores may be shown to spectators at the discretion of the Event Organisers

10. Protests

- 10.1 Protests must be made with the Event Organiser within 15 minutes of the completion of an apparatus, before the presentation of any awards.
- 10.2 Protests can only be made against faults in music playback, equipment defects etc, not an actual team score.
- 10.3 Protests will be heard by a competition Jury consisting of the Event organiser, head Judge and an appropriate representative of the Gym For All sports Management Committee.

11. Education

It is the Coaches responsibility to ensure that they are competent in coaching the skills in the division the Team is competing in and can provide evidence to support their competence through Education Module attendance and Gym sports Accreditations/s. If you are unsure please contact GNSW for guidance.





APPENDIX





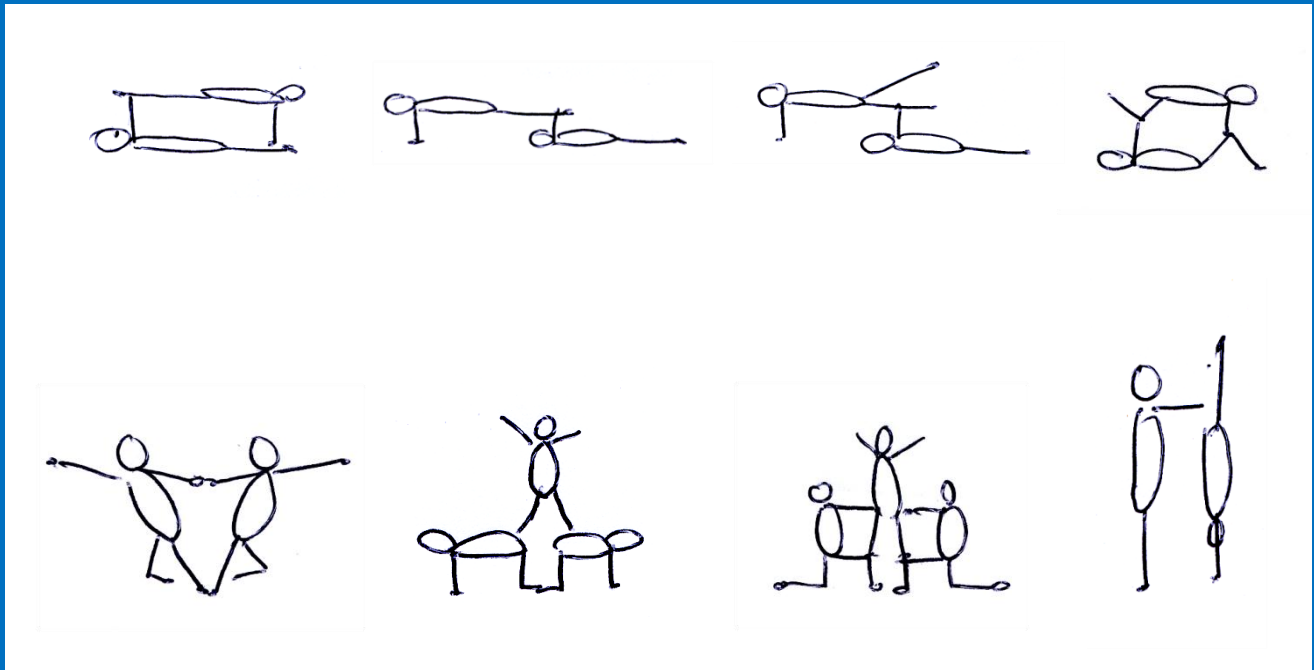
Novice Teams

Teams in NOVICE division must choose skills from the following list:

Single Mini Tramp	Tumbling
Straight Jump Star Jump Tuck Jump Straddle Jump Pike Jump Jump ½ Turn Jump Full Turn	Forward Roll (& variations) Backward Roll (& variations) Handstand Forward Roll Dive Roll Cartwheel (& variations) Backward Roll Extension Round Off NB: Any variation in shape is accepted as a different skill ie forward Roll and Forward Roll Straddle

Acrobatic Skills: Floor Routine

NB group and Individual balances must be held by at least 6 team members AT THE SAME TIME for 3 seconds to be recognised as a Special Requirement.



Select 2 Acro Skills from the ones above
 Select 1 jump or leap
 Select 1 Individual Balance of any kind (ie scale, Handstand, elephant stand etc)





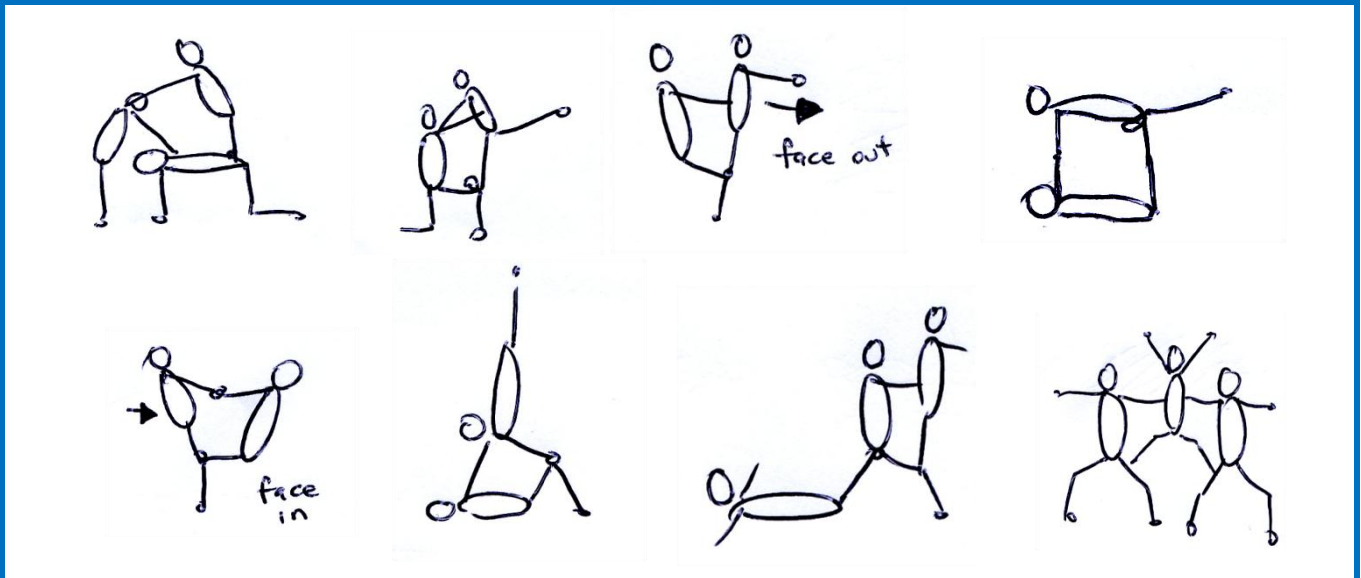
Intermediate Teams

Teams in INTERMEIATE division must choose skills from the following list:

Single Mini Tramp	Tumbling
<p>Straddle Jump Pike Jump Jump ½ Turn Jump Full Turn Front Salto</p>	<p>Forward Roll (& variations) Backward Roll (& variations) Handstand Forward Roll Dive Roll Cartwheel (& variations) Backward Roll Extension Round Off Handspring Forward Walkover Backward Walkover Back Flip / Flic Salto Forwards (punchfront)</p>

Acrobatic Skills: Floor Routine

NB group and Individual balances must be held by at least 6 team members AT THE SAME TIME for 3 seconds to be recognised as a Special Requirement.



Select 3 Acro Skills from the ones above
Select 2 jumps or leap
Select 2 Individual Balance of any kind (ie scale, Handstand, elephant stand etc)





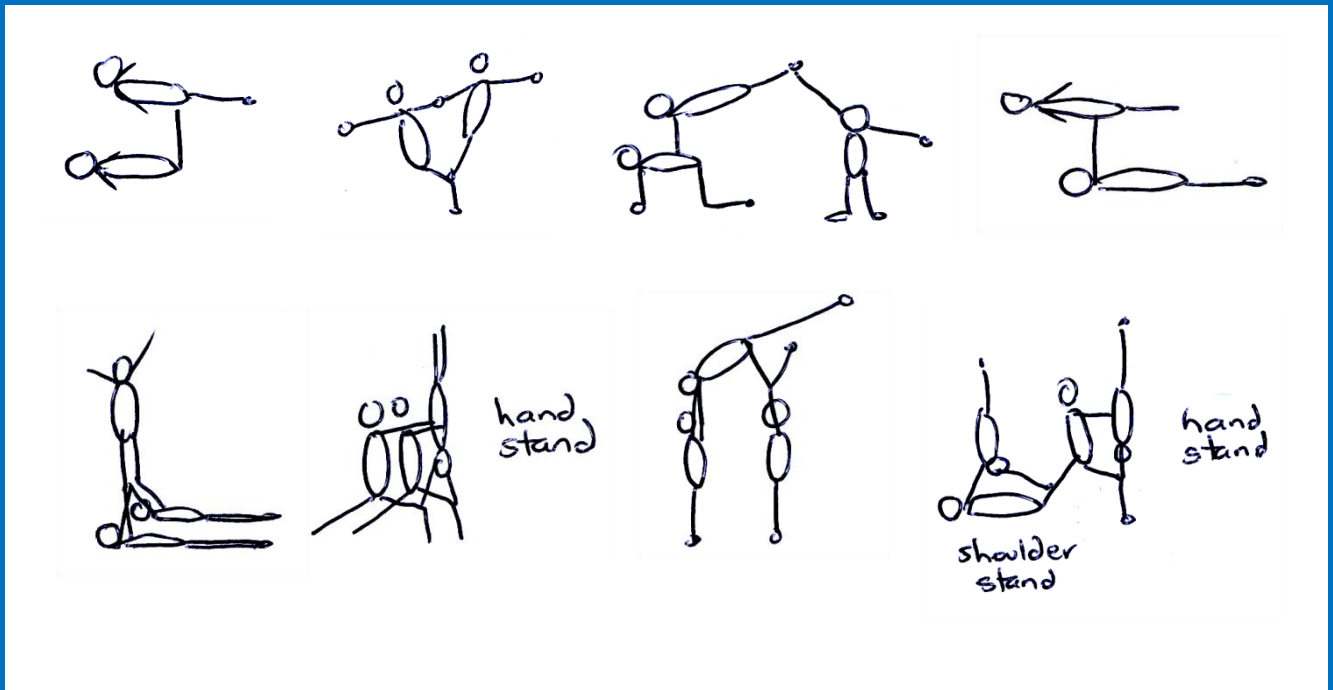
Open Teams

Teams in OPEN division must choose skills from the following list:

Single Mini Tramp	Tumbling
<p style="text-align: center;">Front Salto Tuck Front Salto Pike Front Salto ½ Turn in Tuck Barani / Layout ½ Turn Layout Front Salto Twisting layout Front Saltos</p> <p><u>Other skills must be approved by the head Judge prior to competition (ie double salto)</u></p>	<p style="text-align: center;">Round Off Handspring Forward & Backward Walkover Barani (aerial cartwheel) Back Flip / Whip Salto Forwards (punchfront) Salto Backwards Layout Salto (Fwd & Bwd) Twisting Saltos Side Saltos</p>

Acrobatic Skills: Floor Routine

NB group and Individual balances must be held by at least 6 team members AT THE SAME TIME for 3 seconds to be recognised as a Special Requirement.



Select 4 Acro Skills from the ones above
 Select 2 jumps or leap
 Select 2 Individual Balance of any kind (ie scale, Handstand, elephant stand etc)

