

# UEG TeamGym Updates to the current CoP



## CLOTHING

### COMPETITION NUMBERS

#### 8.2.1 Add following text:

All the competing gymnasts must have a competitor number on their competition dress.

- All numbers for each team must be same size and same font. The numbers must be clear, from 8mm to 10mm thick and approximately 8 cm high
- Fastening of the numbers must be secure and tight
- Placing the numbers:
  - When wearing long trousers/ leggings the numbers must be placed on both thighs, to the side, to the upper part of the thigh
  - When wearing shorts the numbers must be placed on to both sides, as low as possible
  - When wearing only a leotard (no trousers/shorts/leggings) the numbers must be placed on both sides, above the hipbone
- Numbers must differentiate clearly from the background (e.g. white numbers on black trousers)
- The deduction is made by E1 under 14.3.5.2, 15.3.4.2 and 16.3.4.2

## FLOOR

### GENERAL

#### 14.2.1 General - Bullet 6.

Replace "P401" with "P402"

### PIROUETTES

#### 14.2.3 Add following text to the end of the first sentence:

One of the Pirouettes must be forwards and one backwards.

### JUMPS/LEAPS/HOPS

#### 14.2.4 Add following text to the end of the first sentence:

Only one of those two jumps/Leaps/Hops can land in front lying support.

### BALANCE/POWER ELEMENTS

#### 14.2.5 Add following text to the end of the first sentence:

When performing two BALANCE elements one of those elements must be from difficulty table's rows BX01 - BX10 and the another balance must be from rows BX11 - BX15.

#### 14.2.7.1 Add to the end:

Restrictions for counting difficulty for Pirouettes, Jumps/Leaps/Hops and Balance/Power elements, do not restrict the selection of elements for the Combination.

### GROUP ELEMENT

#### 14.2.8 Replace the three paragraphs with the following:

In the group element at least two gymnasts must be engaged in a gymnastic interaction showing either a lift or a throw. All gymnasts in the team must be included in the collaboration and the element has to be performed at the same time.

Group element may be counted towards the difficulty value only once (even though it is allowed to perform more than one group element in the program). This element will be given a value of 1.0. If group element is not performed according to the definition, the DV is Zero.

#### 14.4.2.5 Moving Rhythmic Sequence

Add to the end of the first Deduction line: "(For not 8 elements, or not together, or if a stop)"

Add to the end of the second Deduction line: "(Approximately 10m measured from start to finish in a straight line)"

## TUMBLING

#### 15.2.1 General - Bullet 10.

Replace the third sentence with "Touching with any part of the soles of both feet is defined as the limit of landing feet first."

Add the following sentence. "Touching with any other part of the body first, or at the same time as the feet, is defined as not landing feet first."

#### 15.3.4.5 and 16.3.4.5 Not respecting the discipline or competition requirements

Change bullet number 2 "Marking the run up...." with "Marking or extending the run up...."

## **TRAMPET**

#### 16.2.1 General - Bullet 7.

Replace the third sentence with "Touching with any part of the soles of both feet is defined as the limit of landing feet first."

Add the following sentence. "Touching with any other part of the body first, or at the same time as the feet, is defined as not landing feet first."

#### Definition of Execution Deductions

##### 16.3.2.2

Replace "Deduction 0.1, 0.2 or 0.3 per gymnast and element . . ." with "Deduction 0.1, 0.2 or 0.3 per gymnast . . ."

Replace "Deduction 0.1 per gymnast and element . . ." with "Deduction 0.1 per gymnast . . ."

##### 16.3.2.3

Replace Content of brackets with 0.3.

Replace "Deduction 0.1, 0.2 or 0.3 per gymnast and element" with "Deduction 0.1, 0.2 or 0.3 per gymnast"

##### 16.3.2.4

Replace Content of brackets with 0.1

Replace "Deduction 0.1 per gymnast and element" with "Deduction 0.1 per gymnast"

## **APPENDICIES**

#### Appendix A1 – Shushunova

Add "The definitions in straddle pike apply to the Shushunova."

The following elements have been added to Appendix A1:

J1013B, J632, J1032A, J1032B, J1232, J1233, A806, A1006, A1206A, A1206B and A1206C

#### Appendix A4 - 4.1.1.2

Add at the end of Definitions: "The lowest part of the foot is defining the height."

#### 4.2.1 Element Recognition.

In table on page 6, under the Piked position, remove the " $\leq 15^\circ$ ".

Add at the bottom of page 6:

"Tsukahara and handspring salto are considered as double saltos. (See 16.4.4.4)"

On page 7 under Twists

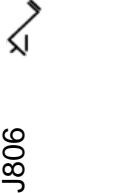
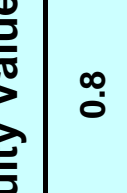
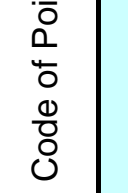

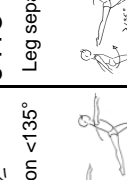
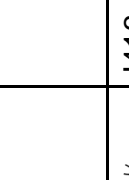
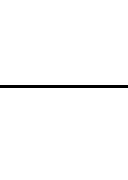

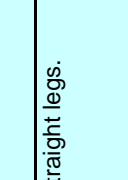

Replace second sentence with "If under rotated by more than  $45^\circ$ , the number of credited twists is reduced to the number of whole half twists. This position is measured at the hips."

#### Appendix A5





##### A5.2.1 General




On page 5, last paragraph, add to first sentence: "....., for twists greater than  $180^\circ$ ).

On page 5, clarifications to the general execution fault diagrams. Remove the diagram showing knee angles for straight and piked positions.

Difficulty requirements		Execution requirements		Floor Difficulty Values					
Jumps / Leaps / Hops				0.2	0.4	0.6	0.8	1.0	1.2
<p><b>Shushunova</b> Leg separation <math>\geq 135^\circ</math>. Clear pike <math>\leq 90^\circ</math> before landing in front laying support. Hands must land slightly before or at the same time as the feet.</p>		<p>Legs lifted horizontal and straight before landing position. Body must be horizontal before landing. There must be controlled support before the whole body touches the floor.</p>					<p>J806 </p>	<p>J1006 </p>	<p>J1206 </p>
<p><b>Sissone</b> Take off from both legs and landing on one leg.</p>		<p>Straight legs.</p>		<p>J213 </p> <p>Leg separation <math>&lt; 135^\circ</math></p>	<p>J413 </p> <p>Leg separation <math>\geq 135^\circ</math></p>		<p>J813 </p> <p>Leg separation <math>180^\circ</math></p>	<p>J1013 A/B </p> <p>Foot at shoulder height J1013A without twist J1013B with 180° twist</p>	
<p><b>Switch leap</b> First leg must be straight, no kick. First leg must swing forwards at least <math>45^\circ</math> before the leg change. Leg separation after leg change defines the value of the leap. If the first leg is less than <math>45^\circ</math> or bent, credit as a split jump/leap.</p>		<p>Straight legs.</p>				<p>J625 </p> <p>leg separation <math>\geq 135^\circ</math></p>	<p>J825 </p> <p>leg separation <math>\geq 180^\circ</math></p>		<p>J1225 </p> <p>foot at shoulder height leg separation <math>180^\circ</math></p>

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Jumps / Leaps / Hops	0.2	0.4	0.6	0.8	1.0	1.2
<b>Split jump / leap with twist</b> First leg must be straight, no kick. Leg separation together with the twist defines the DV.	Straight legs. Upper body at vertical.		J632  Leg separation ≥135° Twist 180°		J1032 A/B  A) Leg separation 180°, Twist 180° B) Leg separation ≥135°, Twist 360°	J1232  Leg separation 180° Twist 360°
						J1233  Twist 360°, Leg separation ≥35°
<b>Scissors leap twisting</b> Straight legs. First leg must reach 90°. Leg change and twist during the flight. Leg separation after leg change together with total amount of twisting during the flight defines the DV.						

Acrobatic elements	0.2	0.4	0.6	0.8	1.0	1.2
<b>Backwards twisting</b>				A806  Tucked salto with 180°	A1006  <sub>360</sub> Tucked salto with 360°	A1206 A/B/C  A) Straight salto with 360° B) Straight salto with 540° C) Straight salto with 720°