



## Power TeamGym

### MISSION

1. To offer a competitive TeamGym program for athletes with special needs
2. To grow Gymnastics for All by creating a program that integrates athletes with special needs into mainstream events

### PHILOSOPHY

The HUGS Power TeamGym program allows athletes with special needs the opportunity to compete in an official USA Gymnastics setting.

The HUGS Power TeamGym program allows an option for athletes to participate alongside typical gymnasts. The expectations are that the fundamentals of the sport are to be taught and performed, and will be evaluated with the technical standards of artistic gymnastics.

### BASIC PARTICIPATION INFORMATION

**Refer to the USA Gymnastics**

**Power TeamGym Rules & Policies for complete guidelines.**

- Athletes must have a current USA Gymnastics Introductory membership.
- Coaches must be USA Gymnastics professional members.
- HUGS competition can be included in any session of USA Gymnastics sanctioned meets.
- Athletes may compete on a squad comprised of athletes with special needs or as part of a Unified Squad (see guidelines below)
- Athletes may compete in the Group Floor Routine, Jump, or both.
- On Jump, athletes may perform similar skills for safety instead of all the exact same.

## **PARTICIPATION LEVELS**

HUGS TeamGym will include 2 levels of competition. Routine requirements are listed in a separate document.

- Level A – Gymnasts perform skills that do not have hand support and or/ have hand support but do not pass through vertical
- Level B – Gymnasts perform skills with hand support that pass through vertical

## **UNIFIED SQUADS**

A unified squad consists of athletes with and without disabilities. In a unified squad, there may be an equal number of athletes with and without disabilities, or the majority of the group must be athletes with disabilities.

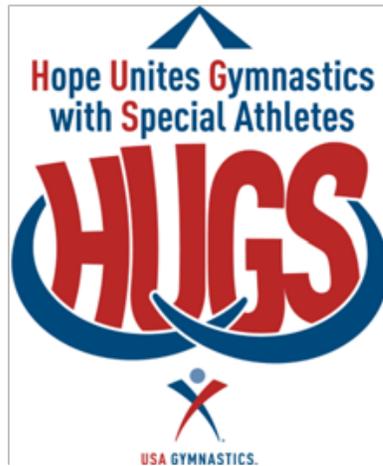
## **AWARDS**

Designed for the development of skills, style, with emphasis on cooperation and sportsmanship. There are three categories (Gold, Silver, and Bronze) divided by score range to reflect the overall level of performance as opposed to one on one competition. Therefore, awards are presented to each athlete based on their squad's final Team Score, not rank compared to others.

The actual award presented may include ribbons, medals, or a broad range of award types as long as they indicate "gold", silver" or "bronze" somehow on the award. For example, different color ribbons, neck ribbons, or on the ribbon tag, or actually written on the award itself are all acceptable. These achievement awards should NOT indicate placement. When announcing awards presentation, announcer should do so by indicating each category.

The following table illustrates the score range for determining each category based on Final Team Score:

16.0 – 20.0	GOLD
12.0 – 15.99	SILVER
Below 11.99	BRONZE



## Power TeamGym

HUGS coaches choose skills appropriate for the level of the gymnasts in the squad.

**LEVEL A** – Gymnasts perform skills that do not have hand support and or/ have hand support but do not pass through vertical

### **LEVEL A FLOOR EXERCISE REQUIREMENTS – Time: maximum 1:30**

- Pirouette Elements – 1 required
- Jump/leap/hop Elements – 2 required
- Balance Elements – 2 required, 1 must be an individual balance
- Tumbling/Acrobatic Elements – 2 required
- Combinations – 1 required
- Formations – 3 required

### **LEVEL A JUMP**

**TUMBLING** – Gymnasts perform one tumbling pass.

Samples of allowable skills at this level: Locomotor movements, rolls, donkey kicks/teeter totters (with hand support but do not pass through vertical)

**VAULT** – Gymnasts perform one vault drill. It is a straight jump performed from a springboard onto a landing mat.

**MINI-TRAMP** - Gymnasts perform one mini-tramp pass with a simple jump skill (straight, tuck or star). At the coach's discretion, the squad can perform an additional vault drill in place of mini-tramp.

**LEVEL B** – Gymnasts perform skills with hand support that pass through vertical

**LEVEL B FLOOR EXERCISE REQUIREMENTS – Time: 1:00 - 1:30**

- Pirouette Elements – 1 required
- Jump/leap/hop Elements – 2 required
- Balance Elements – 2 required, 1 must be an individual balance
- Tumbling/Acrobatic Elements – 2 required
- Combinations – 2 required
- Formations – 4 required

**LEVEL B JUMP**

**TUMBLING** – Gymnasts perform two tumbling passes. The passes may be the same or different.

Samples of allowable skills at this level: Rolls, handstands, cartwheels

**VAULT** – Gymnasts perform one vault drill. It is either a tuck or star jump performed from a springboard onto a landing mat.

**MINI-TRAMP** - Gymnasts perform one mini-tramp pass with tuck, star or pike jump. At the coach's discretion, the squad can perform an additional vault drill in place of mini-tramp. By exception only, a front salto tuck is allowed (for individual athletes) if proper gymnastics progressions have been followed and the skill can be performed safely.



# Power TeamGym

# HUGS Floor Tariff Sheet

CLUB: \_\_\_\_\_ SQUAD NAME: \_\_\_\_\_ TOTAL # of ATHLETES: \_\_\_\_\_ LEVEL: \_\_\_\_\_

Squad Division (circle one): All HUGS or Unified (equal or majority # of HUGS)

Judge Initial \_\_\_\_\_

Coaches must fill out above and turn in to judges (one copy for each judge).

2016~19

Difficulty (2.0)	Level A	Level B
Pirouettes	1	1
Jump / Leap / Hops	2	2
Balance (Strength/Group)	2 (1 bal)	2 (1 bal)
Tumbling	2	2
Combinations	1	2
Formations	3	4

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
	9 - 10	11 - 12	13	14
TIME: Level A - up to 1:30				
Level B - 1:00 to 1:30				

Count: \_\_\_\_\_

Difficulty (2.0)	
Composition (3.0)	
Execution (5.0)	
Bonus	
Total	
SCORE:	

Head Judge Tabulation:

second judge score: \_\_\_\_\_ . Average score: \_\_\_\_\_ less HJ deductions: \_\_\_\_\_ =

**FINAL**

**SCORE:**



CLUB: \_\_\_\_\_ SQUAD NAME: \_\_\_\_\_ TOTAL # of ATHLETES: \_\_\_\_\_

Judge Initial \_\_\_\_\_

Squad Division (circle one): All HUGS or Unified (equal or majority # of HUGS)

2016-19

**INSTRUCTIONS:**

Coaches must fill out above and turn in to judges (one copy for each judge).

Difficulty 3.0	Composition 2.0	Execution 5.0	Bonus up to +0.5	Totals
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Count: \_\_\_\_\_

**TUMBLING - Perform one tumbling pass. All athletes on squad perform a similar pass.**

Samples of allowable skills at this level: Locomotor movements, rolls, donkey kicks/teeter totters (with hand support but do not pass through vertical)

Judges Notes:

				TU Score
D 3	C 2	E 5	bonus	

Count: \_\_\_\_\_

**VAULT - Perform one vault drill (a straight jump from a springboard to a landing mat). All athletes on squad perform a similar skill.**

Judges Notes:

				VT Score
D 3	C 2	E 5	bonus	

Count: \_\_\_\_\_

**MINI-TRAMP - Perform one jump (straight, tuck or star). All athletes on squad perform a similar skill. (may perform from springboard as second vault)**

Judges Notes:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
	9 - 10	11 - 12	13	14

				MT Score
D 3	C 2	E 5	bonus	

Head Judge Tabulation: second judge score: \_\_\_\_\_ . Average score: \_\_\_\_\_ less HJ deductions: \_\_\_\_\_ =

FINAL

SCORE:

Judge

SCORE:



CLUB: \_\_\_\_\_ SQUAD NAME: \_\_\_\_\_ TOTAL # of ATHLETES: \_\_\_\_\_

Judge Initial \_\_\_\_\_

Squad Division (circle one): All HUGS or Unified (equal or majority # of HUGS)

2016-19

**INSTRUCTIONS:**

Coaches must fill out above and turn in to judges (one copy for each judge).

Difficulty 3.0	Composition 2.0	Execution 5.0	Bonus up to +0.5	Totals
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Count: \_\_\_\_\_ **TUMBLING Pass 1 - Rolls, handstands, cartwheels. Athletes may perform same pass twice or two different. All athletes perform similar skill passes.**

Judges Notes: \_\_\_\_\_

				<i>T1 Score</i>
D 3	C 2	E 5	bonus	

Count: \_\_\_\_\_ **TUMBLING Pass 2 - Rolls, handstands, cartwheels. Athletes may perform same pass twice or two different. All athletes perform similar skill passes.**

Judges Notes: \_\_\_\_\_

				<i>T2 Score</i>
D 3	C 2	E 5	bonus	
<b>Tumbling (Average) Score:</b>				

Count: \_\_\_\_\_ **VAULT – Perform one vault drill (a tuck or star jump from a springboard to a landing mat). All athletes on squad perform a similar skill.**

Judges Notes: \_\_\_\_\_

				<i>VT Score</i>
D 3	C 2	E 5	bonus	

Count: \_\_\_\_\_ **MINI-TRAMP – Perform tuck, star or pike jump or fr tuck salto. All athletes on squad perform a similar skill. (may perform from springboard as 2nd vault)**

Judges Notes: Front tuck salto is by exception only if athlete has been through progressions and can perform SAFELY.

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
	9 - 10	11 - 12	13	14

				<i>MT Score</i>
D 3	C 2	E 5	bonus	

Head Judge Tabulation: second judge score: \_\_\_\_\_ . Average score: \_\_\_\_\_ less HJ deductions: \_\_\_\_\_ = **FINAL SCORE:** \_\_\_\_\_ Judge SCORE: \_\_\_\_\_