

Judging Regulation TeamGym 2025 – 2028

The judging regulations effective from December 2025 are divided into a compulsory program (A) and an optional ("Kür") program. The following age limits apply:

Age	<7	7	8	9	10	11	12	13	14	15	16	17	18+
Kür 1	up to 8* (Minis)												
			8 to 11* (Kids)										
						from 11* (Juniors/Seniors)							
A1, A2, A3, Kür 2, Kür 3	up to 12* (Kids)												
						from 11* (Juniors/Seniors)							
Kür 4 (international)									Juniors – 14 to 17 years*				
												Seniors – from 17 years*	

Further division or merging of categories may be carried out by the organiser after the registration deadline if necessary. A separation by gender (women, mixed, men) will only take place if at least two categories have at least three teams entered, see notes.

General	Compulsory TeamGym („easy start“)			
	Compulsory program	A1	A2	A3
	Team composition for Mixed-Teams	arbitrary		
	Number of athletes	4 – 10		
Floor	Floor area	At least 12 m x 6 m (equivalent to 3 floor strips) – Floor area up to 16 m x 14 m is allowed)		
	Formations	1 (starting formation is kept throughout the routine)		
	Mandatory	1. Chassé 2. One-leg balance with backward leg extension 180° 3. Pirouette 4. Pike sit with forward bend (min. 45°) 5. Roll vw. 6. Shoulder stand	1. Chassé – pony step (linking movement) 2. Scale (2 sec) 3. 360° Pirouette 4. Pike sit with forward bend (grasping the sole of the foot) 5. Brief (straddle) handstand 6. Straight jump 180°	1. Chassé/run up – split leap 2. Scale (2 sec) 3. 360° Pirouette 4. Splits min. 135° (front- or side split) 5. Brief handstand 6. Cartwheel 7. Bridge 8. Stag leap
Tumbling	Number of athletes	6 / 4 (6 in each round – 4 best in each round will be taken into account for scoring)		
	Mandatory rounds	1. Handstand abrollen – straight jump 180° - roll bw. 2. Run up – hurdle step – cartwheel (bw.) 3. Run up – hurdle step – cartwheel (vw.)	1. Cartwheel – cartwheel (connection) 2. Run up – hurdle step – cartwheel (vw.) 3. Run up – hurdle step – round-off	1. Cartwheel – back walkover (connection) 2. Run up – hurdle step – round-off 3. Run up – hurdle step – front handspring
Tramp	Number of athletes	6 / 4 (6 turnen – 4 besten gewertet)		
	Vaulting table height	Mind. 1,10 m		
	Mandatory rounds	1. Squat-on – straight jump (vaulting table) 2. Straight jump 3. Tuck jump	1. Tuck vault (vaulting table) 2. Tuck jump 3. Straddle jump	1. Front handspring (vaulting table) 2. Straddle jump 3. 2x tuck jump – 2x tucked salto

* The calendar year in which the corresponding birthday is reached.

Allgemein		Kür program									
		Categories		Kür 1 (national)		Kür 2 (national)		Kür 3 (national)		Kür 4 (international)	
		Team composition for Mixed-Teams		arbitrary							50:50
		Number of athletes		4 – 10 (+max. 2 reserves)							8 – 10 (+max. 2 reserves)
Boden		Floor area		16 m x 14 m (min. side to side)		16 m x 14 m (min. side to side)		16 m x 14 m (whole area)			16m x 14 m (whole area)
		Number of formations		4 SF		5 CF/SF		6 CF/LF/SF			8 CF/LF/SF
		Elements		1 - 2 B 1 - 2 J 1 A Max. 8 are 1 G evaluated 1 F		1 - 2 B 1 - 2 J 1 - 2 A Max. 8 are 1 G evaluated 1 F		2-3 B (inkl. Handstand) 1-2 J 1-2 A Max. 8 are 1 G evaluated 1 F			2 - 3 B (inkl. Handstand) 1 - 2 J 1 - 2 A Max. 8 1 G are 1 F evaluated
		Composition		↑↔		RS ↑↔		RS ↑↔			RS ↑↔
		Time		1:15 – 2:45		1:45 – 2:45		2:15 – 2:45			2:15 – 2:45
Tumbling		Number of athletes		4							6
		Number of elements		1		2 (1x 1 allowed)		3 (1x 2 allowed)			3 (1x 2 – allowed only for Juniors)
		Difficulty requirements		Front or back handspring		Salto		180° LAD oder Double salto			360° LAD und Double salto (only Seniors)
Tramp		Number of athletes		4							6
		Vaulting table hight		1.10 m -1.65 m		1.25 m -1.65 m		1.45 m – 1.65 m			1.45 m – 1.65 m
		Difficulty requirements		Salto		180° LAD (in salto or handspring)		360° LAD (in salto or handspring) or double salto			Seniors: 540° LAD Juniors: 540° LAD (in single salto or 180° LAD in double salto) and double salto
Guideline for categories (D-Value)		Floor		up to 3.9		≥ 4.0		≥ 4.8			≥ 5.6
		Tumbling		up to 1.3		≥ 1.4		≥ 2.2			≥ 3.0
		Tramp		up to 0.9		≥ 1.0		≥ 1.9			≥ 2.8

SF = Small formation
CF = Moving curved formation
A = Acrobatic elements

LF = Large formation
RS = Rhythmic sequence

B = Balance (standing, hand supportive, dynamic/power, pirouette)
J = Jumps, leaps, hops – at least 1 LEAP if 2 J

G = Group element
F = Flexibility element

Notes on the Judging Regulations TeamGym 2025–2028

General

- The international judging regulations (the Code of Points in its current version, currently CoP 2025–2028) serve as the basic principle for the foundation of the German scoring system for both the compulsory and optional program. In Optional Levels 1 to 3, however, national modifications apply. In cases of ambiguity or contradiction, the following hierarchy applies for the national classes Optional 1–3 and A1–A3:
 - the German judging regulations (overview and workbook),
 - the international Code of Points,
 - the decision of the Technical Committee TeamGym, or the head judge appointed for the competition. In Optional Level 4, the Code of Points applies without exception.
- For registration in the optional program, teams receive a starting recommendation based on the D-score of each apparatus. If the recommended D-values are achieved on at least two out of three apparatus, the team should compete in that category for fairness reasons (to avoid “high-level” teams entering lower competition classes).
- Athletes may only compete in one team per competition day.
- A separation by gender (women, mixed, men) takes place if at least two categories have at least three teams entered. Further explanations and examples can be found in the workbook (p. 6).
- Organisational communication between athletes and coaches (e.g., who jumps when) is permitted without deduction in the compulsory programme and Optional 1. Technical instructions (“run faster, jump higher, remember your arms...”) are not permitted.
- In Optional 1–3, two additional athletes may compete beyond the required number; these athletes will not be counted. The first four athletes are always evaluated. In the compulsory programme, the best four out of six athletes are counted.
- **Music:** In the compulsory programme, teams may use music other than the prescribed one on all apparatus. The content of the routines does not change (order, gymnastics, elements, jumps, etc.), but the tempo may vary (e.g., on floor). In the optional programme, music is freely chosen.

Tramp

- In the compulsory programme, vault table alternatives (e.g., box) may be permitted. Open-end mini-trampolines are generally allowed in the compulsory programme and may be permitted in Optional 1.
- The straight jump is an element with a D-value of 0 points, meaning it may be performed and receives no deduction for “running through”.
- Twisting saltos (saltos with 360° or more LAD) are not permitted in Optional 1.
- Double saltos and Tsukahara-type vaults are not permitted in Optional 1.

Tumbling

- Twisting somersaults (saltos with LAD from 180° upward) are not permitted in Optional 1.
- Double somersaults are not permitted in Optional 1.
- or the number of elements, identical elements also count.
- The composition deduction for repeating the last element does not apply in Optional 1–3.
- For difficulty, only different elements count. Elements may be repeated but receive no difficulty value. There is no deduction for repetition (e.g., cartwheel + cartwheel – cartwheel are two different series with the same difficulty value).
- The difficulty value is determined by:
 - the most difficult element in Optional 1
 - the two most difficult elements in Optional 2 and 3

Floor

- Different grip variations within the team for hand-supported balance/hold elements are allowed without deduction.
- In the national classes, the D-deduction for distribution of difficulty values (DD) does not apply; all difficulties are counted regardless of time.

Changes compared to the previous Code of Points

- Removal of DS → bonus for elements performed within a dance sequence (at least 3 movements before and after; applies only to jumps, acrobatic elements, and group elements).
- No movement directions required within the RS → must be shown separately.

National elements TeamGym from November 2025

Floor

1/2 Pirouette vw.	→ ∪	DB101	0.1 Points
1/2 Pirouette bw.	← ∪	DB102	0.1 Points
Kerze	⌋	B116	0.1 Points
one-leg stand* (bent leg)	⌋	SB106	0.1 Points
one-leg stand* (straight leg 45° < 90°)	⌋	SB206	0.2 Points
one-leg stand* (straight leg ≥ 90°)	⌋	SB606	0.6 Points
straight jump 180°	⌋	J201	0.2 Points
straddle jump >135°	△	J203	0.2 Points
pony jump with 180° turn	⌋	J405B	0.2 Points

* without hand support; leg position forward or sideways is optional

Tramp with vaulting table

Squat-on straight jump	↪ = ⊥	J0	0.1 Points
tuck vault	↪ = ⊔	J1	0.2 Points
straddle vault	↪ = △	J2	0.2 Points

Tramp without vaulting table

straight jump	⌋	J3	0.00 Points
straight jump 180° LAD	⌋180	J4	0.1 Points
straight jump 360° LAD	⌋360	J5	0.2 Points
tuck jump	⌋	J6	0.05 Points
straddle jump (SW > 90°)*	△	J7	0.05 Points
straddle angle jump	- △ -	J8	0.1 Points

* SW= side angle

Tumbling

Every combination of two identical elements is allowed, for example:

cartwheel - cartwheel	0.1 Points
round-off – back handspring	0.3 Points