

## 2012-2013 TeamGym Regulations Group Jump

Updated September 28, 2013

### Mini-Tramp

- All skills should show good opening in preparation for landing and must land on the feet.
- The skills are to be selected from the list of appropriate skills for each level.

Level	USA GfA TeamGym	Comments:
L-1	<p><b>Performs 1 pass to standard landing mat</b> Choices:</p> <ul style="list-style-type: none"> <li>• <b>Tuck jump (open)</b></li> <li>• <b>Spread eagle</b></li> </ul> <p><i>NOTE:</i> No straight jump</p>	<ul style="list-style-type: none"> <li>• Squad members may perform either jump, but those performing the same jump should be grouped together.</li> </ul>
L-1 ADSN	<p>(as above) – OR –</p> <ul style="list-style-type: none"> <li>• <b>Straight jump</b> (for ADSN only)</li> </ul>	<ul style="list-style-type: none"> <li>• May use an elevated run-up to the MT &amp; standard landing mat.</li> <li>• The preference is that all of the squad members perform the same jump, but there will be no "special deduction" if it is necessary for any ADSN athletes to select a different jump. Those selecting a different jump should perform first.</li> </ul>
L-2	<p><b>Performs 1 pass to MAT STACK</b> Choices:</p> <ul style="list-style-type: none"> <li>• <b>Tuck jump (open)</b></li> <li>• <b>Spread eagle</b></li> <li>• <b>Straddle toe touch</b></li> <li>• <b>Pike jump</b></li> </ul>	<ul style="list-style-type: none"> <li>• Squad members may perform any of these jumps, but those performing the same jump should be grouped together.</li> <li>• The Final gymnast is not required to "stick" the landing, but should show a final presentation position after a controlled landing.</li> </ul>
L-2 ADSN	<p><b>Performs 1 Pass from the L-2 list above</b> ADSN may use an elevated run-up to the MT. May use a standard landing mat.</p>	<ul style="list-style-type: none"> <li>• The preference is that all of the squad members perform the same jump, but there will be no "special deduction" if it is necessary for any ADSN athletes to select a different jump. Those selecting a different jump should perform first.</li> </ul>
L-3	<p><b>Performs 1 pass to MAT STACK</b> <b>Start Value (SV)</b> for the following jumps = 2.0.</p> <ul style="list-style-type: none"> <li>• <b>Straight Jump with 360° turn</b></li> <li>• <b>Front salto tuck</b></li> </ul>	<ul style="list-style-type: none"> <li>• If a squad member selects to perform lower level MT jump from L-1 and L-2 lists above, the deduction is 0.3 each time.</li> </ul>
L-4	<p><b>Performs 1 pass to standard landing mat</b> <b>Start Value (SV)</b> for the following jumps = 2.0.</p> <ul style="list-style-type: none"> <li>• <b>Front salto (T)</b></li> <li>• <b>Front salto (P)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Squad members may perform either jump. Those performing the Ft. salto (P) should follow those doing the Ft. salto (T).</li> </ul>
L-5	<p><b>Performs 1 pass to standard landing mat from the choices below</b></p> <p><b>Choice 1 – SV = 1.5</b></p> <ul style="list-style-type: none"> <li>• <b>Ft. salto (T or P with open)</b></li> </ul> <p>Acceptable jump for Choice 1 Intensification:</p> <ul style="list-style-type: none"> <li>• Front salto (straight position)</li> </ul> <p><b>Choice 2 – SV = 2.0</b></p> <ul style="list-style-type: none"> <li>• <b>Front salto (straight position)</b></li> </ul> <p>Acceptable jump for Choice 2 Intensification:</p> <ul style="list-style-type: none"> <li>• <b>Barani (P or S)</b></li> </ul>	<p><b>Intensification:</b> The final 1, 2 or 3 squad members may "intensify" their jumps with the choices listed: <i>NOTE:</i> There is NO BONUS for intensification.</p> <ul style="list-style-type: none"> <li>• Squad members may perform either jump.</li> <li>• Those performing the Ft. salto (P) should follow those doing the Ft. salto (T).</li> <li>• Deduction for T or P position is 0.3 each time.</li> </ul>

**L-6**      **Performs 1 pass onto a standard landing mat from the choices below**

**Choice 1 – SV = 1.5**

- **Front salto (straight position)**

Acceptable jump for Choice 1 Intensification:

- **Barani (P or S)**

**Choice 2 – SV = 2.0**

- **Barani (S)**

Acceptable jump for Choice 2 Intensification:

- **Front salto with 360° twist**
- **Rudi (Front salto with 1½ (540°) twist**

**Intensification:** The final 1, 2 or 3 squad members may "intensify" their jumps with the choices listed:

*NOTE:* There is NO BONUS for intensification.

**L-7 & L-8**      **For Levels 7 & 8, TG squads MAY perform 1 Vault and 2 MT jumps – OR – 1 MT jump and 2 Vaults**

**Work in progress!**

Under consideration

**Barani (S), Front Full, Rudi ?**

**Front Full, Rudi, Double Front ?**