



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.