

2010 TeamGym Rules Q & A

Last updated on 9/18/2009

In no particular order below, are my clarifications and answers to questions regarding the TeamGym Regulations for the 2009-2010 season. If you have questions, please email me at swhitlock@usa-gymnastics.org.

--Steve Whitlock

From: Gorney, Kristi [mailto:kgorney@ymca.org] – Dept. Head- Gymn., Firehouse & Youth Sports, La Jolla YMCA
Sent: Tuesday, September 01, 2009 12:55 PM

Quick questions

- 1) When it says from a short run, can we still do a power hurdle without deduction rather than a short run? We have some very tall gymnasts who run out of room if they do any kind of run.
- 2) Also, is there still no difficulty difference in any of the passes for Jump?

Steve Whitlock reply:

- 1) Yes, you can still do a power hurdle with no deduction for that.
- 2) Except for Levels 7 and 8, there is not a graded difficulty difference in the passes for Group Jump. For the most part, I believe that as the athletes are capable of performing the more difficult passes **with good technique** their scores will still rise because these are inherently "better" passes and skills.
 - For example in tumbling, the more difficult passes have a higher potential for quality of movement, speed of movement, distance, change of level, they are rhythmically more interesting, and have the potential to show very good dynamics and synchronization. They will just "look better" compared to the lower level passes and be less likely to draw technical, choreographic and or execution deductions.
 - In some cases, the more difficult passes are there to serve as a training transition from one level to another. We felt that just because the athletes are permitted to perform a new training (transition) skill at one Level, they shouldn't necessarily receive a higher SV for (probably) not performing it very well. An example is the FHS that was added to Level 4 (**L4V-1d**). I doubt that the Level 4s will be performing these with any great technique, but we agreed with those who suggested the addition, that it was important to put it here so that those who are ready can start getting some experience doing this basic vault. They will then be better prepared to move to Level 5 where it becomes the "core" vault while they start to develop some basic vault twisting skills.
 - This goes along with our basic philosophy established at the outset of developing the TeamGym program that, for the most part, we wanted the **Difficulty** within each Level to be somewhat "equal for all" in order to place the greater emphasis on performance and technical quality. That is also why the Difficulty point breakdown is set at 2.0 instead of higher and why **Synchronization / Choreography** (3.0 points) and **Exercise Presentation & Technical Execution** (5.0) count significantly more in the scheme of things.

From: boatingsmity@aol.com [mailto:boatingsmity@aol.com] – Christy Smith, Berk's East
Sent: Wednesday, September 02, 2009 3:55 AM

I wanted to just clarify that pass difference are...

1. Level 3 - vault (may now do jump on FHS off - thank you!!!)
SW: Yes
2. Level 4 - vault (May now do FHS over the table)
SW: Yes
3. Level 5 - mini (may do front pike to open). I also see in the Barani it does not say, "tuck or open tuck", it just says Barani (may it be any position???)
SW: Yes, may perform the front salto using tuck-open or pike open.
Yes, the Barani may be in any position. At Level 6, the straight position is specified.

From: Jodie Trncak [mailto:coachjodie@hotmail.com] – Biron's Gymnastics, Houston, Texas
Sent: Wednesday, September 09, 2009 4:43 PM
Subject: First of many questions for TeamGym:

- **Page 9 – L7-8MT-2a** – I do not understand this whole paragraph
- It starts out listing Double fronts (without twists) then lists why you cannot do them
- Please clarify this whole paragraph
- We have one girl that can do a double front with a ½ twist for Level 7
- So, this is wrong
- So, do the Level 7 on Mini-tramp do any double fronts?

Steve Whitlock reply:

L7-8MT-2a Double somersault with twist

NOTE 1: Double front somersaults (without twists) are NOT permitted at Levels 7 and 8.

NOTE 2: For Level 8 Mini-tramp only in the 2009-10 season, coaches may submit a petition to perform forward double somersaults with ½ twist to the USAG/TeamGym Committee. The petition must be accompanied by a video showing the squad members performing the petitioned vaulting element.

NOTE 3: The USAG GFA/TeamGym Committee will consider adding additional jumps to this list as clubs can demonstrate competence in performance through video review.

RE: NOTE 1

In general, due to...

- the "blind" landing for the double front without twists,
- the incidence of knee injuries performing this skill,
- the feeling that because of "streaming" pressures, that the athlete(s) performing this skill might be less attentive to a good landing position,
- and following the lead of some of the European countries who have banned this skill from their J.O. levels (Great Britain is one of those countries)...

I decided to not include the double front sommie as a J.O. TeamGym skill at this time. This may change once we have more athletes with the ability and experience to compete these higher level skills.

RE: NOTE 2

Because, double fronts with multiples of ½ twists* are not "blind" landing skills, the landings are generally considered much safer as long as the gymnast can demonstrate good technique in executing these skills. Therefore, Note 2 indicates that athletes MAY perform a dbl front with ½ twist, but I'd like to see a video before it is approved in order to have an idea that the technique is good. I just didn't want anyone and everyone throwing these skills without some kind of feeling that they are competent to perform them safely.

* Such as Barani-out and Rudi-out (double front somersault with 1½ twist in the second somersault).

My thought was to only allow this at Level 8 (as to be a progression from Level 7). However, I would be open to permitting Level 7's who can show competency to be permitted to perform the skill.

RE: NOTE 3

While attending the European TeamGym Championships last year, Lori and I saw many different higher level mini-tramp jumps (variations of the fliffus) that were performed. We have very little experience with these! Instead of opening the door to all of these possibilities without any monitoring, I believe that we need to encourage them, but insist upon finding a way for the athletes (and coaches) to show competence first. Go to YouTube and type in fliffus and you will see many examples!

Actually the same applies to the higher level vaults that the European TeamGym athletes show utilizing the Euro-tramp + higher vault table. They regularly perform front-entry fliffus-type vaults that our U.S. athletes have never even seen before, let alone have any experience training them!

A goal for the USAG/GFA/TG Committee this year is to try to set-up some TeamGym clinics or camps where we can have some experts come in to teach the best (and safe) way to prepare, train, and compete these skills.

From: Gorney, Kristi [mailto:kgorney@ymca.org]
Department Head, Gymnastics, Youth Sports and Firehouse, La Jolla YMCA
Sent: Thursday, September 17, 2009
Subject: Back/front tuck for Level 6 Floor

I know it is a requirement to have a back or front tuck in the Level 6 routine. My question is the way our formation works, everyone does a back tuck except one person (who is doing something else – it makes sense in the routine. Would that be a deduction if it makes sense in the choreography? I have seen it done in some other routines I have seen but I don' want to get deducted for it. I am pretty sure they are doing a back aerial later in the routine but it isn't finished yet, so you never know.

Steve Whitlock reply:

The rules are not written with specific guidelines or deductions for this situation. It would be up to each judge to decide how they might apply (or even notice) this.

- Under *Group Choreography Principles*, it is stated that, "Emphasis should be placed on GROUP performance of all elements, sequences, and dance as opposed to 'featuring' individuals, pair(s), or small groups that are part of the squad.
- Under *Qualities to Demonstrate for Group Floor and Synchronization*, it says, "Synchronization: The athletes should move together a majority of the time. Short solos or canons are permitted, but must not detract from the overall performance."
- Under *Exercise Presentation & Technical Execution – Some Principles*, it says, "Teamwork: Working together as a unified group."

My guess that in the case that you describe, that if taken at all, the deduction would be very minimal (-0.05 to -0.1 or -0.2) The judges will probably be more apt to notice (and deduct for) the technical execution and synchronization of all those somersaults!

Keep in mind that the judges are somewhat used to (and understanding of) the situation where there are an odd vs. even number of athletes. Obviously, this has an impact on the "partner" requirement. We also realize that a gymnast may have an injury (or just lack the skill) to perform an element or elements(s). I am generally pretty forgiving in these situations.

That said, if you think of a case where your group was neck-and-neck with another group in meeting all the requirements and in technical execution... and the ONLY difference was ALL their group performed the salto requirement, and one person in your group didn't, this could very possibly be the "tie breaker" in the judge's mind.

