



TeamGym: Group gymnastics at its best

TeamGym is a team competition for men and women, which includes routines being performed on three pieces of apparatus: floor, trampette and a tumbling track.

As a natural extension of artistic gymnastics, TeamGym competitions provide a great opportunity for those gymnasts not wishing to take part in all six (men's artistic) or four (women's artistic) gymnastics, to work as part of a team.

TeamGym competitions may consist of three categories: women, men and mixed teams. In each of the three categories a team may consist of between 6 to 12 gymnasts.

TeamGym routines require effective teamwork, excellent technique and spectacular acrobatic elements. Training and competitions generate an excellent team spirit amongst gymnasts with routines providing great entertainment and spectacle for participants and spectators.

TeamGym competition has its roots in Scandinavia where it has been a major event for more than 20 years. The Euroteam competition, a recent addition to the European Union of Gymnastics (UEG) calendar, was first held in Finland in 1996 and now takes place in even-numbered years.

Gymnasts taking part in TeamGym competitions will perform routines (programmes) on the following pieces of apparatus:-

Floor

Teams perform an optional floor routine within a 14 x 20 metre non-sprung floor area. The routine is accompanied by instrumental music and emphasises strong and smooth teamwork and expressive presentation.

A typical floor routine will consist predominantly of gymnastic elements and meticulous choreography. The choice of elements must suit the level and maturity of the team as well as the music. The aim is good technical performance, fluent and linked movements, and certainty of synchronisation as well as expressive presentation.

Trampette

Teams perform a series of somersaults and twists from a trampette, with good streaming (consecutively and close to each other). Part of the trampette series is performed using a vaulting table.

Again the complete series is performed to music, with each team performing three different rounds. The streaming and complexity of the elements produces some very exciting performances.

Tumbling Track

Teams perform a tumbling series on a 14 metre tumbling track with good streaming. This produces a very dynamic and entertaining performance.

The series is performed to music. Each team performs three different rounds and each tumbling series must consist of at least three different acrobatic elements, without intermediate steps.

TeamGym is the perfect way to extend or support the participation of other gymnastics disciplines. It provides a great way to keep in shape and maintain skills and fitness with friends
