**D. Tables**

**Table 1 Sections and Categories**

|  |  |  |
| --- | --- | --- |
| **TeamGym Section** | **Mini TeamGym Section** | **Micro Team (Trios) Section** |
| Floor, Tumble and Trampet | Floor, Tumble and Trampet | Tumble and Trampet only |
| **Youth** | **Junior** | **Senior** | **Youth** | **Junior** | **Senior** | **Youth Trio** | **Junior Trio** | **Senior Trio** |
| 8-14 | 13-17y | 16+y | 8-14y | 13-17y | 16+y | 8-14y | 13-17y | 16+y |
| 8 plus\* | 8 to 12 | Mini 4 to 7 gymnasts | 3 to 5 gymnasts |
| \*No limit to the number in the team | May have 1 or 2 younger gymnasts than the age limit | Maximum 1 gymnast of 14 y | May have 1 younger gymnast than the age limit | Maximum 1 gymnast of 14 y | May have 1 younger gymnast than the age limit |
| Men, Women and Mixed teams compete in ONE DIVISION  | M, W & Mix Mix: 50% M/F. | M, W & Mix Mix: 50% M/F.. | M, W & Mix teams compete in ONE DIVISION  | M, W & Mix Mix only need 1 gymnast of opposite sex. | M, W & Mix Mix only need 1 gymnast of opposite sex. | M, W and Mix teams compete in ONE DIVISION | M, W & Mix Mix only need 1 gymnast of opposite sex  | M, W & Mix Mix only need 1 gymnast of opposite sex |
| Gymnasts from a **MAX of 2** Clubs but the Team must have only one name | Gymnasts must be from the same Club |

**Table 2 Floor (TeamGym)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age Category | **YOUTH** | **JUNIOR** | **SENIOR** | Notes |
| Area | 14 m x 14 m | 14 m x 16 m | The floor should be 14 x 16m with additional lines showing the 14 x 14 for youths. If organisers are unable to provide a full area, this information should be made very clear in the invitation. |
| Time | 1:30 – 2:30 | 2:15 – 2:45 |
| Formations | Minimum 4 (1 moving curved, 1 small, 1 large) | As per UEG code |
| Difficult Elements | 1 acro, 1 dynamic balance, 1 jump/hop/leap, 1 standing balance | As per UEG code |
| Combination | As per UEG code |
| Micro Teams | No Floor programme for Micro Teams |

**Table 3 Tumble (TeamGym and Micro Teams)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age Category | **YOUTH** | **JUNIOR** | **SENIOR** | Notes |
| Equipment | TeamGym Tumble Track or Air Track with 16 m run up |   |
| Gymnasts per round | TG - 6 gymnasts, Mini TG - 4 gymnasts and Micro Teams - 3 gymnasts |
| CoP | UEG CoP with following changes/additions |
| Changes | 1. Each series composed of 2 or 3 elements
2. Three rounds (1 Fwd & 1 Bwd compulsory, no requirements for elements direction for the 3rd round)
3. Intermediate steps allowed – 1,00 deduction per step (Difficulty counted)
4. Stops do not end routine but are deducted
5. Forward and backward rolls are accepted
6. Front to forward roll is accepted
7. No compulsory twist (Long axis)
 |  No changes |
| Additional Elements | 1. Forward roll 0.05
2. Backward roll 0.05
 |  No additions |

**Table 4 Trampet (TeamGym and Micro Teams)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Age Category | **YOUTH** | **JUNIOR** | **SENIOR** | Notes |
| Equipment | TeamGym Trampet and vault  |  |
| Gymnasts per round | TG - 6 gymnasts, Mini TG - 4 gymnasts and Micro Teams - 3 gymnasts |
| CoP | UEG CoP with following changes/additions |
| Change | 1. NO Double salto requirement
2. Half twist requirement (Replace full twist)
3. 1 Vault round compulsory h.145
 | No Changes |
| Additional elements | No additions |