



International Workers & Amateurs in Sports  
Confederation

Confédération Sportive Internationale  
Travailleuse & Amateur

# Technical Commission Teamgym

# CSIT

English Version

Chairman: Mr. Paolo Ciavolella (FISAC ITA)

Secretary: Pro Tempore all TC



# CSIT Championship 2022 - Teamgym

## Rules and Regulations

The rules have been updated by the CSIT Teamgym TC to provide a common guide line for TeamGym competitions.

### A. General

1. The **CSIT Championship** in Teamgym is a competitions for UNION representatives and open for invited representatives (National and/or Club), that offers a way to give to all gymnasts (read the eligibility rules), with a minimum age of 08 years old (already done), the possibilities of representing their Country and competing internationally in TeamGym , Micro TeamGym and Individually.
2. There is one competitions every 2 years.
3. The event is run by CSIT Hosting UNION.
4. The CSIT World Games in TeamGym is open to the following age **categories**.
  - Youth 1 and 2 (women, mixed and men)
  - Junior (women, mixed and men)
  - Senior (women, mixed and men)
  - Masters (women, mixed and men)
5. A gymnast can only take part in one team, which can only enter one category and one section.
6. The UEG CoP 2017 will be used, plus the “CHANGES” in these rules.
7. Teams need to bring their own judges (Excluded New Countries).

At least one judge per team (preferably National standard) with CSIT Brevet

In every competition there should be AT LEAST one international judge with CSIT Brevet (arranged by the hosts) as a head judge of the Competition.

8. The Rules covering specific requirements for the categories, ages and sections are shown in the D.Tables.
9. Micro Teamgym must be composed by 3 to 5 gymnasts - only Trampet and Tumbling, no Floor
10. Individuals can compete only in Tumbling and in Trampet, no Floor.
11. Gymnasts who compete in Micro Teamgym or Individuals cannot compete in TeamGym in the same competition!

### B. MAXIMUM PARTECIPANTS

Each UNION (and each Club invited) can participate with one team and/or 1 micro team in each age and sex categories and 3 individuals in each age and sex category.

### C. ELEGIBILITY CRITERIA

Gymnasts of National Federations, also if licensee in a labour federation adherent at the CSIT, participating in groups and trainings with the aim to represent their National Federation in to competitions organized by the **FIG or its Continental Union** cannot participate.

Professional athletes (members of national representatives, also as reserves, who have participated in continent championships in the last 3 years) have no right to participate!

## D. Tables



### Table 1 Sections and Categories (2022)

TeamGym Section					Micro Team Section				
Floor, Tumble and Trampet					Tumble and Trampet only				
Youth 1	Youth 2	Junior	Senior	Master	Youth 1 Trio	Youth 2 Trio	Junior Trio	Senior Trio	Master Trio
2011/2012/2013/2014*	2010/2009	2008/2006	2005/1987	1986 →	2011/2012/2013/2014*	2010/2009	2008/2006	2005/1987	1986 →
6 to 10 gymnasts (8 + 2 reserves)					3 to 5 gymnasts				
		May have 2 younger gymnast than the age limit	50% can be composed by Seniors			May have 1 younger gymnast than the age limit	50% can be composed by Seniors		
<b>M, W &amp; Mix</b> Mix only need 1 gymnast of opposite sex always in every stream		<b>M, W &amp; Mix</b> Mix need 50% gymnasts of opposite sex.	<b>M, W &amp; Mix</b> Mix need 50% gymnasts of opposite sex.		<b>M, W and Mix teams compete in ONE DIVISION</b>	<b>M, W &amp; Mix</b> Mix only need 1 gymnast of opposite sex always in every stream			

- 2014 after 8 y.o. already done

### Table 2 Floor (TeamGym)

Age Category	YOUTH 1 and 2	JUNIOR	SENIOR	MASTER	Notes
Area	14 m x 14 m	14 m x 16 m			The floor should be 14 x 16m with additional lines showing the 14 x 14 for youths. If organisers are unable to provide a full area, this information should be made very clear in the invitation.
Time	1:30 – 2:15	2:15 – 2:45			
Formations	Minimum 4 (1 moving, 1 curved, 1 small, 1 large)	As per UEG code		Minimum 4 (1 moving, 1 curved, 1 small, 1 large)	
Difficult Elements	1 acro, 1 dynamic balance, 1 jump/hop/leap, 1 standing balance	As per UEG code		1 acro, 1 dynamic balance, 1 jump/hop/leap, 1 standing balance	
Combination	As per UEG code				
Micro Teams	No Floor programme for Micro Teams and Individuals				

**Table 3 Tumble (TeamGym and Micro Teams)**

Age Category	YOUTH 1 and 2	JUNIOR	SENIOR	MASTER	Notes
Equipment	TeamGym Tumble Track or Air Track ( 20 cm. high) with 16 m run up max.				
Gymnasts per round	TG 4 gymnasts (2 F + 2 M if Junior or Senior) - Micro Teams 3 gymnasts				
CoP	UEG CoP with following changes/additions				
Changes	Salto – salto bonus 0,20				
	<ol style="list-style-type: none"> <li>Each series composed of 2 or 3 elements</li> <li>Three rounds (1 Fwd &amp; 1 Bwd compulsory, no requirements for elements direction for the 3<sup>rd</sup> round)</li> <li>Intermediate steps allowed – 1,00 deduction per step (Difficulty counted)</li> <li>Stops do not end routine but are deducted</li> <li>Forward and backward rolls are accepted but not after a salto</li> <li>No compulsory twist (Long. axis)</li> <li>Same salto is accepted without deduction</li> </ol>	No changes UEG code		<ol style="list-style-type: none"> <li>Each series composed of 2 or 3 elements</li> <li>Three rounds (1 Fwd &amp; 1 Bwd compulsory, no requirements for elements direction for the 3<sup>rd</sup> round)</li> <li>Intermediate steps allowed – 1,00 deduction per step (Difficulty counted)</li> <li>Stops do not end routine but are deducted</li> <li>Forward and backward rolls are accepted but not after a salto</li> <li>No compulsory twist (Long. axis)</li> <li>Same salto is accepted without deduction</li> </ol>	
Additional Elements	<ol style="list-style-type: none"> <li>Forward roll 0.05</li> <li>Backward roll 0.05</li> </ol>				

**Table 4 Trampet (TeamGym and Micro Teams)**

Age Category	YOUTH 1 and 2	JUNIOR	SENIOR	MASTER	Notes
Equipment	TeamGym Trampet and Vault Table				
Gymnasts per round	TG 4 gymnasts and Micro Teams 3 gymnasts				
CoP	UEG CoP with following changes/additions				
Change	<ol style="list-style-type: none"> <li>NO Double salto requirement but permitted</li> <li>Half twist requirement (Replace full twist)</li> <li>1 Vault round compulsory - h.145 cm.</li> </ol>	Vault compulsory min. h.155 cm.	Vault compulsory h.165 cm.	<ol style="list-style-type: none"> <li>NO Double salto requirement but permitted</li> <li>Half twist requirement (Replace full twist)</li> <li>1 Vault round compulsory - min h.145 cm.</li> </ol>	
Additional elements	No additions				