

Frequently Asked Questions - TeamGym

- **I am really busy with getting gymnasts ready for artistic/acro/other discipline grades.....how much time will I need to dedicate to the routines?**
- Team gym Micro competitions compliments training we find as the skills can be learnt, at their own pace individually, once they have mastered their skills, they can put them within a team. The benefit of team gym is that friends at different skill levels get to compete together if they wish as the skills increase in tariff value so all can compete at the level they are achieving.
- Full floor routines do need incorporating into your weekly planning as you are teaching a child to move in synchronised movements as well as including skills, this takes a gymnast time, like any dancer learning to dance.
- I would recommend concentrating on Micro Team firstly, then perhaps progress onto full floor routines.

- **When are the competitions and where will I find information about them?**
- Competitions are run across the country and team gym often develops between clubs developing competitions as invitational between clubs. A Northern and Southern league has also developed which again encourages teams to travel across the region. I would recommend getting touch with the TeamGym TC who circulate competition information from across the country.

- **What are the development pathways?**
- Development pathways - gymnasts enter at the level of skill they can achieve at, perhaps think about starting at level 6, 5 etc and work through the level up to 1.

- **What the best routines to work on first?**
- Micro routines (vault, trampettes and tumbles) for newcomers and work towards full (vault, trampettes, tumbles and a synchronised floor routines) TeamGym routines following that.

- **Who can I get in touch with to find out further information?**

Initially Maria Gaynor at the Welsh Gymnastics Office (Non-Olympic Discipline Development Officer). We have a Workforce Development Officer Rachel Horwood (rachel.horwood@welshgymnastics.org), who will register expressions of interest for any training course or workshops and will meet the demands on a needs basis.

- **Where will I find all this information and handbooks etc?**

Code of points and Information is all on the BG website, the most helpful information is that sent out by the competition organiser for level 6 and 5 but this is also on the BG site. It does however, get a little confusing at level 4 as you have to refer to the code of points as well as the BG code. A workshop for such is helpful to arrange or visit a club who specialises in team gym to help with any questions.

- **At what level can I put my gymnasts in at? What do my current qualifications cover me to do?**

This information is on the BG website and in the competition handbook. We would advise however to check your qualification cross over and ensure all coaches are coaching within their qualification syllabus.

TeamGym Handbook

<https://www.british-gymnastics.org/technical-information/competition-handbooks/teamgym/9309-teamgym-competition-handbook-2018-v1-2/file>

TeamGym Coaches Code of Points

<https://www.british-gymnastics.org/technical-information/discipline-updates/teamgym/9373-teamgym-code-for-coaches/file>

NATIONAL DEVELOPMENT PLAN 2017 - TUMBLING								QUALIFICATION MAPPING								
Round off	Flic	1/2 turn jump to 1	Round Off	Flic	Rebound jump			NATIONAL GRADE 1	GG Level 2	MAG Level 2	TG Level 2	WAG Level 2				
All skills covered up to: Round off, Flic																
Stretch jump to 1	Cartwheel	Round off	Flic	Flic	Rebound jump											
Round off	Flic	Flic	1/2 turn jump					NATIONAL GRADE 2	GG Level 3 Mod 1	MAG Level 2	TG Level 2	WAG Level 2				
All skills covered up to: Round off, Flic, tuck back somi and front somi																
Tuck front walkout	Round off	Flic	Flic	Flic	Rebound jump											
Round off	Flic	Flic	Flic	Flic	1/2 turn jump			NATIONAL GRADE 3	GG Level 3 Mod 2	MAG Level 3 Mod 1	TG Level 4	WAG Level 3 Mod 2				
All skills covered up to: Whip and pike back somi																
Round off	Flic	Tuck back somi														
Pike front walkout	Round off	Flic	Flic	Flic	1/2 turn jump			NATIONAL GRADE 4	GG Level 3 Mod 2	MAG Level 3 Mod 1	TG Level 4	WAG Level 3 Mod 2				
All skills covered up to: Whip and straight back somi																
Round off	Flic	Whip	Flic	Flic	Tuck back somi											
Round off	Whip	Flic	Flic	Flic	Tuck back somi			NATIONAL GRADE 4	GG Level 3 Mod 2	MAG Level 3 Mod 1	TG Level 4	WAG Level 3 Mod 2				
All skills covered up to: Whip and pike back somi																
Round off	Flick	Whip	Flic	Flic	Flic	Flic	Pike back somi									
Round off	Flic	Straight back somi														