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Questions and Answers - TeamGym Code of Points med svenska anpassningar

Ref: Code of Points med svenska anpassningar 2025-2028 (V1.1)

Based on the Q&A prepared by European Gymnastics with Swedish adaptions

Items are listed in three groups: General (G), Floor (F) and Tumble/Trampet (Tu/Tr)

Further questions about TeamGym rules can be submitted via email: ttk@gymnastik.se

No	Category	Questions	Answers	Reference
G1	General	Are see-through (transparent) sleeves allowed in a leotard?	The CoP describes the minimum cuts for gymnasts attire for males and females. These areas must no be transparent.	3.2.1
G2	General	Where can you find the justification for deduction concerning hair?	E1s are empowered to deduct for inappropriate attire in Art 4, which details Competition Attire 3.2.1 f).	4. / 3.2.1 f)
F1	Floor	How is the difficulty value and additional value for movement in and out judged in the following scenario when team is performing J612: CD1 gives DV Full (0.6) and No MIO (0.0) CD2 gives DV Full (0.6) and MIO (0.2) CD3 gives DV Half (0.3) and MIO (0.2) CD4 gives DV Half (0.3) and MIO (0.2)	According to 20.3.2 c) The awarded value per element is the average of the two middle scores (to two decimal places). For the example provided, the awarded value for each judge is: CD1: 0.6, CD2: 0.8, CD3: 0.5 and CD4: 0.5. The average of the two middle scores for this difficulty element is 0.55. In Swedish competitions, the scoring system is calculating the scores.	20.3.2 c)
F2	Floor	About RS: Is it allowed to switch formation e.g. from three groups to two groups if the groups start and end from different places?	It is possible if the two groups travel in the same direction. For example, two groups starting from the back left and back right and finishing centrally at the front of the floor area. All gymnasts must fulfil the RS requirements.	22.2.1 g)
F3	Floor	Can you give an example of how the elements performed in planes can be counted as different?	Those three different elements counted could, for example, be chosen from running, sliding, chassés, jumping, leaping and hopping to be clearly different. For the three elements to be different it should be noted that simple steps can be used to connect the elements but these are not counted. Therefore, the three elements should differ clearly from simple steps and from each other. Movements with the same basic element can be counted as different if performed with clear variation. E.g.: long slide that is performed slowly including bending legs, compared to a much faster performed slide with nearly straight legs.	22.2.2 b)
F4	Floor	If planes are marked on the tariff and performed in the RS, does the team lose the plane and the RS or just the plane?	If a plane is marked inside the RS, the team will lose the value of the plane (see 22.2.2 j). Planes need to be performed separately, outside from the RS. The RS is not affected.	22.2.2 j)
F5	Floor	Can you use planes as movements in and out?	Yes, it is allowed to use planes as movements in and movements out as long as requirements for both plane and movements in/out are fulfilled.	22.2.2 / 23.6 b)
F6	Floor	Are planes allowed in CF?	Yes, it is allowed to use planes to create a moving curved formation as long as requirements for both planes and CF are fulfilled (be aware not to turn).	22.2.2 / 22.2.3 d)
F7	Floor	Is it allowed for gymnasts to perform different movements in a curved formation (the requirements says at least three elements)?	Yes, gymnasts can perform different elements as long as requirements are fulfilled by all gymnasts.	22.2.3 d)
F8	Floor	If there is a D element in RS, will the element be counted towards the D-score?	Yes, if the D element meets the difficulty requirements, it will be counted. The team will lose the RS, but marked and performed D-element will be counted.	23.1 b) / 22.2.1 d)
F9	Floor	If the team changes formation during the movement in and out of the difficulty element, is it allowed to add the difficulty element to the formation where the movement in starts?	Elements must be marked in the right performing order. If the formation changes during the movement in and out, the difficulty element may be added to the formation where the movement in starts.	23.3 a)
F10	Floor	A team performs three jumps, (jump, hop, leap - in this order). Can the leap be counted instead of the hop as the second jump?	If more than 2 jumps are marked, only the first two will be considered. Hence the leap will not be counted. If the team choses to perform two elements from the jumps/leaps/hops category, one of them must be a leap. If none of the two elements is a leap, only the first marked element in the category will be considered for calculating the DV. In this case, only the jump will be considered.	23.3 b) / 23.7.2 c)
F11	Floor	A team marks a jump as first jump, hop as a second. They perform leap as first jump (not marked on the tariff) and then the hop (market on the tariff). They lose the jump because they did not perform it, but do they lose the hop as well?	If the team chose to perform two elements from the jumps/leaps/hops category, one of them must be a leap. If none of the two elements is a leap, only the first marked element in the category will be considered for calculating the DV. Hence, the hop will not be considered, even if performed correctly. The leap performed will not be awarded as it was not marked correctly on the tariff sheet (marked as a jump).	23.3 b) / 23.7.2 c)
F12	Floor	DD time: If a difficulty element is marked and performed but not counted (DV 0), will it cause a deduction in DD?	If the element is marked and performed, it will be counted towards the DD, no matter if the value is given/counted for the DV or not.	23.5 f)
F13	Floor	According to the tariff form, there are three D elements after the DD, but one has to be removed (for example, the 2nd Jump — no Leap). So the team has only seven elements, with two after the DD. Will one additional element be valued at zero as the second jump is not considered?	If any of the 3 last elements marked on the tariff are not counted towards the difficulty value, no additional element are deducted as the team has already lost the DV for the element.	23.5 f)
F14	Floor	If you try to raise the Group element value (movements in and out), can gymnasts stop when they perform the lift or throw or do they have to all move all the time without any stop when making the Group element between the choreo movements?	The difficulty element can be performed staying still on one place. During the D-element the centre of gravity must not move if the element does not require that. The requirement of centre of gravity moving is only for the movements in and out.	23.6 d)
F15	Floor	Can the last elements in RS be counted as in-element for the next D-element?	Yes, the movments in to a difficulty element can be part of the Rythmic Sequence. The RS is deducted if the difficulty element is performed inside the RS.	23.6 f)
F16	Floor	Is there any restrictions on what elements we can use to move in and out of floor difficulty? Are for example hurde steps or round off allowed?	All elements and movements where the centre of gravity is moving across the floor can be used for movement in and out, for example hurdle step, chasse or round-off. However, no difficulty elements (elements listed in Appendix 1) are allowed, as only one difficulty element may be connected in the same sequence.	23.6 f) / g)
F17	Floor	When performing movements in and out, can you change the direction?	Yes, it is allowed to change the direction when performing movements in and out, but the centre of gravity must continue moving across the floor throughout the in/out sequences. Be aware that when performing these movements, changing direction abruptly, for example, moving to the left and then suddenly switching to the right (a 180° change) will likely cause an unintended stop.	23.6 f) / g)

F18	Floor	Can the throwers and catchers be the same gymnasts in the group element and still get the additional 0.2, if they stand still when the gymnast is in the air?	Yes, gymnasts are not required to move when they are fulfilling their role in the group element.	23.6 f) / g)
F19	Floor	Is it possible to perform movements in - difficulty element - difficulty element - movements out?	No, you need to perform movements in and out for each difficulty element.	23.6 e)
F20	Floor	Is it possible to count the movements out from one difficulty element also as movement in for the next difficulty element?	Yes, movements out can be used as movements in for a sequence following.	23.6 e)
F21	Floor	If the pirouette underrotates (more than 45°) equally by all gymnasts, will there be an E-deduction?	For E-judging the difficulty elements need to be performed as similar as possible. If the team performs the difficulty element exactly in the same way (no matter if the difficulty requirements are not fulfilled) there will be no E- deduction because the performance was "uniform".	24.3.2 b)
F22	Floor	A gymnast is taken out just before the floor routine. How to avoid E deductions in precision of formations when the missing gymnast's position is marked on the floor tariff for each formation.	The tariff form should show the correct shape of each formation. However, the gymnasts do not need to be positioned exactly according to the markings on the tariff form.	24.3.5 b)
F23	Floor	If a team of 10 gymnasts are doing a floor program and 8 of them start the program with the music but 2 are standing still and start dancing after 3 seconds, will there be a dynamic deduction?	It is allowed to have minor pauses that amplifies the character of the choreography. This also applies to the start of the program.	24.5.1 a)
F24	Floor	If after a handstand there is a stop in the program, is that stop handled as part of the "handstand - given point of the routine" or the following given point of the routine?	If the stop occurs before any new movements/elements, it will be classified as part of the "handstand given point of the routine".	24.5.1 a)
F25	Floor	In CoP 24.5.1a, 3rd dot it says that stops and pauses etc will be deducted each time. Does that really mean each time or does it mean in each 'any given point of the routine' where continuity is broken?	Under Dynamic Execution, the deduction is for any given point of the routine.	24.5.1 d)
F26	Floor	How to handle 45° tolerance in total in twisting jumps? What is meant? Can you compensate by over rotating the twist?	Degrees are measured in comparison to the required position in take-off and landing. Therefore, compensation for over rotation is not possible. Take-off and landing deviation can be maximum 45° in total. Deviation is measured from the hip at the time of the take-off and landing. E.g. if there is a 20° mistake in take-off and 40° mistake in landing (comparison to the required take-off/landing position), it is out of the 45° total tolerance and the value for that element is zero.	A1 page 1
F27	Floor	In twisting jumps and pirouettes, must all gymnasts face the same direction to receive the DV? If one or two gymnasts face a different direction, is the difficulty value reduced to half?	It is written as a requirement in D (in Appendix 1). If one or two gymnasts make a mistake, the team receives half of the difficulty value (DV).	A1 page 1
F28	Floor	Is there any rule for the supporting leg in bridge (HB203, HB603, HB803)? Does the leg have to be straight?	Legs must be straight. See A1, 1. General Difficulty Requirements for Balances, 1.1 Hand supportive balances (HB) (The exception is HB1001).	A1, 1.1
F29	Floor	What are the DV requirements for arms when pressing up to handstand (DB604, DB804)? What is the execution deduction if all gymnasts have slightly bent arms?	When pressing up to a handstand, it is allowed to bend the arms in terms of difficulty value (DV). In the handstand position, however, the arms must be straight. For execution, gymnasts are compared to each other. All gymnasts must perform in the same way to maintain uniformity. If all gymnasts bend their arms in exactly the same way, there is no execution (E) deduction for uniformity.	A1, 1.2 24.3
F30	Floor	Dynamic balances, DB805. The Appendix 1 states that the movement should be continuous, and that no pause ≥2 sec allowed. Should the movement be continuous or is a pause allowed?	If there is a pause ≥2 sec the team will not get the D value for the element. This is the tolerance. If you pause for one second you will still get the value.	A1 1.2 A
F31	Floor	Can gymnasts perform a twisting hop/leap in the curved formation?	Curved formations (CF) may include twisting hops/leaps. The definition allows to perform difficulty elements as part of the CF as long as all the requirements are fulfilled.	A1, 2
F32	Floor	A team has marked difficulty elements without twist on the tariff sheet but performs them with twist. Do they lose the value?	For group element, if no twist is claimed then any visible twist is not credited or penalised. For jump elements (rows JXX3, JXX5 and JX13; see left column of appendix 1) then 'with or without twisting' is critical for element recognition.	A1 2.1
F33	Floor	Are you allowed to bend your knee(s) after the clear pike position, when going out from the clear pike and (for J610 and J810), turning the last 90 degrees to prepare for landing?	The legs must be staight during the element. The normal mechanics to prepare and absorb the landing is allowed.	A1 2.2
F34	Floor	J808. "Legs separated, upper body at horizontal, thighs horizontal or above, no tolerance, stomach downwards. Does "no tolerance" refer only to thighs horizontal or also to upper body horizontal? Couldn't the upper body be horizontal or above as long as the thighs are above horizontal? Should straight legs also be a requirement, as in many other jumps, leaps and hops?	"No tolerance" refers to the legs being horizontal or above. The upper body must be horizontal. For elements with upper body horizontal, the tolerance is 15°, as defined in General Requirements. No requirement for straight legs exists.	A1 2.2
F35	Floor	How is the difficulty value judged if a gymnast falls during an acrobatic element on floor or lands on one leg and continue directly with a roll, for example in free cartwheel? Do tumble and trampet rules apply for credited D-value?	The element receives difficulty credit only if its landing requirements are met (e.g., landing on one or two feet before any other body part). A landing with hands before or the same time as the feet in free cartwheel is not allowed. Tumble and trampet rules regarding credited D-values do not apply to acrobatic elements in floor.	A1, 5
F36	Floor	Is there a tolerance in HB804 for the legs? In the previous Code of Points there was a 15-degree tolerance, but now in the general requirements it only says there is a tolerance for leg separation and hip/knee angles.	The tolerance of 15° for hip angles would apply even though the angle is measured from the floor.	A1, HB804
F37	Floor	Is it allowed to use two hands to hold the leg when performing SBX01, Side balance with help of hand?	In side balance with help of hand, SBX01, all gymnasts must hold the leg with one hand. In SBX02, it says "with help of hand/hands" and the leg may be held with one or both hands.	A1, SBX01
F38	Floor	What is the tolerance for leg being on the side or in front for balances SBX01 and SBX02?	When performing balances SBX01 and SBX02, there is a 45° tolerance for the leg being on the side/in front.	A1, SBX01 / SBX02
F39	Floor	What happens if, in a standing balance, one gymnast holds the leg with both hands while the rest of the team use one hand?	When the team has chosen to perform the element with one hand and one gymnast fails by is using two hands, half of the DV is given.	A1, SBX02
F40	Floor	In JX10, does the turn have to be during the aerial phase?	Yes, same as in all jumps. See A1, page 1. It says the rotation/twist must be fulfilled, measured at the hips (take-off and landing), this means between take-off and landing, which is the aerial phase.	A1, JX10
F41	Floor	Gainer salto: Take off from one leg, landing with one or two legs. Should it be leg or foot?	For take off and landing in acrobatic element, the wording "leg" is also used to define a landing on "foot". As per the definition of acrobatic elements, a foot first landing is required, unless specified otherwise.	A1, A803

F42	Floor	What is the correct starting position when performing a gumbi (A807)?	When there is no specific definition for the element's starting position, it means that the team can choose. E.g. standing, kneeling, sideways, backwards, but needs to be performed in the same way for the whole team.	A1, A807
F43	Floor	What is the tolerance for twisted hip in split F1003 in terms of difficulty value?	For F1003, the hip angle requirement need to be fulfilled. When twisting the hip more than 45°, the element is recognized as a side split.	A1, F1003
F44	Floor	Appendix 2, 1, the example in the third bullet, could you please show the calculated score for that example.	Two gymnasts (less than half of the team) make minor faults, and one gymnast makes a major fault: 2 x minor. 1 x major = 0.2 + 0.4 = 0.6 => 0.4	A2, 1
F45	Floor	When summarizing execution deductions, are we using two seconds for the handstand, or are we counting the beats of the music?	E-panel judges need to assess synchronisation with the rest of the team. To do this, they should compare the gymnasts against the quarter-note system (1, 2, 3, 4) to determine the appropriate level of deduction. However, CD judges are evaluating the minimum hold of two seconds to evaluate if the skills is given Full, Half or No.	A2, 1.1
Tu/Tr1	Tumble/ Trampet	In case of running through and in the case of wrong number of gymnasts we will give 3 execution deductions, what will happen with C deductions in both of cases? There are differences?	If there are less than six gymnasts in the round, no composition deductions under Art 27.2 are taken for the missing gymnast, f) If there are more than six gymnasts in a round, only the first six gymnasts are counted for composition. In case of Running Through, the composition deduction for missing element is not taken. However, all other compositional requirements remain e.g. twist and any salto requirements. In case the TB allows for more than six gymnasts, composition deductions are taken for all gymnasts, except correct order.	27.2 / 32.2
Tu/Tr2	Tumble/ Trampet	Name a situation where missing element is applied in the Team Round?	In case the majority of the team is only performing two elements (when three is required), the deduction is used and the team will be given the composition deduction for missing element.	27.2.8
Tu/Tr3	Tumble/ Trampet	What is meant by a collapsing fall, if the gymnast arrives feet first but collapses to a complete closing of joints at hip or knees before falling.	This describes the judgement to make concerning difficulty when a gymnast lands feet first but collapses directly into a fall. If either the knees or hips close 'completely' as the gymnast collapses into the landing then the DV will be zero. If the gymnast has a deep landing (at hips or knees) but takes steps before falling then this is treated as a typical fall and the DV is not affected.	28.3 c) / 33.3 c)
Tu/Tr4	Tumble/ Trampet	A gymnast makes straight salto 540 and falls on his back (over rotation). Both feet touches the ground lightly but he falls immediately. Hip or knee joints don't close. Will the gymnast get the D-value for the element or will this be counted as a collapsing fall?	This over rotated fall does not fall under "Not Feet First", "Underrotated Fall," or "Collapsing Fall," and therefore the difficulty value is awarded.	28.3 a) - c) / 33 a) - c)
Tu/Tr5	Tumble/ Trampet	For collapsing fall. What if the gymnast closes its knee joints completely and then manages to push up a bit, showing resistance and then falls to its butt while "jumping" backwards - would it still be a zero DV?	No. Only when falling directly after a closing of the knee or hips is the DV zeroed for a collapsed fall. E.g. If a gymnast lands with closed knees and hips (deep squat) but pushes the joints open before they fall, this is not a collapsing fall.	28.3 c) / 33.3 c)
Tu/Tr6	Tumble/ Trampet	Coach making the skill: If a gymnast comes down from an element with clear under rotation and the coach makes a clear support at the same time as the gymnast lands, which changes the rotation of the gymnast and prevents an under rotated fall without steps (zero DV). Will this element get zero DV, or does the support clearly need to be performed before the landing for the DV to be taken? Is there a risk that this will encourage very late support by coaches?	In this situation, the coach would need to take the majority of the gymnast's body weight for the DV to be lost. When deciding whether to take the DV for the coach 'making the skill' the judges need to reflect on the deductions for support (helping the skill) and when the coach actually 'makes the skill happen' for the gymnast. The latter should be an obvious and forceful application that takes the majority of the gymnast's body weight and/or significantly changes the flight of the gymnast. If there is any doubt then it should always be benefit of the gymnast.	28.3 f)
Tu/Tr7	Tumble/ Trampet	Support of coaches - since this deduction is categorised under Landing Phase - are you only allowed to give deduction for support in that phase. E.g. the coach gives support in the take-off phase is that a deduction? Or if the coach gives a gymnast support in the preparation for landing phase.	All support is deductible. Grouping into phases is just intended to make it easier for the judges, and make the judging more consistent.	29.2 / 34.2
Tu/Tr8	Tumble/ Trampet	Is the early twisting deduction also applicable to starting saltos with twist?	Yes, that is why the limit for early start is not chosen so tight. There is a 45° tolerance in the hips at the point of take-off.	29.3.1
Tu/Tr9	Tumble/ Trampet	Why is there no height deduction for double/triple saltos?	The reason is that a low double or triple will anyway be covered by several other deductions - some of which are new in this version of the Code of Points.	29.4.1 / 34.4.1
Tu/Tr10	Tumble/ Trampet	Why is there no deduction for over- or under rotation up to 30°?	Minor deductions for incomplete twist rotation are taken in the air for the last 90° of rotation before landing. At the point of arrival we are dealing with more significant deviations which start at 30°.	29.5.2 d) / 34.5.2 d)
Tu/Tr11	Tumble/ Trampet	Is the E judge allowed to take a 0.3 for landing position and a 1.0 for a fall on Tumble/Trampet?	As landing position and fall (control in landing) are two different headlines, judges can deduct 0.3 for landing position and 1.0 for a fall on the same gymnast.	29.6 / 34.6
Tu/Tr12	Tumble/ Trampet	If there is a not feet first landing, combined with a dangerous situation, there will be no 1.5 deduction if the coach does not react?	Coaches are expected to react in any case of a dangerous situation (Gymnast coming down to contact head and shoulders/chest first). There is no dangerous situation where the 1.5 deduction for 'coach not taking action' would not be taken. The word action in 29.6.4 c) and 34.6.4 c) refers to the 1.0 deduction for support/coaches' action.	29.6.4 c) / 34.6.4 c)
Tu/Tr13	Tumble/ Trampet	The code says that "Only coaches' actions that results in a feet first landing are deductible". Is the definition here what is defined under 28.3 a) "Not Feet First: This is where the gymnast arrives without the first contact being with the soles of the feet before any other body part". Or does this include also under rotated and Collapsing falls mentioned under 28.3 b) and c). If only 28.3 a) is applicable, what is the rational for this (to understand the intention)? I assume the reason is to encourage coaches to react in case of clear not feet first landings.	Support is not deductible in cases where gymnasts do not land on their feet first. This should not be confused with other situations involving falls that result in a loss of DV.	29.6.4 c) / 34.6.4 c)
Tu/Tr14	Tumble/ Trampet	In Appendix 5 it says: For round-off, handspring, flyspring and flic flac there must be contact from hands and feet. The minimum requirement is light contact from at least one hand and foot. And in 29.7.1 it says: d) Deduction 0.1 per gymnast/element for only one hand support as a failure to meet element's technical requirement. Please clarify.	By allowing one hand in a flic flac and handspring, the elements will from a DV point of view be judged as flic-flac or handspring. Further deductions are then made under Execution (29.7.1).	29.7.1
Tu/Tr15	Tumble/ Trampet	What mistakes in control might be allowed in conjuction with giving a bonus in tumble/trampet?	Moderate corrections to gain control (0.2) are acceptable in conjuction with a bonus	29.9 / 34.9
Tu/Tr16	Tumble/ Trampet	If the music stops after two rounds (no technical issue) and the team finishes the third round without music, will there be a HJ deduction for absence of music, or is this only for all rounds?	The complete presentation is performed to the team's choice of music. If the team performs any round without music, there will be a deduction by the Head Judge. It is advisable for teams to bring a piece of music to allow for any delays between rounds.	30.2 / 35.2

Tu/Tr17	Tumble/ Trampet	Is there any deduction regarding coaches' instructions if a coach turns towards the gymnasts (in tumble and Trampet) between one round and the next? It seems to me like an indication regarding The Moment to start the next round, according to the music.	Only obvious cases of direct instruction are deductible e.g. telling the gymnasts to change their order.	30.4 / 35.4
Tu/Tr18	Tumble/ Trampet	34.4.1 How to judge a single handspring on vault concerning height?	The height deduction for handspring is covered by the deductions under "Contact with the Vault". These deductions define both how the gymnast is supposed to leave the vault and also require a "visible lift".	33.4.1 / A6, 1.2.2
Tu/Tr19	Tumble/ Trampet	In Vault deductions: What is the line between 0.1 and 0.2 deduction not leaving in extended position? Are there some degrees in knee, hip or shoulder or is it minor - moderate/major situation	0.1 If the extension in either knee, hip or shoulders is less than 150°. 0.2 If there is less than 150° extension in more than one joint.	34.3.2 e) / A6 1.2.2
Tu/Tr20	Tumble/ Trampet	Does the body positions in multiple saltos have to be held in each individual salto?	Yes, for straight salto the body position should be held throughout the "aerial phase" and for tucked, pucked and piked body positions they must be shown. After shown they may extend for landing but if they show a lesser shape before the end of the aerial phase the difficulty will be evaluated accordingly.	A5
Tu/Tr21	Tumble/ Trampet	Can the same gymnast be deducted for both Partial opening and Late opening? On one hand, the paragraph is marked with (i). On the other hand, the definition of late opening includes that the gymnasts reaches an Extended body position (which is not the case for a partial opening). Does this mean that partial opening give the same deduction regardless if the partial opening is done before or after 120° of upper body rotation?	Yes the deduction can be applied for both partial and late opening. Partial opening is where the full extension (free from deduction) of >150 ° in knees and hips is not quite achieved (i.e. 135-150°). This can be combined with reaching the extended or partial extend position late.	A6 1.4.1