



Details about the conference topics

The conference program may still undergo changes before it is finalised.

Transitions on tumble

In TeamGym we do both forward and backward tumble. Transitions in backward tumble are an area for development. What can TeamGym learn from Power Tumbling?

- Effective ways to progress with different elements.
- How does a gymnast practising Power Tumbling spend their time during a training session?
- What specific physical preparation is needed?

Target series for the session:

- Round off – double tucked/piked – whipback – flick-flack -
- Round off – double straight – whipback – flick-flack –
- Round off – double straight with twist – whipback – flick-flack -

Technical development of triple saltos

- Prerequisites for triple rotations – specific jumps or technique/arial awareness, physically and mentally
- Building up to triple rotations – what are the steps before the first triple?
- What are the similarities and differences between tucked, piked, and straight triples?
- Triples with multiple twists - what do you do and what do you don't?
- Differences between triple rotations on trampet vs vaulting table

Floor

- Enhancing the expression of the program (focusing on dynamics and amplitude)
- Exploratory work to choreography
- Difficulty elements - how to make them a natural part of the program (especially focusing on the DS)
- Preparing the gymnasts for more complex and more difficult elements

Next TeamGym Code of Points for 2025

- What direction would you like to see TeamGym develop in?
- What changes should be made to the Code of Points for our sport to grow and develop?
- In what ways can the competition format be improved?
- Modifications to the equipment?
- What can we do to make sure our Code of Points does not hinder new countries from joining TeamGym?

The move towards paperless judging

- The concept of paperless judging: what does it mean?
- By transmitting real-time judging information during performances, how can competitions be made more exciting?
- What criteria does the scoring system need to meet?
- To move towards paperless judging, what CoP updates would be helpful?

Managers

The conference will include presentations and seminars that would be of particular interest to anyone with strategic oversight or input into federation TeamGym development. These include:

- Code of Points adaptations for foundation level competition in order to grow a strong and progressive participation base.
- Case studies of national programmes for TeamGym.
- Future competition development, including the European Championships and beyond.