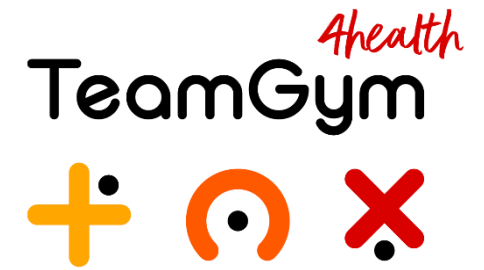




Co-funded by
the European Union



TeamGym4Health

Educational Methodology



Education Material

- This education material is prepared for new gymnastics disciplines TeamGym, to present methodology and curriculum development for trainers;
- TeamGym4Health (TG4H) is a partnership that aims to improve child and youth health through the practice of new Gymnastics for All discipline called TeamGym;
- Development of the TeamGym4Health Educational Methodology (TG4HEM) is provided for coaches;
- Provide the TG4HEM to coaches through educational camps;
- Pilot TeamGym4Health training program for youngsters.



Co-funded by
the European Union



TeamGym discipline Presentation

- TeamGym is popular sport in the northern Europe, but poorly spread elsewhere.
- TeamGym discipline was developed from International Gymnastics Federation (FIG) discipline Gymnastics for All.
- TeamGym adopted European Gymnastics from a competition format that originated in Scandinavia.
- It is a team sports for all ages, levels and abilities.



WHO CAN PARTICIPATE?

- All gymnasts can participate as a team.
- Teams can perform as men's teams, women's teams and as mixed teams in three apparatus: floor, tumble and trampette.
- A team may consist of 8 - 10 gymnasts, all of them must compete on floor.
- On tumble and trampet, 6 gymnasts perform in each round.
- Each team completes three rounds on trampet and tumble.
- Part of the TeamGym trampet program is performed with a vaulting apparatus.
- Floor and trampet programs are performed with music.



Co-funded by
the European Union

Ahealth
TeamGym

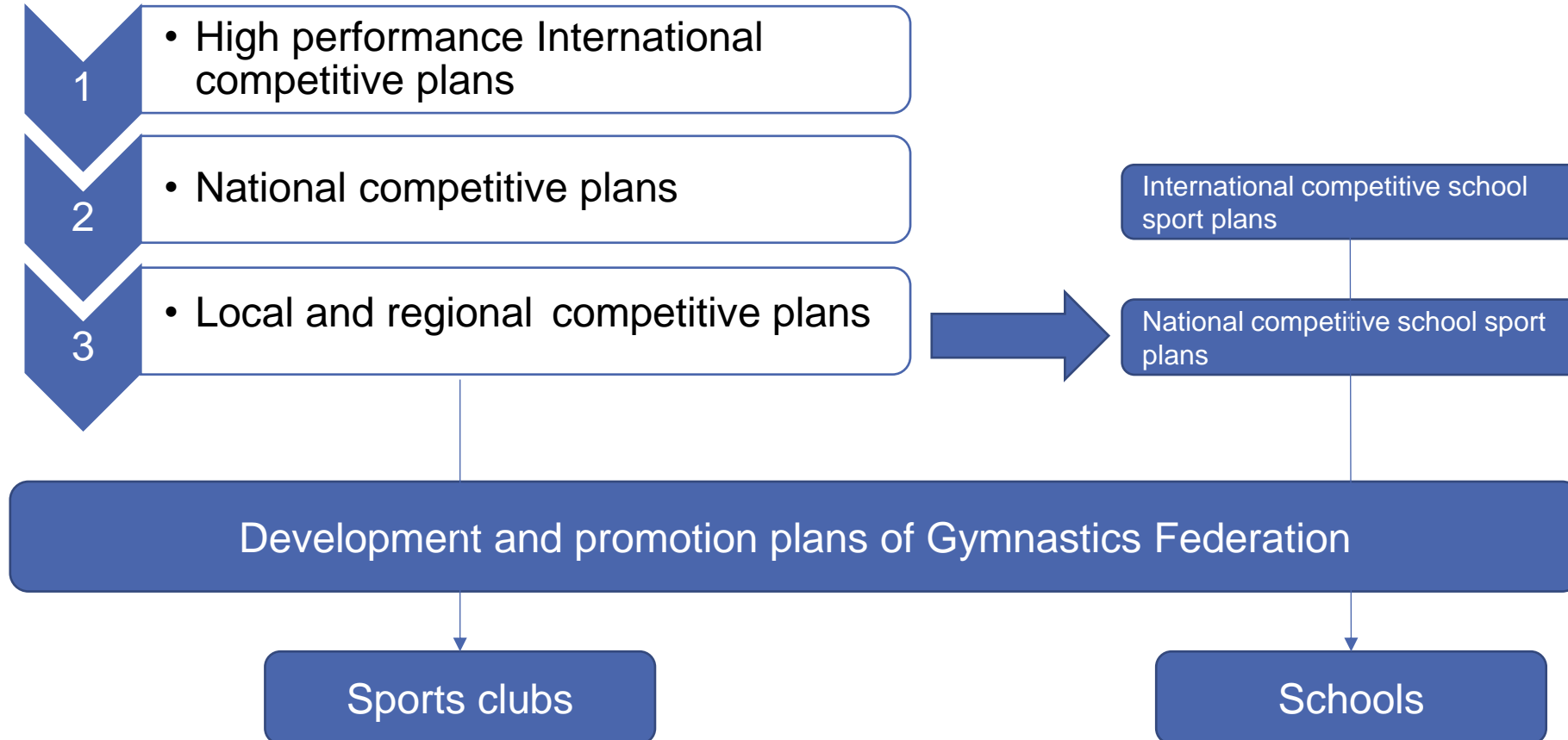


TeamGym try history European Championships

YEAR	COUNTRY	COMPETITION
1996	Finland	European Championships Club teams representing the nations
1998	Denmark	
2000	England	
2002	France	
2004	Austria	
2006	Czech Republic	
2008	Belgium	
2010	Sweden	
2021	Denmark	
2014	Iceland	European Championships National Teams representing the nations
2016	Slovenia	
2018	Portugal	
2020	Denmark Posponed in Dec 2021 due to Covid 19	
2022	Luxembourg	
2024	Azerbaijan	



DEVELOPMENT OF THE TEAMGYM DISCIPLINE





BENEFITS OF THE SPORT TEAMGYM

- Benefits of the TeamGym (TG) discipline can be considered through team sport, although gymnastic sports are mostly individual competitive disciplines.
- These discipline strongly develop common goal, friendship and caring for other teammates.
- Our focus is to enhance - health, sport participant and decrease sport dropout among young athletes (gymnasts).
- With good expertise in TeamGym and especially in using TeamGym in a healthy - enhancing physical activity approach this project seeks to educate trainers in European countries where this discipline is not known.
- The goal is to present this young sport discipline to the grassroots sport organisations, children, youth and their parents.
- TeamGym discipline will promote healthy lifestyles in children and youth through the practice.
- Intension is to encourage participation of young athletes in these new discipline.



Technical instruction – competition program

- The European Gymnastics have Technical Regulations (TR) with all rules about TeamGym competition. Material contain additional information about delegation composition, number of gymnasts, reserves, inquiries, juries, etc. The TR are not part of the Code of Points (CoP).
- CoP are available only via European Gymnastics. CoP represents rules how all gymnasts have to be evaluated at TeamGym competitions. CoP contain all general and specific requirements for gymnastics routines and gymnastics elements, evaluated by performance difficulties.
- All discipline routines and performance are performed with music.



Co-funded by
the European Union

Ahealth
TeamGym



Recognition of elements – Code of Points

- Provide the basis of an objective means of evaluating TeamGym exercises, at all levels of regional, national, and international competitions;
- Standardize the judging of the official competitions;
- Assure the identification of the best teams in any competition;
- Guide coaches and gymnasts in the composition of competition exercises.

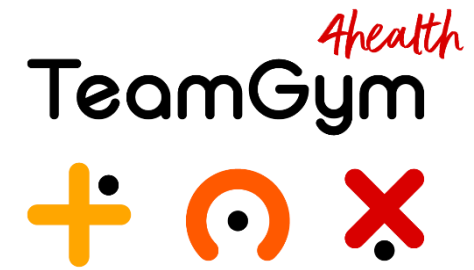
This Code is divided into 4 parts, which cover:

- The CoP and Rules for Participants;
- Evaluation of the Exercises;
- Rules per Apparatus and
- Appendices (A1-A6).



Co-funded by
the European Union

TeamGym CoP 2022 Floor Basic Element- Ballance

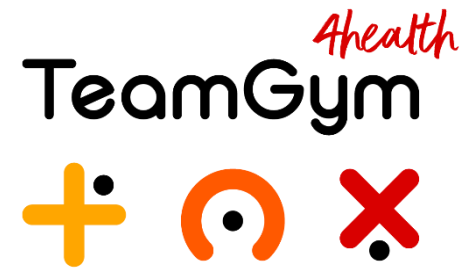


Dinamic Ballance Pirouettes	0.20	0.40	0.60	0.80	1.00
FORWARDS	Full rotation (360°)		One and ½ full rotation (540°)	Double Full rotation (720°)	Double and ½ full rotation (900°)
BACKWARDS	Full rotation (360°)		One and ½ full rotation (540°)	Double Full rotation (720°)	Double and ½ full rotation (900°)
FORWARDS- Free leg with hand support 90°.		Full rotation (360°)		One and ½ full rotation (540°)	Double Full rotation (720°)
FORWARDS - Free leg without hand support 90°.			Full rotation (360°)		One and ½ full rotation (540°)
Dinamic Ballance Power Elements	0.20	0.40	0.60	0.80	1.00
Press up to Handstand				With split straight legs (DB805).	

*Table is a part of the EG TeamGym CoP 2022-2024



Co-funded by
the European Union



General rules for Floor, Tumble and Trampet

FLOOR General Requirements

The Floor Program is a routine for the whole team, performed to instrumental music:

- Time limit for floor program is from 2 minutes and 15 seconds to 2 minutes and 45 seconds;
- All competing gymnasts of the team must participate in the floor program;
- The whole program must be performed inside the floor area (14 m x 16 m);
- The team must jog into the competition arena when the competition organisers direct them. After the green flag, the team jog to their starting position on the floor.
- They start their program when the music starts.



General rules for Floor, Tumble and Trampet

Floor Composition Requirements

The Composition score consists of four different composition requirements. These requirements are:

- Difficulty element in moving sequence (DS)
- Rhythmic sequence (RS)
- Two (2) Planes (\uparrow , \leftrightarrow)
- Formations:
 - 8 different formations
 - A moving curve formation (CF)
 - A large formation (LF)
 - A small formation (SF)

Each missing requirement will be a 0.2 deduction.



Floor Difficulty Requirements

The Difficulty score consists of the judges' evaluation of ten (10) different difficulty elements. These elements must all be marked on the tariff form.

All element values and difficulty requirements are shown in the Table of Difficulty in Appendix A1.

- These required elements are:
- Three (3) balances
- Three (3) jumps/leaps/hops
- Two (2) acrobatic elements
- One (1) group element
- One (1) flexibility element

Floor Execution Requirements



Execution deductions can be made under the following headlines:

- Synchronisation,
- Uniformity,
- Dynamic execution,
- Amplitude and extension,
- Balance and controlled execution,
- Precision in formations,
- Transitions,
- Performance in difficulty elements,
- Wrong number of gymnasts,
- Fall,
- Line violations,
- Movements corresponding to music.



Floor program - The Score

The Score on Floor is divided into three parts: Composition, Difficulty and Execution. Teams Final score consists of three parts which adds together. Final score (FS) consist of:

- C-score (Composition): Composition score is calculated from 8 requirements: Rhythmic sequence (RS), Difficulty element in moving sequence (DS), Planes (sideways, backwards), Formations (8 different, small formation, large formation, moving curved formation);
- D-score (Difficulty): D-score stands for difficulty, and this is an “open code” meaning there is no roof on how much you can earn in difficulty. Not entirely true with no roof since you can only choose 10 different elements from the table of difficulty (CoP, Appendix A1) and the table has an upper limit;
- E-score (Execution): The E-score starts from 10.00 and is then deducted throughout the program and is summed up in the end. See the chapter about Execution below for more insights in what is being deducted.



COMPOSITION – C score

- The composition is consists of eight (8) requirements.
 - The explanation of all composition requirements can be found in the Code of points (CoP Art 22).
1. Composition - Rhythmic sequence (RS),
 2. Composition - Difficulty element in moving sequence (DS),
 3. Composition – Planes,
 4. Composition – Formations. There are three (3) basic requirements: number of formations, shape of formations and size of formations.



Difficulty value of elements- *D-score*

The Table of Difficulty in Code of Points (Appendix A1) are defining difficulty value of elements in order to choose suitable difficulties for the Floor routine.

There are five (5) categories of difficulties on Floor routine:

1. three (3) different **balances** (one must be a handstand);
2. three (3) different jumps/ leaps/ hops;
3. two (2) different acrobatic elements;
4. one (1) group element;
5. one (1) flexibility element.

Difficulty value for **balance** elements are divided in three different groups:

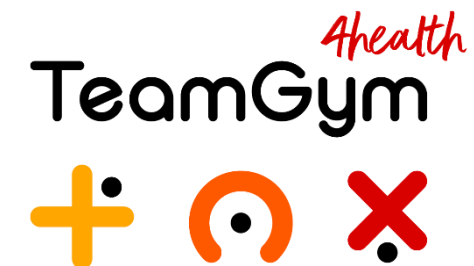
Dynamic balances: pirouettes and power – elements;

Standing balances: standing on one leg with free leg in certain position;

Hand supportive balances: the weight is placed on hands



Co-funded by
the European Union



Execution or E – score

E – score are divided into two (2) parts:

- the *summarised execution deductions*,
- *additional execution deductions*.

There is also a bonus included in execution where the team can be rewarded an extra 0.1 if the performance is presented in an excellent way.

Execution – Time limit

Execution – Music

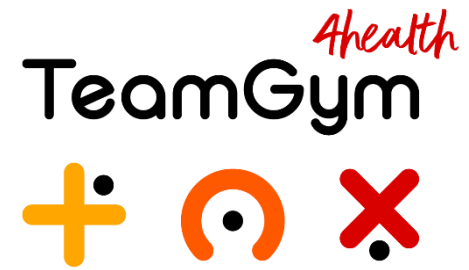
Execution – Performance



TUMBLE

General Requirements

- 1) Each team performs three different tumble rounds, where each series must consist of a combination of at least three acrobatic elements without intermediate steps or pauses;
- 2) For juniors, one round may consist of only 2 acrobatic elements. The two other rounds must consist of at least three acrobatic elements as for seniors;
- 3) The program is performed to music, which must be instrumental without lyrics;
- 4) The time limit is 2 minutes and 45 seconds;
- 5) The team presents six gymnasts for each round. Different gymnasts from the team may perform in each round;
- 6) Mixed teams must have the same number of male and female gymnasts performing in each round;
- 7) All tumble performers must participate in the Floor Program unless excused by the European Gymnastics doctor due to injury (Penalty is disqualification of the team);
- 8) The team must jog into the competition arena when the competition organizers direct them. When the team is in position and they get the green flag from the Head Judge (E1) the music will begin, and the team may start their program;
- 9) Marking the run-up or the tumble track with clothes or other things is not allowed. It will measure distance from the start of the landing area;
- 10) All gymnasts must land their last element in the landing area;
- 11) After the first and second rounds, the gymnasts must return by jogging back together;
- 12) One coach must be present for safety spotting on the landing mat, preferably on the far side from the judges.



Composition Requirements

- 1) First Round: All gymnasts perform exactly the same series (Team Round);
- 2) Second Round: All gymnasts perform the same series or increase difficulty;
- 3) Third Round: All gymnasts perform the same series or increase difficulty;
- 4) At least one round must be backwards, where all performed element(s) in the series are backward
- 5) At least one round must be forwards, where all performed element(s) in the series are forward;
- 6) In one other round, there are no requirements for element direction, and they may be forward, backward or a combination of forward and backward elements;
- 7) When twisting doubles or triples with less than three twists in the Team Round the gymnasts must perform the same number of twists in each salto;
- 8) The team must show a great variation in the chosen series



TUMBLE

Difficulty Requirements

- 1) The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty;
- 2) The difficulty value for all valid basic elements is found in Art 27.4 with additional values in Art 27.5;
- 3) Triple saltos with blind landing are for safety reasons not recommended and will result in a composition.

Execution Requirements

The execution (E) score for each round is calculated by taking deductions from 10.00 points, according to Art 28.2.

Execution Bonus (+0.1) can be added to the execution score as explained in Art 28.5.



TG4H Program – level A and B

- + These program should be offered that coaches can prepare gymnasts for Teamgym, which would be acceptable in partners Federation countries where that gymnastic discipline does not exist.
- @ Program for Beginners (non-gymnasts) age 12-15 and adopted as *Program for level A*
- X *Program for level B (advanced gymnasts) age 15-18.*



Co-funded by
the European Union

Ahealth
TeamGym



Level A (non-gymnasts, age 12-15)

APPARATUS: Floor, age 12-15

General Requirements

- The floor program is a routine for the whole team, performed with or without music (most appreciated).
- The limit for the floor program is from 50 to 90 seconds
- All gymnasts of the team must participate in the floor program
- The whole program must be performed in a marked area of (12mx12m)

Composition Requirements (2.0 points)

Formations: 4 different formations (at least)

- 1 Small Formation (4mx4m max.)
- 1 Curve Formation
- 1 Cross Formation
- 1 Large Formation (1m distance from all four corner of the marked area)

The composition score (C) score for each routine is calculated by taking deductions from 2.0 points. A deduction of 0.5 points for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.



APPARATUS: Floor, age 12-15

Difficulty Requirements (Open Value)

- One (1) Balance Element
- One (1) Jump Element
- One (1) Acrobatic Element
- One (1) Group Element (4 persons involved min.)
- One (1) Flexibility Element
- The difficulty score (D) score for each routine is calculated by adding the value of the elements. A deduction of 0.5 points on the final score, for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.

Execution Requirements (10.0 points)

- The execution (E) score for each round is calculated by taking deductions from 10.0 points. The execution faults are explained in more detail in the Table of General Faults and Penalties.



Co-funded by
the European Union



APPARATUS: Tumbling, age 12-15

General Requirements

- Teams performs the tumbling rounds with 6 gymnasts minimum,
- Mixed teams must have the same number of male and female gymnasts, performing in each round,
- Each team performs two different tumbling rounds, where each series must consist of a combination of at least two acrobatic elements without intermediate steps or series,
- One round may consist of only 1 acrobatic element, if it is an acrobatic element with no hand supportive touch. (e.g. front somersault),
- The tumbling program is performed with or without music (most appreciated),
- The limit for the tumbling program is from 50 to 90 seconds,
- All gymnasts of the team must participate in the floor program to perform on tumbling,
- The program must be performed according to the Tumbling Apparatus Rules defined in these Program.



APPARATUS: Tumbling, age 12-15

Difficulty Requirements (Open Value)

- The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts,
- Teams perform the tumbling rounds with six gymnasts minimum,
- In case the teams perform with more than six gymnasts, the difficulty is based on the elements performed by the last six gymnasts,
- The difficulty value for all valid basic elements is found Table Tumbling Level A,
- The difficulty value for each round is calculated as the sum of the difficulty values for all gymnasts' individual routines,
- The difficulty score (D) score for each routine is calculated by the averaged value of the two rounds and rounded down to the nearest 0.1 for the team's difficulty value.

Composition Requirements (2.0 points)

- First Round: All gymnasts perform the same elements/ series (Team Round)
- Second Round: All gymnasts perform the same series or increase difficulty
- The composition score (C) score for each routine is calculated by taking deductions from 2.0 points. A deduction of 1.0 points for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.

Execution Requirements (10.0 points)

The execution (E) score for each round is calculated by taking deductions from 10.0 points. The execution faults are explained in more detail in the Table of General Faults and Penalties.



APPARATUS: Mini-Trampoline (Trampet), age 12-15

General Requirements

- Each team performs two different Mini-Trampoline (Trampet) rounds,
- The Mini-Trampoline (Trampet) program is performed with or without music (most appreciated),
- The limit for the Mini-Trampoline (Trampet) program is from 50 to 90 seconds,
- All gymnasts of the team must participate in the floor program to perform on Mini-Trampoline (Trampet),
- The program must be performed according to the Mini-Trampoline (Trampet) Apparatus Rules defined in these Program,

Composition Requirements (2.0 points)

- First Round: All gymnasts perform the same element (Team Round),
- Second Round: All gymnasts perform the element series or increase difficulty,
- At least one round must be performed on the vaulting table,
- At least one round must be performed without the vaulting table,
- The composition score (C) score for each routine is calculated by taking deductions from 2.0 points. A deduction of 1.0 points for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.

Difficulty Requirements (Open Value)

- The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts,
- Teams perform Mini-Trampoline (Trampet) rounds with six gymnasts minimum,
- In case the teams perform with more than six gymnasts, the difficulty is based on the elements performed by the last six gymnasts,
- The difficulty value for all valid basic elements is found Table Mini-Trampoline (Trampet) Level A,
- The difficulty value for each round is calculated as the sum of the difficulty values for all gymnasts' individual routines,
- The difficulty score (D) score for each routine is calculated by the averaged value of the two rounds and rounded down to the nearest 0.1 for the team's difficulty value.

Execution Requirements (10.0 points)

The execution (E) score for each round is calculated by taking deductions from 10.0 points. The execution faults are explained in more detail in the Table of General Faults and Penalties.

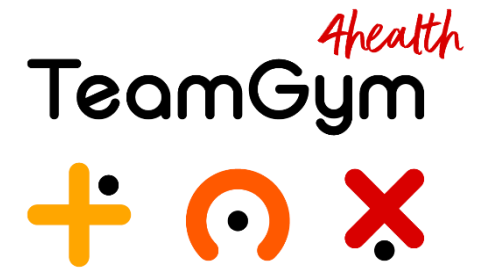


Tumbling - Table of Difficulty					
LEVEL A					
Diff Value	Group 1 Forward elements	K Code	Diff Value	Group 2 Backward elements	K Code
0.1	Roll tucked/ piked	@	0.1	Roll tucked/ piked	@
0.1	Handstand to roll	!	0.1	Roll tucked/ piked to handstand	!
0.2	Cartwheel	X	0.1	Cartwheel	X
0.3	Round off	R	0.2	Round off	R
0.4	Handspring	H	0.3	Flick Flack	F
0.4	Flyspring	FS	0.4	Tucked salto	O
0.5	Tucked salto	O	0.5	Piked salto	<
0.6	Piked salto	>	0.6	Straight salto	/
0.7	Straight salto	\			

Mini-Trampoline (Trampet) - Table of Difficulty					
LEVEL A					
Diff Value	Group 1 With vaulting table	K Code	Diff Value	Group 2 Without vaulting table	K Code
0.1	Roll tucked/ piked	@	0.1	Straight jump	
0.2	Cartwheel (90°on/90°off)	X	0.1	Stradle jump	Y
0.3	Round off (90°on/90°off)	R	0.1	Pike jump	L
0.3	Handspring (with head support)	Hs	0.2	Tucked salto	O
0.4	Handspring	H	0.3	Piked salto	>
			0.4	Straight salto	\
			0.5	Tucked salto	O 1
			0.6	Piked salto	> 1
			0.6	Straight salto	\ 1



Co-funded by
the European Union



Level B (advanced gymnasts, age 15-18)

APPARATUS: Floor, age 15-18

General Requirements

- The floor program is a routine for the whole team, performed with music.
- The limit for the floor program is from 70 to 120 seconds.
- All gymnasts of the team must participate in the floor program.
- The whole program must be performed in a marked area of (14mx14m).

Composition Requirements (2.0 points)

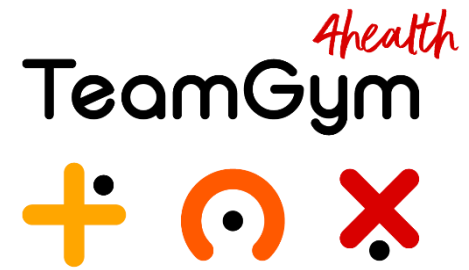
Formations: 4 different formations (at least):

- 1 Small Formation (4mx4m max.)
- 1 Curve Formation
- 1 Cross Formation
- 1 Large Formation (1m distance from all four corner of the marked area)

The composition score (C) score for each routine is calculated by taking deductions from 2.0 points. A deduction of 0.5 points for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.



APARATUS: Floor, age 15-18



Difficulty Requirements (Open Value)

- Two (2) Balance Elements
- Two (2) Jump Elements
- Two (2) Acrobatic Elements
- One (1) Group Element
- One (1) Flexibility Element

The difficulty score (D) score for each routine is calculated by adding the value of the elements. A deduction of 0.5 points on the final score, for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.

Execution Requirements (10.0 points)

The execution (E) score for each round is calculated by taking deductions from 10.0 points. The execution faults are explained in more detail in the Table of General Faults and Penalties.



Co-funded by
the European Union

Ahealth
TeamGym

APPARATUS: Tumbling, age 15-18



General Requirements

- Teams performs the tumbling rounds with 6 gymnasts minimum,
- Mixed teams must have the same number of male and female gymnasts performing in each round,
- Each team performs two different tumbling rounds, where each series must consist of a combination of at least two acrobatic elements without intermediate steps or series,
- The tumbling program is performed with music,
- The limit for the tumbling program is from 60 to 120 seconds,
- All gymnasts of the team must participate in the floor program to perform on tumbling,
- The program must be performed according to the Tumbling Apparatus Rules defined in these Program.



Co-funded by
the European Union



APPARATUS: Tumbling, age 15-18

Composition Requirements (2.0 points)

- First Round: All gymnasts perform the same elements/ series (Team Round),
- Second Round: All gymnasts perform the same series or increase difficulty,
- The team must perform at least one round backwards (backward elements only) and one round forwards (forward elements only),
- The composition score (C) score for each routine is calculated by taking deductions from 2.0 points. A deduction of 1.0 points for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.



APPARATUS: Tumbling

Difficulty Requirements (Open Value)

- The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts,
- Teams perform the tumbling rounds with six gymnasts minimum,
- In case the teams perform with more than six gymnasts, the difficulty is based on the elements performed by the last six gymnasts,
- The difficulty value for all valid basic elements is found Table Tumbling Level B,
- The difficulty value for each round is calculated as the sum of the difficulty values for all gymnasts' individual routines,
- The difficulty score (D) score for each routine is calculated by the averaged value of the two rounds and rounded down to the nearest 0.1 for the team's difficulty value.

Execution Requirements (10.0 points)

The execution (E) score for each round is calculated by taking deductions from 10.0 points. The execution faults are explained in more detail in the Table of General Faults and Penalties.



APPARATUS: Mini-Trampoline (Trampet), age 15-18

General Requirements

- Each team performs two different Mini-Trampoline (Trampet) rounds
- The Mini-Trampoline (Trampet) program is performed with or without music (most appreciated).
- The limit for the Mini-Trampoline (Trampet) program is from 60 to 120 seconds
- All gymnasts of the team must participate in the floor program to perform on Mini-Trampoline (Trampet)
- The program must be performed according to the Mini-Trampoline (Trampet) Apparatus Rules defined in these Program

Execution Requirements (10.0 points)

The execution (E) score for each round is calculated by taking deductions from 10.0 points. The execution faults are explained in more detail in the Table of General Faults and Penalties.

Composition Requirements (2.0 points)

- First Round: All gymnasts perform the same element (Team Round)
- Second Round: All gymnasts perform the element series or increase difficulty
- At least one round must be performed on the vaulting table
- At least one round must be performed without the vaulting table

The composition score (C) score for each routine is calculated by taking deductions from 2.0 points. A deduction of 1.0 points for each requirement missing. The composition faults are explained in more detail in the Table of General Faults and Penalties.

Difficulty Requirements (Open Value)

- The choice of elements in the program should never sacrifice style and technical precision in favour of difficulty. The selected elements should always fit the knowledge and maturity of the gymnasts
- Teams perform Mini-Trampoline (Trampet) rounds with six gymnasts minimum
- In case the teams perform with more than six gymnasts, the difficulty is based on the elements performed by the last six gymnasts
- The difficulty value for all valid basic elements is found Table Mini-Trampoline (Trampet) Level B
- The difficulty value for each round is calculated as the sum of the difficulty values for all gymnasts' individual routines
- The difficulty score (D) score for each routine is calculated by the averaged value of the two rounds and rounded down to the nearest 0.1 for the team's difficulty value.



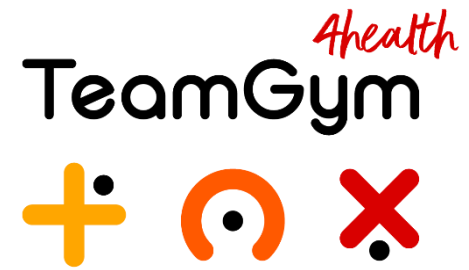
Tumbling - Table of Difficulty					
LEVELB					
Diff Value	Group 1 Forward elements	K Code	Diff Value	Group 2 Backward elements	K Code
0.2	Cartwheel	X	0.1	Cartwheel	X
0.3	Round off	R	0.2	Round off	R
0.4	Handspring	H	0.3	Flick Flack	F
0.4	Flyspring	FS	0.4	Tucked salto	O
0.5	Tucked salto	O	0.5	Piked salto	<
0.6	Piked salto	>	0.6	Straight salto	/
0.7	Straight salto	\	0.7	Tucked salto Vr twist	01
0.6	Tucked salto Vr twist	01	0.8	Straight salto'2 twist	/1
0.7	Piked salto Vr twist	>1	0.9	Tucked salto 1/1 twist	02
0.8	Straight salto'2 twist	\1	1.0	Straight salto 1/1 twist	/ 2
0.9	Tucked salto 1/1 twist	02			
1.0	Piked salto 1/1 twist	>2			
1.0	Straight salto 1/1 twist	\ 2			




Mini-Trampoline (Trampet) - Table of Difficulty					
LEVELB					
Diff Value	Group 1 With vaulting table	K Code	Diff Value	Group 2 Without vaulting table	K Code
0.4	Round off (90° on/90° off)	R	0.2	Tucked salto	0
0.4	Handspring	H	0.3	Piked salto	>
0.5	Handspring 1/2 on	1H	0.4	Straight salto	\
0.5	Handspring 1/2 off	H1	0.5	Tucked salto V2 twist	01
0.6	Handspring 1/2 on 1/2 off	1H1	0.6	Piked salto 1/2 twist	> 1
0.7	Handspring 1/1 off	H2	0.6	Straight salto 1/2 twist	\1
0.8	Handspring ^v / _i on 1/1 off	1H2	0.7	Tucked salto 1/1 twist	02
0.9	Handspring 1/2 on IV2 off	1H3	0.8	Piked salto 1/1 twist	>2
1.0	Handspring IV2 off	H3	0.8	Straight salto 1/1 twist	\ 2
			0.9	Tucked salto IV2 twist	03
			1.0	Piked salto IV2 twist	>3
			1.0	Straight salto IV2 twist	\ 3



Co-funded by
the European Union

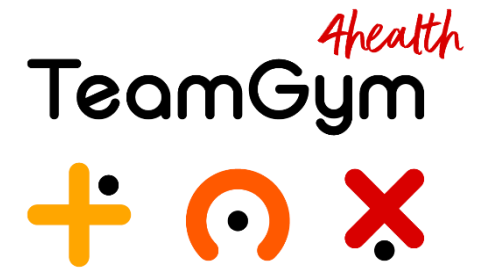
CONCLUSION TEAMGYM4HEALTH Education Methodology



-  The aim is to make TeamGym more visible by offering a Methodology of coaching approach to this discipline;
-  TeamGym4Health aims to improve child and youth health through the practice of TeamGym;
-  Pilot TeamGym4Health training program for youngsters.



Co-funded by
the European Union



**THANK YOU FOR
YOUR ATTENTION**

