

Introducing TeamGym to Clubs and Federations



European
Gymnastics

Webinar

11 July 2023

Agenda

- What is TeamGym?
- TeamGym apparatus
 - Floor
 - Tumble
 - Trampet
- What are the TeamGym benefits?
- How to introduce the sport?
- The TeamGym spirit
- Questions



Some Practical Information

- You are welcome to ask questions during the webinar by using the Q&A at the bottom of the video window
- You will receive a copy of this presentation after the webinar



What is TeamGym?

About TeamGym



Team sport

For all ages, levels and abilities

Three apparatus

Floor, Trampet and Tumble

Three sections

Men's teams, Mixed teams, Women's teams

This is TeamGym



Click to play video

Timeline



1996

1st EuroTeam
Championships
Jyväskylä / FIN



2006

Creation of the
TeamGym Technical
Committee



2010

First Official European
TeamGym Championships
Malmö / SWE

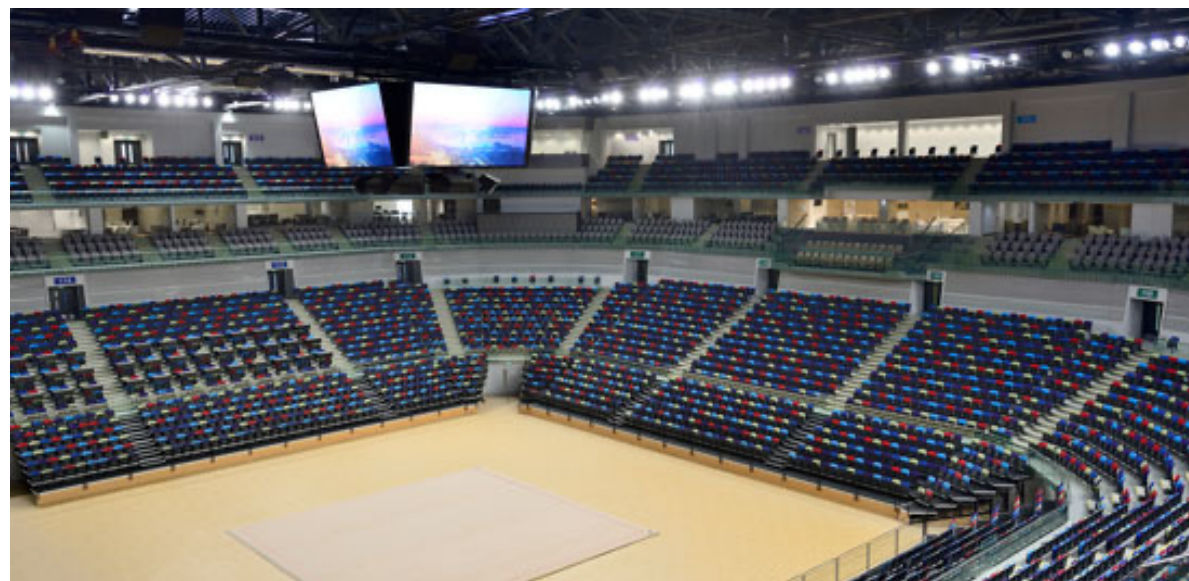
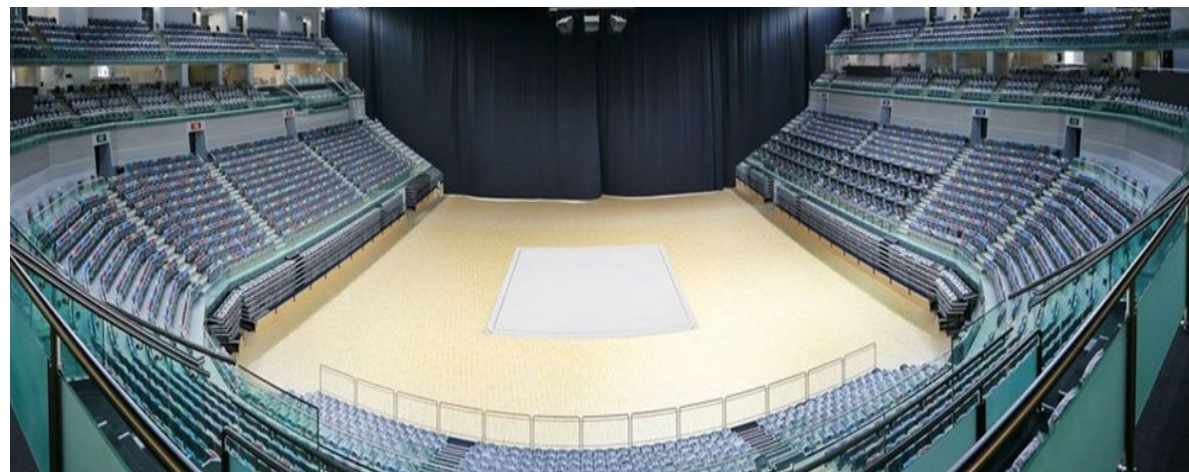


AGF
AZERBAIJAN GYMNASTICS
FEDERATION

2024

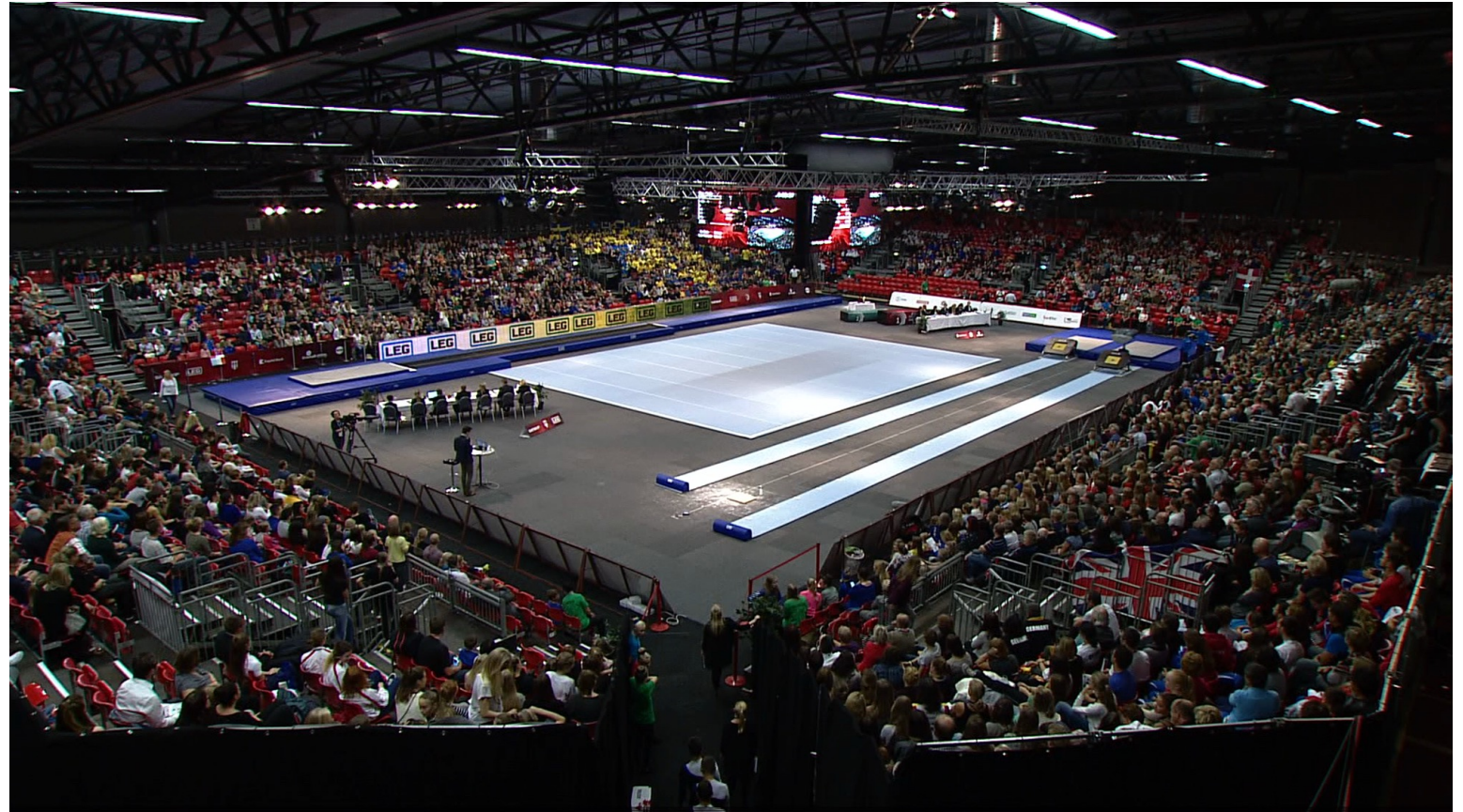
Open European
Championships
Baku / AZE

Baku - National Gymnastics Arena



European TeamGym Championships

- Most prestigious event
- For Juniors and Seniors
- In even years





Nordic Teamgym Championships

November 11, 2023 in Iceland

Mid-European TeamGym Championships

12 NATIONS

...so far



LIGNANO SABBIA DORO - ITALY
16 - 19 November 2023

46 TEAMS



Lignano Sabbiadoro—Italy
16-19 November 2023

Lignano Sabbiadoro Events hall



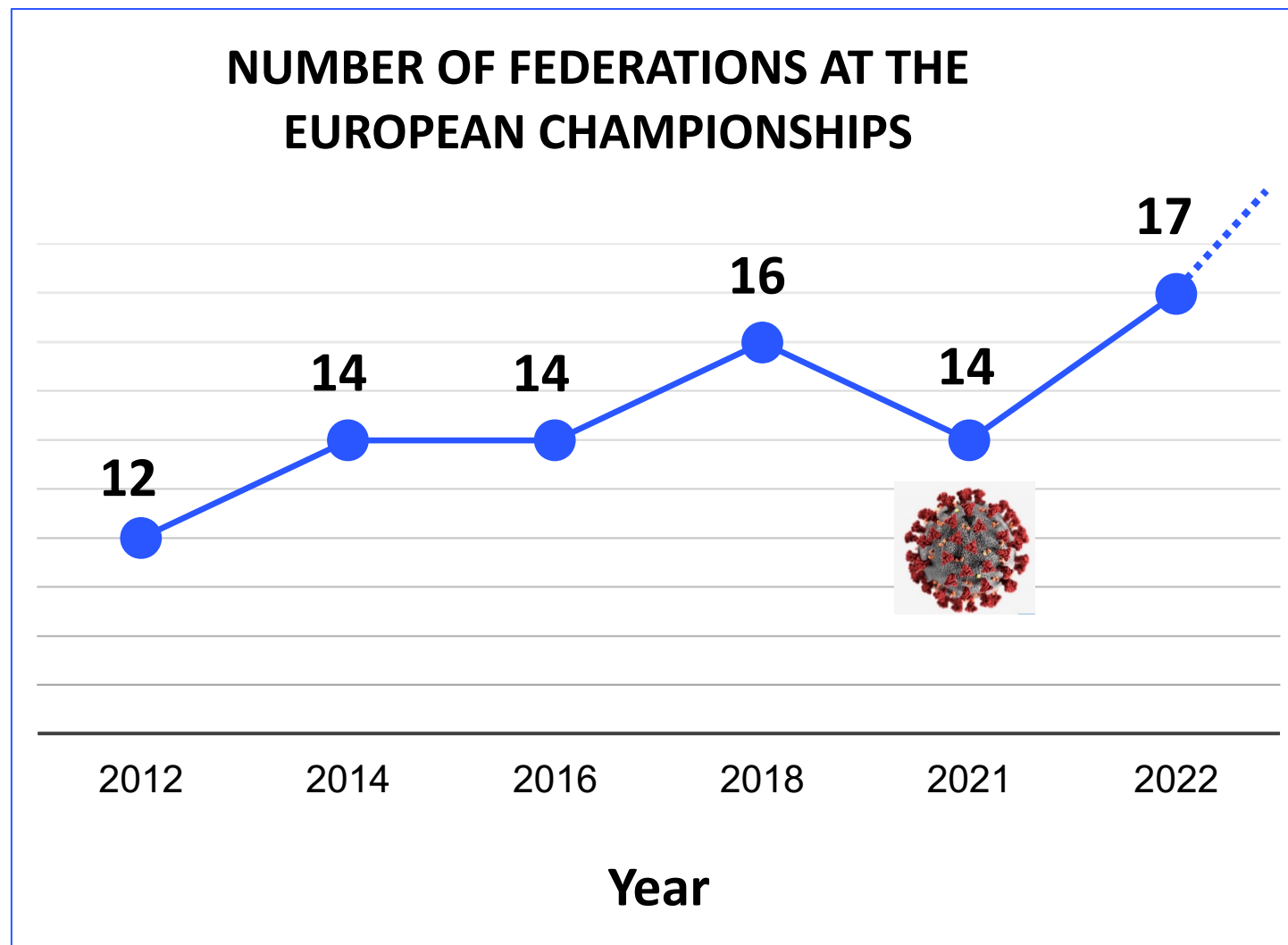
Growth in Europe

- Estimated number of European Federations developing TeamGym
21
- Number of clubs at competition level
~650
- Number of gymnasts
~50,000

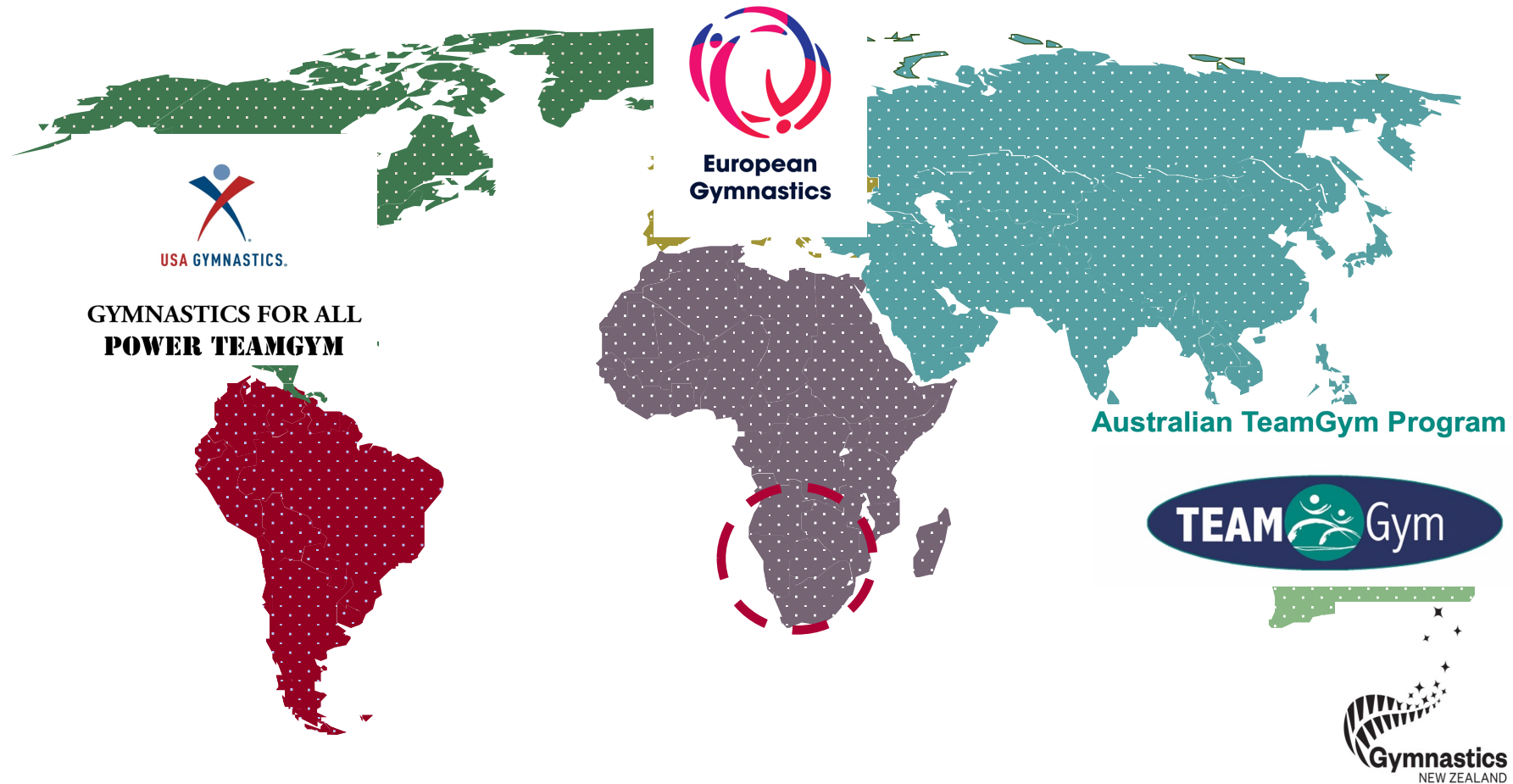


Federations at the European Championships

TeamGym
is growing
in Europe



TeamGym outside Europe





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Three Apparatus

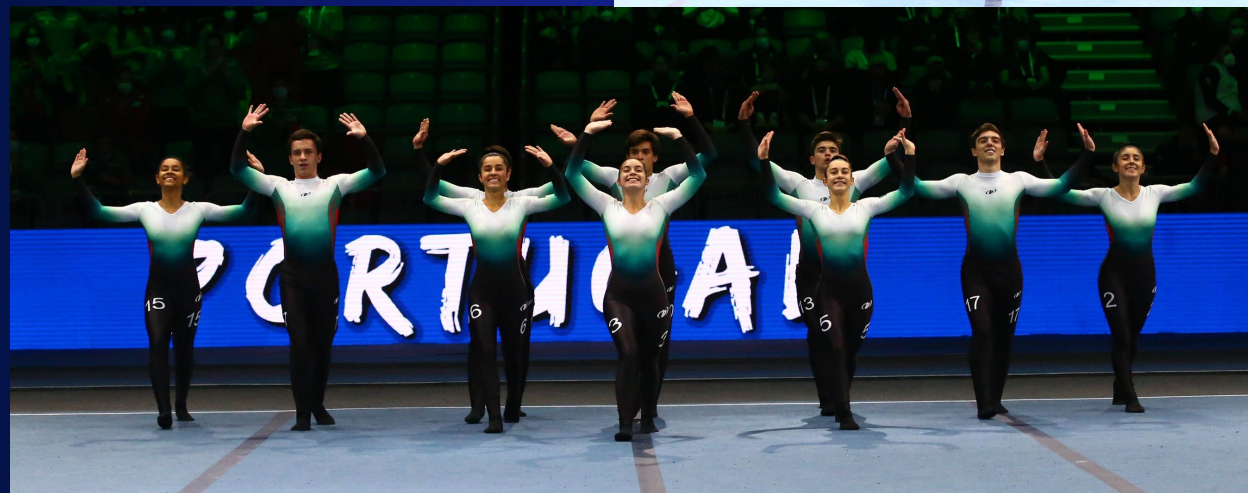


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Floor



Floor

- Team apparatus
- All gymnasts perform the floor
- Instrumental music - no lyrics
- Floor area 14 m x 16 m
- Time limit: 2:15 min – 2:45 min



General Floor Requirements

Good balance

Amplitude and
extension

Continuity with
logical & natural
fluency

Whole body
active



Technique

Synchronization

Dynamic execution

Uniformity

Rhythmic and
gymnastic quality

General Floor Requirements

Difficulty: handstand, standing balance, additional balance, 3 jumps, 2 acrobatic elements, flexibility element, group element

Difficulty distribution

Composition: 8 formations, small formation, large formation, moving curved formation, planes sideways and backwards, difficulty element in moving sequence, rhythmic sequence

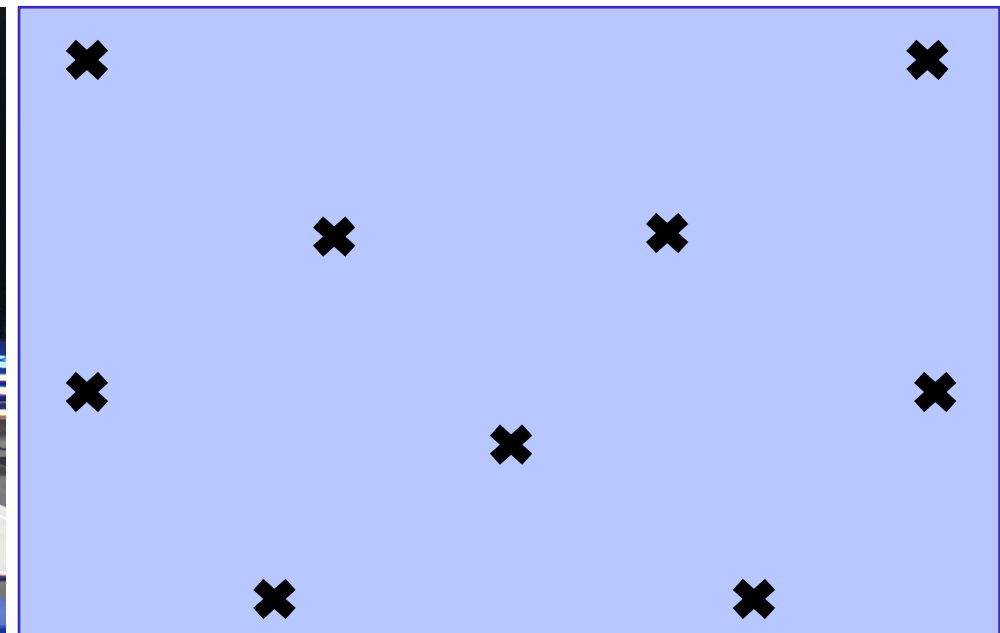


General Floor Requirements

Different shapes of formations

Formations must be clear and visible

Transitions from one formation to another, must have gymnastic quality



General Floor Requirements

Example of perfect transition:



Click to play video

Let's watch a floor routine from the ECh 2022 in Luxembourg



FINAL - SENIORS - WOMEN'S TEAM - FLOOR



SWEDEN

Example Floor routine

SWEDEN

Click to play video



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Tumble



Tumble & Trampet



Both Tumble and Trampet must be performed to music



The time limit for both Tumble and Trampet is 2:45 min



The gymnasts participating in Tumble and Trampet must perform the Floor routine



Coach(es) are mandatory for security spotting



The gymnasts must show balance and control in landings, but are not required to stand perfectly still, because they are streaming the rounds

Tumble



The Tumble routine consist of 3 rounds. 1 round must be forward, and 1 round must be backwards



Each round has different elements put together to form a round. Eg. Round off – Flick-Flack – Straight Backwards Salto



The first round is the same for all gymnasts – Team Round



Each round is performed by 6 gymnasts, and consist of minimum 3 elements at the highest level. The last element cannot be repeated in other rounds

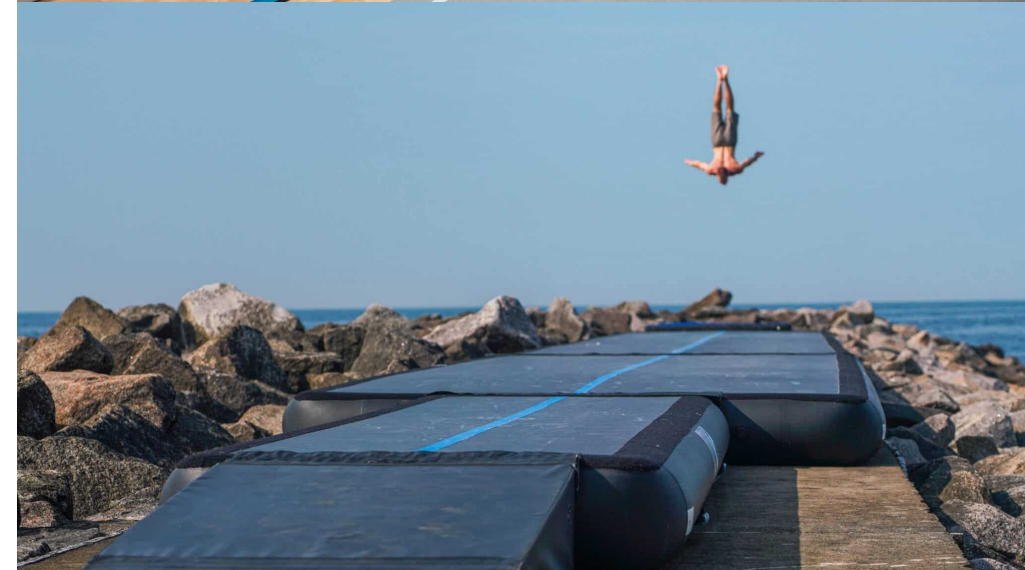


For entry level competitions the requirements for number of gymnasts and elements could be different. Eg. 1 element and maybe all gymnasts

Tumble

The apparatus for Tumble is a fiber track designed for TeamGym. This is used for European Championships and other high-level competitions. The track is 15 m long and 2 m wide, with a 16 m run-up

For entry level competitions it is possible to use other alternatives, that can be perfectly fine for that level. E.g. just top mat from a fiber track, Air-tracks or anything similar, that will allow the gymnast to perform along the length of the track.



Tumble – High level



Click to play video

Tumble – Entry level



Click to play video



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Trampet



Trampet



The Trampet routine consists of 3 rounds. 1 round has to be with the Vaulting Table, and 1 round needs to be without the Vaulting Table



Is not allowed to repeat the same element in another round



The first round is the same for all gymnasts – Team Round.



Each round is performed by 6 gymnasts, There are different requirement for twists, rotations and intensification

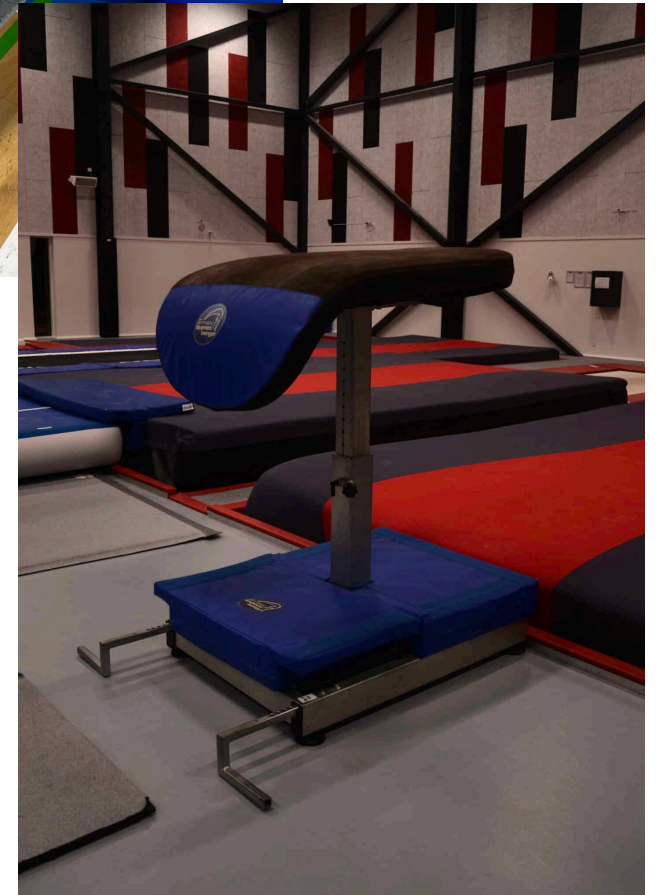


For lower level competitions the requirements for composition may be lower, and the difficulty values may be limited

Trampet

The apparatus for Trampet is a high performance trampette designed for TeamGym, plus a Vaulting Table and appropriate landing mats and run-up. This is used for European Championships and other high-level competitions.

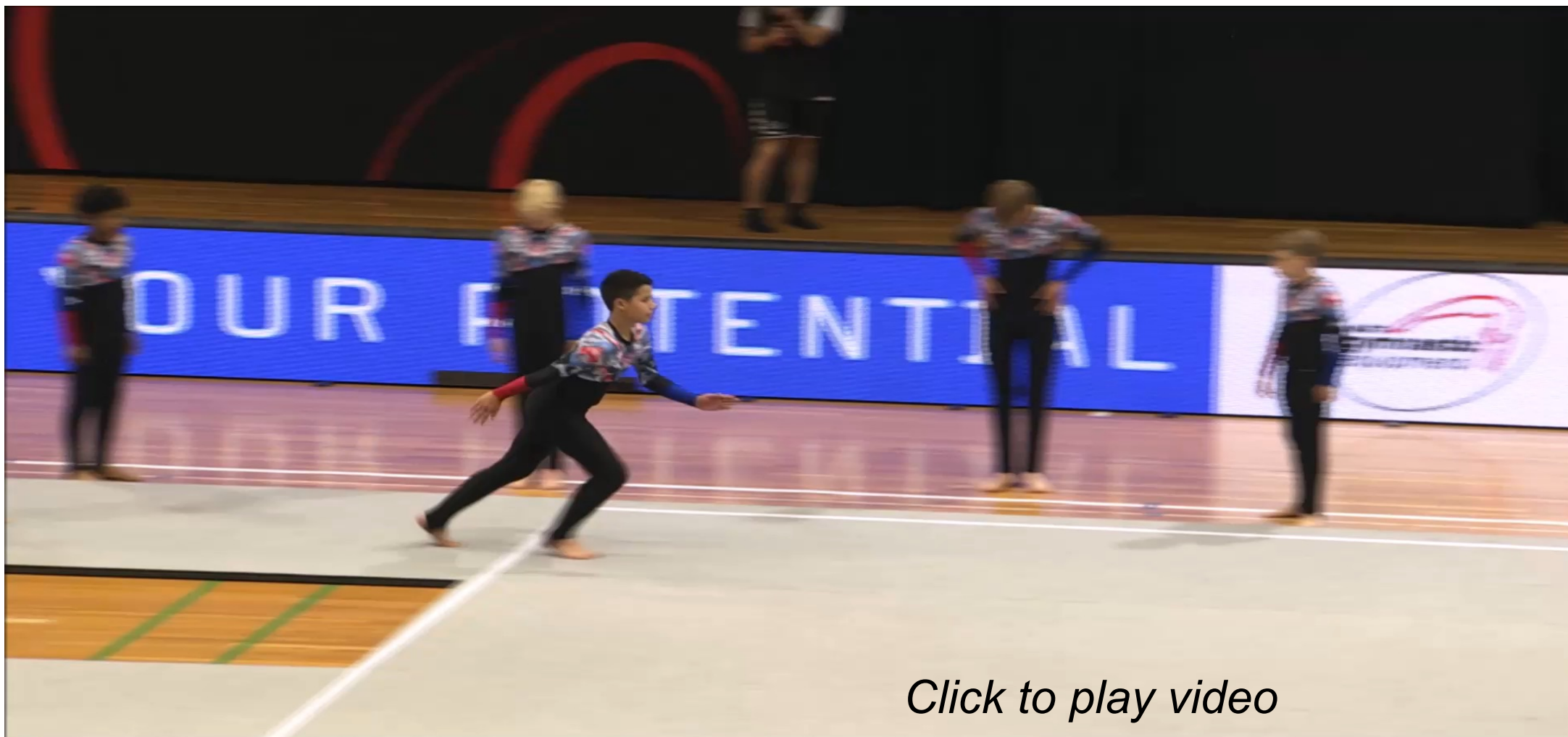
For entry level competitions it is possible to use other alternatives, that can be perfectly fine for that level. Eg. just springboard, open ended trampette, and foam equipment in place of the Vaulting Table



Trampet – High level



Trampet – Foundation level



Click to play video



**How is
European Gymnastics
developing TeamGym?**

TeamGym Learning Opportunities

- Webinars
- Coach education courses
- Internships for coaches
- TeamGym Symposiums & Conferences
- Brevet judges' courses
- Promotional events





What are the benefits?

TeamGym Benefits

- Team spirit
- Sport for all
- Sport for life
- Energizing atmosphere
- Easy to start
- A chance to succeed

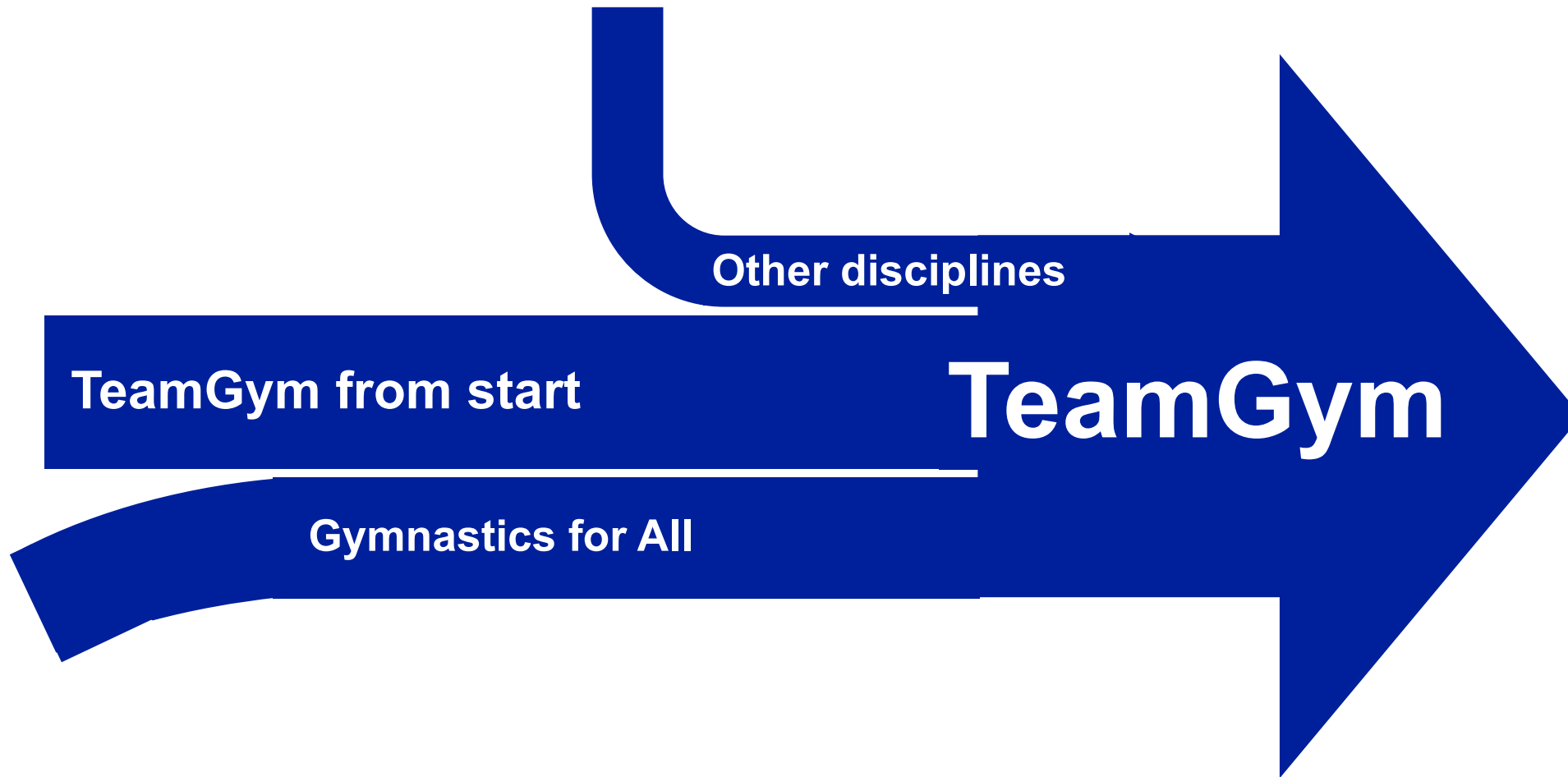


Economic Benefits

- Spectator sport
- Great potential for generating income from membership fees and licenses
- High numbers of participants at the events



How to Introduce the Sport



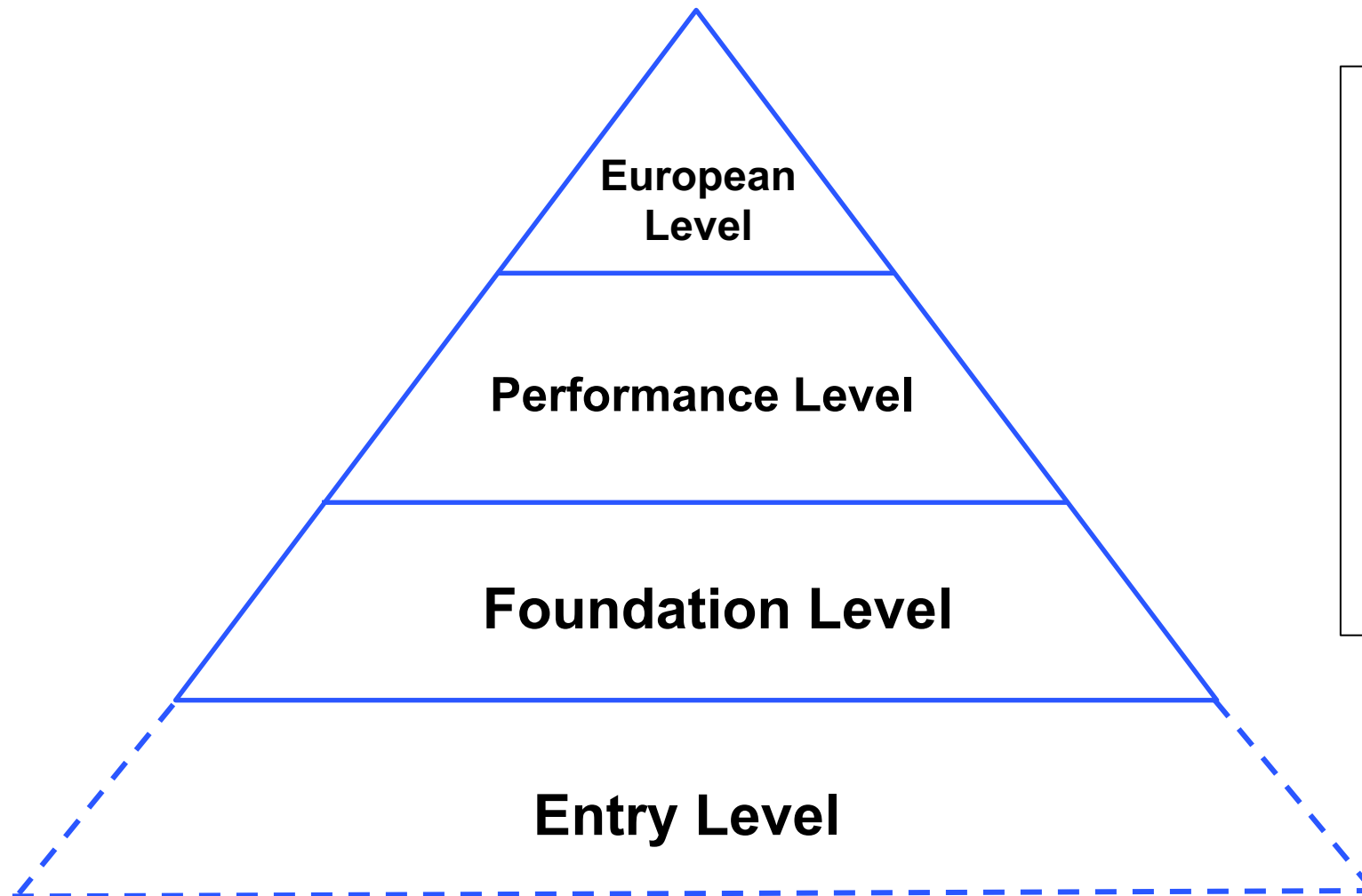


Making Space for TeamGym

Recruitment of coaches and gymnasts

Scheduling in the gym

How to Introduce the Sport



2022 - 2024 CODE OF POINTS

Seniors and Juniors



TEAMGYM

Edition 2022

How to Grow the Sport





TeamGym Coaching Internship

WHAT IT IS?

BENEFITS

HOW IT WORKS

Education for TeamGym Coaches

Three levels of coaching education

including online and live sessions, theory and practice

- Foundation level
- Performance level
- High Performance level



Education for TeamGym Judges



- Three brevet courses are held in the beginning of each cycle
- Additional judges' courses can be available on request
- Structure of the courses
 - Online sessions
 - Homework
 - Live Course and exam
- Three category levels
 - Category 1-3 European brevet judges

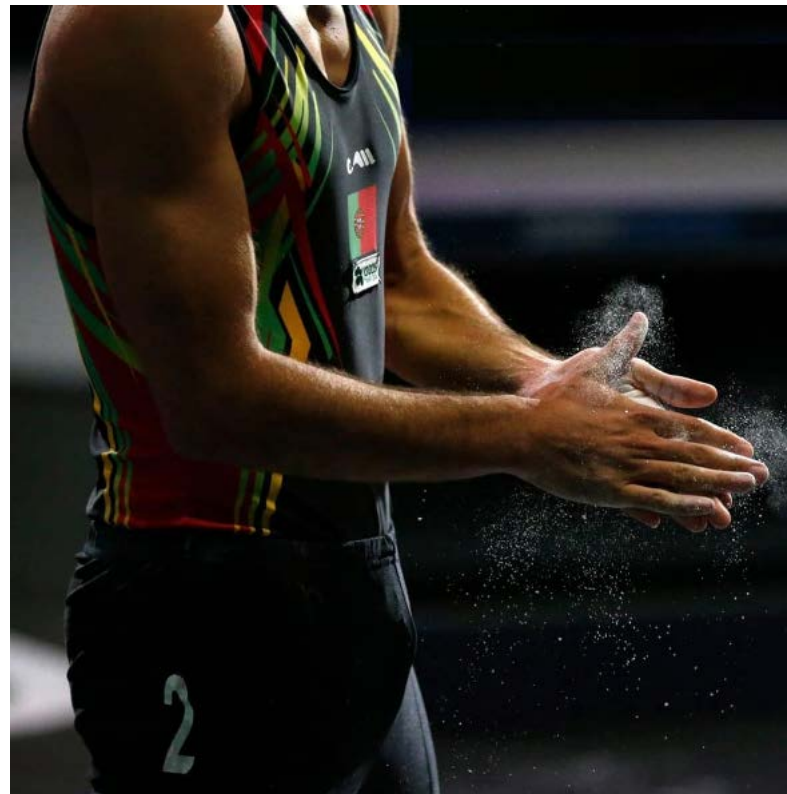
Courses/Events scheduled for 2023

25-27 February	<i>TeamGym judges' course in Scotland (GBR)</i>
11 July	Webinar on Introducing TeamGym to Clubs and Federations
30 August – 3 September	Foundation level course on all TeamGym apparatus in Croatia
October-November	Webinars for judges' update
5-7 January, 2024	TeamGym Conference comprising both practical and theoretical sessions, Malmö (SWE). The target group is performance level coaches and managers.

2024 TeamGym European Championships



The next Europeans will take place on **16-19 October 2024** in Baku (AZE).



Team(Gym) Spirit



Questions





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