

**2024-2027**



# **TeamGym Code of Points**



**January  
2024**

## Description of Program

TeamGym is a competitive sport within the Gymnastics for All discipline of USA Gymnastics. Athletes compete in groups of 6 – 12 athletes, called squads. Each Squad performs a Tumbling Routine, a Trampet Routine, and a Floor Routine. The scores from all three routines are added together for a total to determine rankings or achievement status (in respective levels).

## Divisions and Age Groups

### (a) TeamGym level 1-10

Teams are determined by level of competition and not separated by gender.

### (b) Hope Unites Gymnastics with Special Needs (HUGS) Division

Squads composed solely of HUGS athletes, Level 1 or 2.

### (c) Unified Division

This division is for squads that have a combination of HUGS and “Unified Partners” (athletes without disabilities or special needs), Level 1 or 2. It is expected that everyone performs the same skills on the same apparatus. These Unified Partners (“UP”) may be from any other level and may participate on more than one team as a unified partner. The ratio of HUGS to UP must be 50% ( $\pm 2$ ) to qualify for this division.

### (d) Age Groups

The minimum age requirement is 5 years old. All TeamGym athletes must have reached their 5th birthday by the competition date. Using an athlete(s) who does not meet the minimum age requirement will result in disqualification.

Age Groups are created only if necessary or upon discretion of the Meet Director within a given competition (primarily due to the volume of squads). For example, if there are more than 8 teams in any given level at any given competition, the level will be split into two age groups.

The procedure for determining age groups is as follows:

- Determine the age of each respective athlete as of the date of the competition.
- Determine the average age per squad.
- Rank each squad by order of average age.
- Split squads into the appropriate number of age groups or sessions accordingly.

If squads in a specific level are split according to age, the Meet Director is required to inform respective clubs in advance of the competition.

## Tumbling Criteria

- **Tumbling:** Teams compete passes that are provided per their competition level. Passes must be performed in numerical order.
- **Tariff Form:** Coaches are required to submit a TeamGym Tumbling Tariff form to the Judges prior to competition declaring what passes they intend to execute. \*Two copies required if there are two judge panels.
- **Spotting:** a minimum of two active spotters should be in the landing area or along the airtrak where athletes might need extra assistance or can be easily moved out of danger. Coaches that are not actively spotting it will result in a 1.0 deduction.
- **Flag:** The first athlete in line must wait for a green flag or signal from a Judge prior to each pass.
- **Landing:** Any pass ending in a salto should land on the landing mat, all other passes can land on airtrak or landing mat. All athletes in pass should be consistent.
- **Sticking of landing:** The last athlete must demonstrate stuck landing with no extra steps. Salute towards the judge.
- **Kneeling:** Every competition shall have a designated active athlete kneeling area for all events. The location shall be easily visible for the officials and not blocking competing athletes. Athletes should kneel prior to each sub event so an official count can be established.
- **Streaming** should be evenly spaced, consistent in rhythm/tempo. The following athlete must begin their run no later than the preceding athlete makes contact with the apparatus- Exception: Athletes intensifying may wait until the previous athlete has completed their pass.
- **Intensification:** No intensification for levels 1-5. Level 6 and above, no intensification on the first tumbling pass. The 2nd and 3rd tumbling pass may have unlimited athlete upgrades in shape and up to a full twist. Intensification needs to be placed in order of increasing skill difficulty.

### *Tumbling Passes per Level*

#### Level 1 : 2 Passes

- *Ft. roll, ft. roll, straight jump, ft. roll, ft. roll, straight jump with 1/2 turn*
- *Ft. roll, ft roll, straight jump, step forward, cartwheel*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge
<i>b</i>	<i>Intensification</i>	<i>No intensification</i>
	<i>HUGS:</i>	Minium 4 skills required, custom consistent with Level 1

**Level 2: 2 Passes**

- *Cartwheel, chassé, cartwheel, chassé, cartwheel, chassé, cartwheel*
- *Run, round off, rebound, land, turn around, run, round off, rebound*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge
<i>b</i>	<i>Intensification</i>	<i>No intensification</i>
	<i>HUGS:</i>	Minium 4 skills required, custom consistent with Level 2

**Level 3: 2 Passes**

- *Run, round off BHS, rebound 1/2 turn, run round off BHS rebound*
- *Run round off, rebound 1/2 turn, run front handspring rebound*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge
<i>b</i>	<i>Intensification</i>	<i>No intensification</i>

**Level 4: 3 Passes**

- *Run, round off, BHS, BHS, BHS*
- *Run, front tuck, run, front handspring rebound*
- *Run, round off, BHS, rebound jump 1/2 turn, Run Round off, Back tuck*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge. All athletes must land 3rd pass in landing zone
<i>b</i>	<i>Intensification</i>	<i>No intensification</i>

**Level 5: 3 Passes**

- *Run, RO, BHS, BHS, back tuck*
- *Run, hurdle, front handspring, front tuck*
- *Run, front tuck step out, round off, BHS, back tuck*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge. All athletes must land passes in landing zone
<i>b</i>	<i>Intensification</i>	<i>No intensification</i>

### Level 6 : 3 Passes

- *Run, round off, whip, BHS, back tuck*
- *Run, FHS, front pike or layout*
- *Run, Front tuck step out, round off, BHS, Layout*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge. All athletes must land passes in landing zone.
<i>b</i>	<i>Intensification</i>	<i>No intensification on the first pass. The 2nd &amp; 3rd pass may have unlimited athlete upgrades in shape and up to an additional 1/1 twist.</i>

### Level 7: 3 Passes

- *Run, round off, whip, BHS, back layout*
- *Run, FHS, barani layout*
- *Run, front pike step out, round off, BHS, back layout*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge. All athletes must land passes in landing zone.
<i>b</i>	<i>Intensification</i>	<i>No intensification on the first pass. The 2nd &amp; 3rd pass may have unlimited athlete upgrades in shape and up to an additional 1/1 twist.</i>

### Level 8: 3 Passes

- *Run, round off, whip, whip, BHS, layout*
- *Run, FHS, full*
- *Run, Front pike step out, round off BHS , 1/1*

<i>a</i>	<i>Last stick</i>	Last athlete required to stick and salute towards the judge. All athletes must land passes in landing zone
<i>b</i>	<i>Intensification</i>	<i>No intensification on the first pass. The 2nd &amp; 3rd pass may have unlimited athlete upgrades in shape and up to an additional 1/1 twist. Double back tuck can also be performed.</i>

### **Trampet Criteria**

Trampet is composed of 2 apparatus. Teams compete in vault first, followed by mini tramp.

- **Tariff Form:** Coaches are required to submit a TeamGym Trampet Tariff form to the Judges prior to competition declaring what passes they intend to execute. \*Two copies required if there are two judge panels.

- **Spotting:** a minimum of two spotters in the landing area are required. Spotters must be placed in different areas where athletes might need extra assistance or can be easily moved out of danger. Coaches that are not actively spotting it will result in a 1.0 deduction.
- **Flag:** The first athlete in line must wait for a green flag from a Judge prior to each pass.
- **Sticking of landing:** The last athlete must demonstrate stuck landing with no extra steps. Salute towards the judge.
- **Kneeling:** Every competition shall have a designated active athlete kneeling area for all events. The location shall be easily visible for the officials and not blocking competing athletes. Athletes should kneel prior to each sub event so an official count can be established.
- **Streaming** should be evenly spaced, consistent in rhythm/tempo. The following athlete must begin their run no later than the preceding athlete makes contact with the apparatus- Exception: The last athlete (who is intensifying a skill) may wait until the previous athlete has completed their pass.
- **Intensification:** No intensification for levels 1-5. Level 6 and above, no intensification on the first vault or the first mini tramp. The 2nd vault and 2nd mini tramp may have unlimited athlete upgrades in shape and up to a full twist. Level 7 and above athletes may also upgrade in flip (double rotation). Start value will be determined by the lowest valued skill that the squad performs. Intensification needs to be placed in order of increasing skill difficulty.

## Vault

Athletes in Levels 1-3 execute one vault only in a continuous streaming fashion with the last person sticking the landing and holding for two seconds. Athletes in Levels 4-8 execute two vault passes in a continuous streaming fashion with the last person sticking the landing and holding for two seconds. Each preceding athlete must begin their run no later than the previous athlete making contact with the tramp board, power incline or mini tramp. Exception: Athletes intensifying may choose to start after the previous athlete has finished.

### *Vault Options & Start Values per Level*

#### Level 1: One Vault Pass

**Straight jump on- straight, tuck, or star jump off. (3.0 SV)**

- *All athletes must execute the same type of jump.*

<i>a</i>	<i>Last Stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
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<i>b</i>	<i>HUGS/Unified</i>	<i>Squat on, jump off. Body positions may vary per athlete.</i>
<i>c</i>	<i>Intensification</i>	<i>No intensification allowed at this level.</i>

**Level 2: One Vault Pass**

**Round off (¼ on- ¼ off) (3.0 SV)**

- *Similar to a roundoff, but with legs remaining together throughout the skill*
- *Upon landing athletes will face the mat stack.*
- *After a safe landing athletes will turn around and get out of the way.*

<i>a</i>	<i>Last Stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>b</i>	<i>HUGS/Unified</i>	<i>Straight jump on, straight, tuck, star jump off</i>
<i>c</i>	<i>Intensification</i>	<i>No intensification allowed at this level.</i>

**Level 3: One Vault Pass**

**Front handspring: (3.0 SV)**

<i>a</i>	<i>Last Stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification allowed at this level.</i>

**Level 4: Two Vault Passes**

- **First and Second Vault: Front handspring: using vault table (3.0 SV):**

<i>a</i>	<i>Last stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification allowed at this level.</i>

**Level 5: Two Vaults Required:**

- First Vault: Front handspring (3.0 SV)
- Second Vault: Handspring with ½ twist on OR ½ twist off (3.0 SV)

<i>a</i>	<i>Last stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification allowed at this level.</i>

**Level 6: Two Vault Passes**

- First Vault: Handspring with ½ twist on OR ½ twist off (3.0 SV)
- Second Vault: ½ on ½ off OR Front handspring 1/1 off (3.0 SV)

<i>a</i>	<i>Last stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification on the first vault. The 2nd vault may have unlimited athlete upgrades in shape and up to an additional 1/1 twist. Start value will be determined by the lowest valued skill that the squad performs.</i>

**Level 7: Two Vault Passes**

- First and Second vault must be different. Choosing from the choices below

<i>a</i>	<i>Start Values</i>	<i>Coaches Choice</i>
	<i>2.0 SV</i>	<i>Front Handspring</i>
	<i>2.6 SV</i>	<i>Front Handspring vault with ½ twist in either pre <u>or</u> post flight</i>
	<i>3.0 SV</i>	<i>½ on – ½ off <u>or</u> front handspring 1/1 off</i>
	<i>3.0 SV</i>	<i>½ on - 1/1 off <u>or</u> Front handspring 1 ½ off</i>
	<i>3.0 SV</i>	<i>Tuck Tsukahara</i>
<i>b</i>	<i>Last stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>c</i>	<i>Intensification</i>	<i>No intensification on the first vault. The 2nd vault may have unlimited athlete upgrades in shape and flip with up to an additional 1/1</i>



		<i>twist. Start value will be determined by the lowest valued skill that the squad performs.</i>
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### **Level 8: Two Vault Passes**

- **First and Second vault must be different. Choosing from the choices below**

<i>a</i>	Start Values	Coaches Choice
	2.0 SV	Front Handspring vault with ½ twist in either pre or post flight
	2.6 SV	½ on – ½ off or front handspring up to an additional 1/1 off
	3.0 SV	½ on - 1/1 off or Front handspring 1 ½ off
	3.0 SV	<i>Tuck, Pike, or Layout Tsukahara</i>
	3.0 SV	<i>Front HS Front Tuck (1/2 out recommended)</i>
<i>b</i>	<i>Last stick</i>	<i>The Last athlete required to stick and salute towards the judge.</i>
<i>c</i>	<i>Intensification</i>	<i>No intensification on the first vault. The 2nd vault may have unlimited athlete upgrades in shape and flip with up to an additional 1/1 twist. Start value will be determined by the lowest valued skill that the squad performs.</i>

### **Mini-Tramp**

Start value is determined from the first athlete who completes a skill in levels 1 - 8. Example: if the first athlete in a squad executes a skill that has a start value of 2.6, their overall score will be 0.4 less as a result of using a pass worth less than the maximum value of 3.0.

#### ***Mini-tramp Pass Options and Start Value per Level***

**Level 1: 2 Passes: First and second pass must be different.**

- ***straight, tuck, or star jump*** (3.0 SV):
- ***straight, tuck, or star jump*** (3.0 SV):

<i>a</i>	<i>HUGS/Unified</i>	<i>Follow same criteria as above except no stretch position required. Also, no requirement for all to do the same jump</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification allowed at this level</i>

**Level 2: 2 Passes: First and second pass must be different.**

- **tuck, straddle, or pike jump** (3.0 SV):
- **tuck, straddle, or pike jump** (different from first pass) (3.0 SV).

<i>a</i>	<i>HUGS/Unified</i>	<i>Follow same criteria as above except no stretch position required. Also, no requirement for all to do the same jump</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification allowed at this level</i>

**Level 3: 2 Passes**

- **First Pass - tuck, straddle, or pike jump** (3.0 SV):
- **Second Pass - front tuck** (3.0 SV)

<i>a</i>	<i>Intensification</i>	<i>No intensification allowed at this level</i>
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**Level 4: 2 Passes**

- **Frist Pass - front tuck** (3.0 SV):
- **Second Pass -front layout** (3.0 SV)

<i>a</i>	<i>Intensification</i>	<i>No intensification allowed at this level</i>
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**Level 5: 2 Passes**

- **First Pass - front layout** (3.0 SV)
- **Second Pass - barani tuck** (3.0 SV)

<i>a</i>	<i>Intensification</i>	<i>No intensification allowed at this level</i>
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**Level 6: 2 Passes:** First and Second pass must be different. Choose from the choices below

<i>a</i>	<i>Pass Options</i>	
<i>i</i>	<b>2.0 SV</b>	<i>Front salto tuck or pike</i>
<i>ii</i>	<b>2.6 SV</b>	<i>Front salto layout</i>
<i>iii</i>	<b>2.8 SV</b>	<i>Barani tuck</i>
<i>iv</i>	<b>3.0 SV</b>	<i>Barani pike</i>
<i>v.</i>	<b>3.0SV</b>	<i>Barani layout</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification on the first mini trampoline. The 2nd mini trampoline may have unlimited athlete upgrades in shape and up to additional 1/1 twist. Start value will be determined by the lowest valued skill that the squad performs.</i>

**Level 7: 2 Passes Required**

- First and Second pass must be different. Choose from the choices below

<i>a</i>	<i>Pass Options</i>	
<i>i</i>	<b>2.0 SV</b>	<i>Front salto layout</i>
<i>ii</i>	<b>2.4 SV</b>	<i>Barani tuck or pike</i>
<i>iii</i>	<b>2.6 SV</b>	<i>Barani layout (this is <b>not</b> an aerial roundoff)</i>
<i>iv</i>	<b>3.0 SV</b>	<i>Front salto layout with full twist</i>
<i>v</i>	<b>3.0 SV</b>	<i>Front salto layout with 1 ½ twist</i>
<i>b</i>	<i>Intensification</i>	<i>No intensification on the first mini trampoline. The 2nd mini trampoline may have unlimited athlete upgrades in shape and up to an additional 1/1 twist. Start value will be determined by the lowest valued skill that the squad performs.</i>

**Level 8: 2 Passes Required**

- First and Second pass must be different. Choose from the choices below

a	Pass Options	
i	<b>2.0 SV</b>	<i>Barani tuck, pike, or layout</i>
ii	<b>2.4 SV</b>	<i>Front salto layout with full twist</i>
iii	<b>2.8 SV</b>	<i>Front salto layout with 1 ½ twist</i>
iv	<b>3.0 SV</b>	<i>Front salto layout with double twist</i>
v	<b>3.0 SV</b>	<i>Double front salto tuck ½ out or Double front salto tuck (½ out preferred for safety)</i>
	<b>3.0 SV</b>	<i>Barani double (½ in Back out)</i>
b	Intensification	<i>No intensification on the first mini tramp. The 2nd mini tramp may have unlimited athlete upgrades in shape and flip with up to an additional 1/1 twist. Start value will be determined by the lowest valued skill that the squad performs</i>

**Tumbling and Trampet Bonus – up to 0.4 Value**

Bonus points are awarded to the score for Tumbling and Trampet based on the table of active gymnasts below:

8-9	+0.2
10-11	+0.3
12	+0.4

**Floor**

All individuals (one person may sit out) on the team will compete as one unit on the floor exercise. Each level has requirements for the composition of the routine.

Coaches are required to submit a TeamGym Floor Tariff form to the Judges prior to competition. \*Two copies required if there are two judge panels.

**1. Floor Routine General Qualities**

- **Elements** – Gymnastics and dance elements should be dominant in the choreography.
- **Body movements** (waves and swings) are evident throughout.
- **Transitions** – There should be smooth, rhythmic transitions between elements and formation changes. Acrobatic elements should meld rhythmically into movement sequences.
- **Formations** – The groups must show a minimum number of formations during the routine.
- **Synchronization** – The athletes should move together most of the time. Short solos or canons are encouraged but must not dominate nor detract from the overall performance. Canons, or using a ripple effect, will not meet any synchronization requirements.
- **Precision and Accuracy** – The athletes should execute the skills and movements with the same amount of precision and accuracy, i.e. all legs should hit the same height and angle and the same time, etc.
- **Coordination and Rhythm** – all members of the squad should demonstrate total body coordination and show a natural sense of movement.
- **Expression and Dynamics** – The athletes should perform with a consistent expression and perform movements with the same dynamic.
- **Originality** – The squad should show originality.
- **Levels** – Movements should be shown on all levels and in all directions.
- **Fronts** – While the location of the audience is to be respected, the program should be performed to different fronts and the squad should use the whole floor area during the program.
- **Changes in tempo** – The elements / movements should show variance in tempo (even if the music does not include any variation in tempo). This means that the elements are executed in different tempos (measures), e.g., whole, half, and double measures.
- **Minimum repetition** – The elements / movements should differ so that the composition is not monotonous, and the chosen elements are not missing variation. Elements/movements should not be repeated several times.
- **Flexibility** – The athletes should execute skills which show flexibility (required Levels 6 – 8, optional Levels 1 – 5)

## 2. Floor Difficulty – 2.0 Value

The value of difficulty for floor exercise is derived from 5 major element requirements worth 0.4 each. Within each element category, the .4 difficulty may be met by one skill or several skills, depending on each level.

**REFER TO THE FLOOR CONTENT CHART FOR SPECIFIC REQUIREMENTS PER CATEGORY PER LEVEL.**

**Pirouette (P) Elements – 0.4 Value (see Floor Content Chart for detail)**

- At least a 180° rotation on one foot, or pivot turn on both feet (both in relevè position).
- Must be performed clearly and the rotation must be totally fulfilled.
- Hopping during pirouettes will incur execution deductions.
- Body shape must be defined and clearly visible during the whole turn. It is expected that all the gymnasts perform the pirouettes simultaneously or close in time. All gymnasts in the same sub-group (three or more gymnasts) must perform the turn facing in the same direction. Subgroups should be separated by at least twice the distance between the gymnasts.

**Jump / Leap / Hop (J) Elements – 0.4 Value (see Floor Content Chart for detail)**

**Jump** – take off from 2 feet and land on 2 feet (jump), OR take off 2 feet and land 1 foot (*sissonne*)

**Leap** – take off from 1 foot and land on the other foot (leap), or take off from 1 foot and land on both (*assemblé*)

**Hop** – take off from one foot and land on the same foot.

- Show a recognized (fixed and well defined) shape formed in the air.
- Inner amplitude = full extension of the body parts throughout the skill.
- Outer amplitude = height of skill proportionate to size of athlete and/or average size of athletes in squad.
- No more than three steps are allowed (walking or running) before the jump, leap, or hop.

**Balance (B) Elements – 0.4 Value (see Floor Content Chart for detail)**

Balance Elements consist of individual or multiple athlete skills (partners, trios, pyramids, etc.) featuring holds, strength, and dynamic movement with balance (either static or aesthetic) as the common denominator.

- A recognized shape where the whole body is held in a static position for at least 2 sec. without additional movement. Body shape must be defined and clearly visible. Examples: various shape holds and scales, multiple athlete shape holds, flexibility and pyramids.
- A controlled movement with dynamic strength or aesthetic wave motion. Examples: press up to or down from handstand, aerobic type push-ups, multiple tosses or moving pyramids.
- A controlled movement with wave motion or contraction. Examples: body waves, swing movements, multiple athlete waves

- Body Wave - From a bent position, an extension occurs through each joint as a wave through the body (forward, backward, or sideward).
  - Contraction – From a straight position, contract the body to a curved position (forward, backward, or sideward).
  - Swing Movements - An impulse or a release that lets gravity take the body into a pendulum swing. The swing must include the hips and the legs.
  - Multiple Athlete Wave – a group of athletes work together to create a wave action.
- Flexibility – the ability to bring a limb through its full range of motion in the joints.
  - Flexibility Elements

*The gymnasts will choose a flexibility element which must be performed at the same time. You may choose one of the following elements.*

1. Splits (left or right leg in front is optional)
2. Side splits
3. Straddle pike sitting fold, leg separation must be at least 90 degrees, upper body folded at least 45 degrees.
4. Pike sitting fold, chest touching the knees.

*In the flexibility element, the position must be clearly shown but does not have to stay still.*

- Any of the above performed with more than one athlete (Acrobatic Gymnastics) in groups of two or more. If an odd number athlete remains; he/she must perform a variation of the element and hold the same two seconds.
- Levels 6-8: Required to include 6 balance elements @ 0.1 for each element totaling a value of 0.6. (required to have 3 individual balances: 2 different hand supported balance elements, 1 balance in releve' with free leg at optional angle, and a flexibility element). You may select any other 2 skills in this category.

### **Tumbling Elements (T) – 0.4 Value (see Floor Content Chart for detail)**

Skills must comply with recognized norms in artistic gymnastics and commensurate with the skills that are included for the various Jump Levels. Please refer to each respective Jump Difficulty Tumbling (Section 4.01 (a)) for information about appropriate Acrobatic Elements. Levels 6-8 tumbling elements have a value of 0.2. 2 are required 1 must be in unison.

### **Combination of Elements (C) – 0.4 Value (see Floor Content Chart for detail)**

This refers to direct connections between two different qualifying elements (from categories (a) – (d) above); which are appropriate to the norms for each level. *Elements in combination can be used to fulfill both the combination of elements and any other element requirements.* Example:

two leaps in direct connection may fulfill two element categories (Jumps/Leaps/Hops & Combination of Elements). All connections must be direct. Direct connections are those in which elements are performed without pauses between elements, loss of balance, or additional jumps, hops, or steps. The execution of each element, inside the combination, must comply with recognized gymnastics technique and definitions.

- Levels 1 - 2: One combination required – Value = 0.4
- Levels 3 - 6: Two combinations required – Value = 0.2 each
- Levels 7 - 8: Four combinations required – Value = 0.1 each

### 3. Floor Composition – 3.0 Value

Composition plays a major role in the floor routine choreographed to music. As a result, it has more value than Difficulty. Much care and attention to detail should be addressed to this category to achieve maximum score.

#### Composition Principles

- Every routine is uniquely choreographed to music without lyrics (see section 5.05 for music requirements).
- Emphasis should be placed on GROUP performance of all elements, sequences, and dance as opposed to “featuring” individuals, pair, or small groups that are part of the squad.
- The movements, music, and dance “style” of the choreography selected should be appropriate to the age, gender, level, and representation of the squad members. When mixing males and females; make every effort to coordinate synchronized choreography without making both genders do the same thing all the time.
- Attention should be paid to synchronization throughout. All members of the group must show continuity.
- The choice of elements and composition in the program should never sacrifice style and technical precision in favor of difficulty. Smooth transitions are a must. Just walking or running is unacceptable.
- **Formations:** Specific patterns demonstrated by the squad. Squads are required to show a minimum number (specific to level) of formations during the routine. (see Floor Content Chart for details)

#### Floor Bonus – up to 0.5 Value (no bonus in LEVELS 9 – 10)

Bonus points are awarded to the Group Floor Exercise Event Score based on the table of active gymnasts below:

8-9	+0.2
10-11	+0.3
12	+0.4



## **Floor Presentation & Music Requirements**

### **Presentation Guidelines**

Initial presentation for a Floor Routine should begin with the squad (active athletes) lined up, side by side at the back of the floor exercise, facing the head judge; with any kneeling athletes standing at the designated kneeling location. Once the head judge salutes the squad, athletes will salute, proceed to their respective starting position on the floor or at the kneeling position, and wait for music to start. After the final hold position marking the end of the routine (and music stops), the squad will line up, side by side for a final presentation and march off in single file.

### **Music Requirements**

The instrumental selection should enhance the entire routine as the squad performs in unison with the music. There is a time range for each respective level (see floor chart below). Music with lyrics is not allowed. Time starts with the first movement of an athlete in the squad. Up to one eight count allowed prior to said movement. Time will end when the music ends regardless of any movement by athletes. Music should end on a definite note or clearly defined fade out. Athletes will continue to be evaluated if overtime has occurred. \*Voice as an instrument, or brief voice gestures are allowed by exception.



## Floor Content Chart 2024-2027

Summary Table of Requirements by Competition Level

	Level 1	Level 2
<b>Floor Difficulty = 2.0 towards Final Floor Score</b>		
<b>(a) Pirouette Elements (P)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination.		
	<b>1 required</b>	<b>1 required</b>
<b>Requirements:</b>	1, pivot or a half turn on one foot	1, pivot-pivot combination or half turn on one foot
<b>Skill examples</b>	<b>NOTE: A jump-turn counts as Jump Element (J) at all Levels</b>	
<b>(b) Jump/Leap/Hop Elements (J)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.		
	<b>2 required</b>	<b>2 required</b>
<b>Requirements or Skill examples:</b>	<b>2 Basic: jump(s), leap(s) or hop(s):</b> <i>Eg. Straight (L1 commensurate), Tuck, Straddle, Spread Eagle, Sissone. Any Jump in Code of points "Jumps, Leaps or Hops" of 0.2 value.</i>	
<b>(c) Balance (B)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)		
	<b>2 required, 1 must be individual balance</b>	<b>2 required, 1 must be individual balance</b>
<b>Requirements or Skill examples</b>	<i>eg. Individual balance such as a candlestick, V-sit no hands, stand on one leg with free leg in any position. Power move such as a basic push up. Body wave to the front or side. Group balance formation. Movement that demonstrates flexibility.</i>	
<b>Note:</b>	*There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
<b>Restrictions</b>	<b>Levels 1-4, No group stunts involving tosses or throws. Maximum acrobatic stacking of two tiers with proper spotting.</b>	
<b>(d) Tumbling Acrobatic Elements (T)</b> -0.4 Value Category. Elements MAY also count as part of a Combination.		
<b>Requirements:</b>	<b>2 required. May be same or different skills. Any tumbling skill at Level or one Level above or below allowed.</b>	
<b>Requirements or Skill examples:</b>	<i>Forward &amp; backward rolls, cartwheels, dive roll, kick to partial handstand (no hold required.)</i>	<i>Round-Offs, Rebounds, Jump half turns, walkovers and tinsicas.</i>
<b>Restrictions</b>	<b>No handsprings allowed (except ADSN)</b>	
<b>(e) Combinations (C)</b> - 0.4 Value Category. Elements in combination can be used to fulfill <b>both</b> the combination of elements and any difficulty element requirements.		
<b>Requirements:</b>	<b>1 required (0.4 each)</b>	<b>1 required (0.4 each)</b>
	To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of balance	
<b>Composition = 3.0 towards Final Floor Score</b>		
<b>Formations (F)</b> - One of the required formations at each level 1-4 must be circular, arced or curved.		
<b>Requirements:</b>	<b>3 required</b>	<b>3 required</b>
<b>Music</b> - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.		
<b>Requirements:</b>	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 1:00 minute / Maximum 1:30 minute	Minimum 1:00 minute / Maximum 1:30 minute



## Floor Content Chart 2024-2027

Summary Table of Requirements by Competition Level

	Level 3	Level 4
<b>Floor Difficulty = 2.0 towards Final Floor Score</b>		
<b>(a) Pirouette Elements (P)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination.		
	<b>1 required</b>	<b>2 required</b>
<b>Requirements:</b>	1, full turn on one foot. Free leg in optional position.	1, full turn on one foot. Thigh angle at least 45°.
<b>Skill examples</b>	<i>Eg. coupé</i>	<i>Eg. coupé with high arms or passé</i>
<b>NOTE: A jump-turn counts as Jump Element (J) at all Levels</b>		
<b>(b) Jump/Leap/Hop Elements (J)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.		
	<b>2 required: 1 must be a leap</b>	<b>2 required: 1 must be a leap</b>
<b>Requirements:</b>	Eg. Jump half turn, Jump full turn or any Jump from the 0.2 or 0.4 category in the Appdx.	Leap must achieve 90° thigh separation
<b>Skill examples</b>		
<b>(c) Balance (B)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)		
	<b>2 required, 1 must be individual balance</b>	<b>4 required, 1 must be individual balance</b>
<b>Requirements:</b>	Balance must show 45° thigh angle	Balance must show 45° thigh angle
<b>Skill examples</b>	eg. Individual balance on one leg with two different leg, arm or torso positions, candlestick no hands on hips, straddle V-sit no hands, coupé (Level 3) or passé (Level 4) balance, or bridge, or fancy basic push up.	
<b>Note:</b>	*There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
<b>Restrictions</b>	<b>Levels 1-4, No group stunts involving tosses or throws. Maximum acrobatic stacking of two tiers with proper spotting.</b>	
<b>(d) Tumbling Acrobatic Elements (T)</b> -0.4 Value Category. Elements MAY also count as part of a Combination.		
<b>Requirements:</b>	<b>2 required. Must be different skills. 1 in unison. Any tumbling skill at Level or one Level above or below allowed.</b>	
<b>Skill examples</b>	<i>Front and Back Handsprings are allowed. All lower levels skills also allowed with superior form.</i>	<i>1, must be handspring (FHS or BHS) performed by majority of team (&lt;50%).</i>
<b>Restrictions</b>	<b>No saltos allowed</b>	
<b>(e) Combinations (C)</b> -0.4 Value Category. Elements in combination can be used to fulfill <b>both</b> the combination of elements and any difficulty element requirements.		
<b>Requirements:</b>	<b>2 required (0.2 each)</b>	<b>2 required (0.2 each)</b>
	To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of	
<b>Composition = 3.0 towards Final Floor Score</b>		
<b>Formations (F)</b> - One of the required formations at each level 1-4 must be circular, arced or curved.		
<b>Requirements:</b>	<b>5 required</b>	<b>5 required</b>
<b>Music</b> - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.		
<b>Requirements:</b>	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 1:15 minute / Maximum 1:45 minute	Minimum 1:15minute / Maximum 1:45 minute



## Floor Content Chart 2024-2027

Summary Table of Requirements by Competition Level

	Level 5	Level 6
<b>Floor Difficulty = 2.0 towards Final Floor Score</b>		
<b>(a) Pirouette Elements (P)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination.		
	<b>2 required</b>	<b>2 required</b>
<b>Requirements:</b>	<b>1</b> , full turn on one foot. Thigh angle at least 45° and <b>1</b> , full turn	<b>1</b> , full turn on one foot. Thigh angle > 45° and <b>1</b> , one and a half turn or double turn on one foot.
<b>(b) Jump/Leap/Hop Elements (J)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.		
	<b>4 required</b>	<b>4 required</b>
<b>Skill examples</b>	<b>1</b> must be a leap with 120° thigh separation and <b>1</b> must include turning jump at least 90°	<b>1</b> must be a leap with 135° thigh separation and <b>1</b> must include turning jump at least 180°
<b>(c) Balance (B)</b> - 0.4 Value Category in Level 1-5 Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)		
	<b>4 required, 1 must be individual balance</b>	<b>6 required</b>
<b>Requirements:</b>	Balance must show 90° thigh angle or be a 1 second handstand	<ul style="list-style-type: none"> <li>Balance must show 90° thigh angle without hand support</li> <li>1 balance must be in relevé with free leg at optional angle.</li> <li>2 second handstand</li> <li>Flexibility element</li> <li>Hand supported balance</li> <li>1 additional elements in the balance category</li> </ul>
<b>Skill examples</b>		
<b>Note:</b>	There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.	
<b>Restrictions</b>	Levels 5-6 Group stunts may involve low tosses or throws. Maximum acrobatic stacking of two tiers with proper spotting	
<b>(d) Tumbling (T)</b> - Level 6-8		
	<b>0.4 Value Category in Level 1-4</b>	<b>0.2 Value Category in</b>
<b>Requirements:</b>	<b>4 required. 2 in unison. Must be assorted skills.</b>	<b>4 required. 2 in unison. Must be assorted skills.</b>
<b>Skill examples</b>	<i>1, must be handspring (FHS or BHS) or salto performed by team (minus 1 allowed).</i>	<i>1, must be salto performed by team (minus 1 allowed)</i>
<b>Restrictions</b>	<b>No twisting saltos allowed</b>	
<b>(e) Combinations (C)</b> - 0.4 Value Category. Elements in combination can be used to fulfill <b>both</b> the combination of elements and any difficulty element requirements.		
<b>Requirements:</b>	<b>2 required (0.2 each)</b>	<b>2 required (0.2 each)</b>
	To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of	
<b>Composition = 3.0 towards Final Floor Score</b>		
<b>Formations (F)</b> - One of the required formations at each level 5-8 must be circular, arced or curved AND one must be split into two or more group.		
<b>Requirements:</b>	<b>6 required</b>	<b>6 required</b>
<b>Music</b> - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.		
<b>Requirements:</b>	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>	
	Minimum 1:30 minute / Maximum 2:00 minute	Minimum 1:30 minute / Maximum 2:00 minute



## Floor Content Chart 2024-2027

Summary Table of Requirements by Competition Level

Level 7	Level 8
<b>Floor Difficulty = 2.0 towards Final Floor Score</b>	
<b>(a) Pirouette Elements (P)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination.	
<b>2 required</b>	<b>2 required</b>
<b>Requirements:</b>	<b>1, full turn on one foot. Thigh angle &gt; 60° and 1, one and a half turn or double turn on one foot.</b>
<b>Requirements:</b>	<b>1, full turn on one foot. Thigh angle &gt; 90° and 1, one and a half turn or double turn on one foot.</b>
<b>(b) Jump/Leap/Hop Elements (J)</b> - 0.4 Value Category. Elements MAY also count as part of a Combination and be a transition.	
<b>4 required</b>	<b>4 required</b>
<b>Requirements:</b>	<b>1 must be a leap with 180° thigh separation and 1 must include turning jump at least 360°</b>
<b>Skill examples</b>	<b>1 must be a leap with 180° thigh separation and 1 must include turning jump at least 360°</b>
<b>(c) Balance (B)</b> - 0.6 Value Category. Elements MAY also count as part of a Combination. (Strength, Flexibility, Group and Waves included in this category*)	
<b>6 required, 1 must be individual balance</b>	<b>6 required, 1 must be individual balance</b>
<b>Requirements:</b>	<ul style="list-style-type: none"> <li>1 balance must be in relevé with free leg at optional angle.</li> <li>2 second handstand</li> <li>Flexibility element</li> <li>Hand supported balance</li> <li>2 additional elements in the balance category</li> </ul>
<b>Skill examples</b>	<ul style="list-style-type: none"> <li>1 balance must be in relevé with free leg at optional angle.</li> <li>2 second handstand</li> <li>Flexibility element</li> <li>Hand supported balance</li> <li>2 additional elements in the balance category</li> </ul>
<b>Note:</b>	There are many assorted skills to satisfy this category including both individual or multiple athlete balances, body waves, contractions & swings, power elements and strength movements, flexibility positions, partner assists or balances, small lifts or carries, a group pose with lifts or group stunts such as a pyramid formation.
<b>Restrictions</b>	<b>Levels 7-8 Group stunts involving high tosses or throws must follow USA Gymnastics guidelines for safety spotting. Maximum acrobatic stacking of two tiers.</b>
<b>(d) Tumbling Acrobatic Elements (T)</b> -0.2 Value Category. Elements MAY also count as part of a Combination.	
<b>Requirements:</b>	<b>4 required. 2 in unison. Must be assorted skills.</b>
<b>Skill examples</b>	<b>1, must be short series including a salto performed by team (minus 1 allowed).</b>
<b>Restrictions</b>	<b>Twisting is allowed not required. No double saltos allowed</b>
<b>(e) Combinations (C)</b> - 0.4 Value Category -Elements in combination can be used to fulfill <b>both</b> the combination of elements and any difficulty element requirements.	
<b>Requirements:</b>	<b>4 required (0.1 each)</b>
<b>Requirements:</b>	<b>4 required (0.1 each)</b>
To qualify as a combination, two or more distinct skills must be directly connected without intermediate steps, hops or loss of balance	
<b>Composition = 3.0 towards Final Floor Score</b>	
<b>Formations (F)</b> - One of the required formations at each level 5-8 must be circular, arced or curved AND one must be split into two or more group.	
<b>Requirements:</b>	<b>8 required</b>
<b>Requirements:</b>	<b>8 required</b>
<b>Music</b> - All Group Floor Routine and Jump Routine music must be instrumental. Voice as instrument allowed.	
<b>Requirements:</b>	<i>Routine Length - NOTE: Time starts from the first movement of the gymnasts until the music ends. (Two eight counts are allowed prior to time clock beginning.)</i>
<b>Requirements:</b>	<b>Minimum 2:00 minute / Maximum 2:30 minute</b>
<b>Requirements:</b>	<b>Minimum 2:00 minute / Maximum 2:30 minute</b>

## Execution Deductions (Tumbling, Trampet)

BODY POSITION	Variation in body position compared to what is expected	
	Flex in feet	-0.1
	Flex in legs or arms when they should be straight	Up to -0.3
	Incorrect overall shape for a required position (inadequate angle)	Up to -0.5
	Legs separated when they are supposed to be together	Up to -0.2
	Straight position not shown leaving mini tramp	Up to -0.1
	Straight position not shown after skill shape or salto(s) prior to landing on MT	Up to -0.1
	Athlete does not make contact with both hands on the vault or both feet on the mini tramp (double bouncing is included in this category)	-0.5 each time
TWISTING/TURN	Variation in twisting or turning compared to what is expected	
	Athlete does not twist/turn as one unit (cat twist)	-0.1
	Timing of twist/turn in skill (example: early twist with barani)	Up to -0.3
	Inadequate completion or over rotating of twist/turn	Up to -0.3
INNER AMPLITUDE	The extension of the body as a whole or with specific parts	
	General lack of inner amplitude (extension)	Up to -0.2
	Failure to show extended body going into jump and salto skills	-0.1
	Failure to show extended body coming out of jump and salto skills	-0.1
OUTER AMPLITUDE	The height of an athlete from the take-off point relative to their respective size	
	General lack of outer amplitude (post flight on Vault, skill height on T and MT)	Up to -0.3

DISTANCE	Variation of appropriate distance relative to the size of the athlete	
	General lack of distance (post flight on Vault, overall length of Tumbling pass)	Up to -0.3
LANDING	Variation in ideal landing position (posture) and last person hold requirement	
	Athlete does not demonstrate proper landing technique Examples: too deep a squat – legs too far apart – incorrect arm position	Up to -0.2
	Last athlete does not hold finish position for two seconds	-0.2
	Athlete not landing last skill on the landing mat with final skill. Any pass ending in a salto should land on the landing mat, all other passes can land on airtrak or landing mat. All athletes in pass should be consistent.	-0.3 each
FALLS	Loss of control at any time that results in failure of execution during landing	
	Any athlete using minor additional support from one hand or one step	-0.1
	Any athlete using medium support from two hands or two steps	-0.2
	Any athlete using three or more steps to “save” the landing	-0.3
	Any athlete using full support from any body part other than feet This also includes a safety roll (forward or backward) after a skill	-0.5
	Any athlete landing without touching foot/feet first	-1.5
	Last athlete takes multiple steps before holding finish (-0.1 each step)	Up to -0.3

Neutral Deductions (Tumbling, Trampet)

	Deliberate or accidental omission of an entire pass by an athlete	-1.5
	Substitution of an entire pass or major element or partial execution	Deduct up to respective value
	Intensification exceeds allowable difficulty or is out of order	-0.5 each
	Five active athletes (per pass)	-1.0 each time
	Four active athletes (per pass)	-2.0 each time
	Three active athletes (per Pass)	VOID each specific pass
	Number of active athletes per pass is greater than maximum allowed	VOID entire event score
	Athlete performs one less skill than minimum required per tumbling pass	-0.5 each time
	Athlete performs two less skills than minimum required per tumbling pass	-1.0 each time
	Athlete runs through an entire pass on any sub event with no skill execution	-1.5 each time
	Athlete performs same tumbling series more than once	-0.2 each time
	Athlete does not perform minimum twist requirement in at least one pass	-0.2 each athlete
	Athlete breaks the streaming rhythm either by speed or spacing inconsistent with entire squad	up to -0.3 each
	Entire stream is halted due to a fall or a series of individual errors	up to -2.0



	Squad does not jog together in transition in a quick and efficient manner	-0.3
	Passes designated on Tariff are not done in the correct order	-1.0 per occurrence
	Use of music with Lyrics or absence of music	-2.0
	Entire squad omits a pass	VOID entire pass score
TUMBLING		
	Omission of elements from intended pass as indicated on Tariff form	-0.5 each
	Athlete breaks the series with pause, hop, extra step, or double jump	up to -0.2 each
	Athlete does not perform correct position or inadequate twist in salto	up to -0.2 each
	Athlete does not land final skill in designated landing mat area	-0.3 each
	Athlete Adds an Element	-1.0
	Athlete Performs a Salto in the Landing Area	-0.3 each
VAULT		
	Athlete omits intended vault	-1.5 each
	Athlete substitutes a different vault that is not intensification	-0.5 each
MINI-TRAMP		
	Athlete omits intended skill	-1.5 each
	Athlete substitutes a different skill that is not intensification	-0.5 each

## Execution Deductions (Floor)

BODY POSITION	Variation in body position compared to what is expected	
	Flex in feet	-0.1
	Flex in legs or arms when they should be straight	Up to -0.3
	Incorrect overall shape for a required position	Up to -0.5
	Legs separated when they are supposed to be together	Up to -0.2
	Individual athletes not conforming to technique of the group as choreographed	Up to -0.2
TWISTING/TURN	Variation in twisting or turning compared to what is expected	
	Athlete does not twist/turn as one unit (cat twist)	-0.1
	Timing of twist/turn in skill	Up to -0.3
	Inadequate completion or over rotating of twist/turn	Up to -0.3
INNER AMPLITUDE	The extension of the body as a whole or with specific parts	
	General lack of inner amplitude (extension)	Up to -0.2
OUTER AMPLITUDE	The height of an athlete from the take-off point relative to their respective size	
	General lack of outer amplitude (the height from the floor)	Up to -0.3
FORMATION	Each squad is required to show a specific number of formations	
	General lack of discipline in the formation	Up to -0.2
LANDING	Variation in ideal landing position (posture) and last person hold requirement	
	Athlete does not demonstrate proper landing technique	Up to -0.2
	Last athlete does not hold finish position for two seconds	-0.2
FALLS	Loss of control at any time that results in failure of execution	

	Any athlete using minor additional support from hands or additional foot	-0.1
	Any athlete using full support from any body part other than foot/feet	-0.5
	Any athlete landing without touching foot/feet	-1.0

**Neutral Deductions (Floor)**

	Deliberate or accidental omission of a major element or sub element	Up to -0.5
	Substitution of a major element or sub element	Up to -0.5
	Difficulty in Levels 6 – 8 performed is less than appropriate for level competing in	Up to -0.5
NUMBER OF ATHLETES		
	Five active athletes on the floor participating in the routine	-1.0
	Four active athletes on the floor participating in the routine	-2.0
	Three active athletes on the floor participating in the routine	VOID
	More than one athlete kneeling out for a floor routine	-1.0
	Number of active athletes on the floor is greater than maximum allowed	VOID
RHYTHM, MUSICALITY & SYNCHRONIZATION		
	Overall rhythm of routine is not up to level of competition	Up to -0.2

	Athletes are not in sync with music (one beat ahead or behind)	-0.1 each time
	Athletes are not in sync with music (two beats ahead or behind)	-0.2 each time
	Athletes are not in sync with music (“lost”)	-0.3 each time
	Break in synchronization	-0.2 each time
MUSIC		
	Music overtime	-0.2
	Music under time	-1.0
	Music with lyrics	VOID
	Absence of music	-2.0
ARTISTRY		
	Dominance of a particular facet (tumbling, dance, forward, backward movement, acro, holds, etc.)	Up to -0.5
	Lack of change in level (choreography in the air, standing height, and on the floor level)	Up to -0.3
	Overuse or too much repetition of elements or specific movement	Up to -0.5
	More than 25% of the routine featuring solo type choreography	Up to -0.3
	No more than a 4-count break in choreography (required balance holds are the exception)	-0.2 each time

	Overall lack of artistry in performance	Up to -0.3
FORMATIONS		
	Deduction for missing formation (see Floor Content Chart for detail)	-0.2 each
	Shape and overall size of formations not showing enough variety	Up to -0.3
	Formation not in proper alignment due to one or more athletes out of position	Up to -0.2
TRANSITIONS		
	Walking or running from one formation to another	-0.3 each time
	Transition out of rhythm with music and or the rest of the choreography	-0.3 each time
USE OF FLOOR		
	Lack of use of entire floor space	Up to -0.5
COACHING/SPOTTING		
	Coach goes out onto floor exercise area	-0.3
	Coach assists athlete in a manner of support to help them finish a skill safely	-0.5
	Coach assists athlete in a manner where coach is doing more than athlete	-1.0
	Coach giving audible/visual instruction in a manner that is clearly assisting in skill execution or choreography	-1.0

## Head Judge Deductions

OUT OF BOUNDS		
	Any athlete steps out of bounds of the floor exercise during a floor routine	-0.1 each time
COACH CONDUCT		
	Coach violates regulations that has jeopardized safety and/or to the level officials deem necessary	Up to -1.0
	Coach fails to submit TeamGym Form at least 30 minutes before march in per squad	-0.5 each
	Athletes perform a different skill or pass than was designated by the Coach	-1.0 each
	Coach blocks view of judge(s) during execution of a skill or pass	Up to -0.3
	Unsportsmanlike conduct	Up to -1.0
	Apparel or Dress Code violation per individual	-0.2
	Apparel or Dress Code violation maximum deduction per squad	-1.0
	Coach approaching Judge during competition	-1.0
ATHLETE CONDUCT/LEAD ATHLETE CONDUCT		

	Athlete violates regulations that has jeopardized safety and/or to the level officials deem necessary	Up to -1.0
	Incorrect dress per squad	Up to -1.0
	Unsportsmanlike conduct per squad	Up to -1.0
	Excessive jewelry or non-conforming bandages/wraps per athlete	-0.2 each
	Jump Squad does not line up properly at the beginning of the event	-.05
	Squad begins pass without signal from Head Judge (flag or hand). No bonus will be given.	-0.5 and no bonus
	Lead Athlete does not salute prior to a jump pass after being acknowledged by the head judge	-0.1
	On the Floor event, Squad does not line up properly at the beginning	-0.5
INTENSIFICATION		
	Athlete violates intensification rules	-0.3 each