



## TEAM PERFORMANCE GYMNASTICS

Take a little artistic gymnastics, mix in some cool tumbling moves, throw in some Cirque Du Soleil, Broadway, Movie Themes, stage presence and dress it all up with costumes, leotards, props or whatever you dream up and you have the coolest, most innovative, team competition around...Team Performance Gymnastics (or TPG)!

What are the rules? Pretty simple...

1. Routine may be up to 3 minutes in length.
2. The team size must be two or more athletes. There is no maximum limit.
3. The routine must contain a minimum of 30% tumbling with a maximum of 50%. Tumbling may include both flight and non-flight elements. Single, pair or group tumbling is allowed.
4. Stunting is allowed, but may be no more than 2 persons high. Tosses are allowed, but the flyer may not be tossed to another stunt formation.
5. Use of costumes, props, etc. is encouraged and must reflect the theme of the routine. Any props must be placed and removed by team members.
6. There will be a deduction of .50 if a costume piece detaches from performer, each occurrence.
7. Footwear may include tumbling shoes, soft soled shoes, socks or any type of footwear related to attire or bare feet. Exceptions: Athletic shoes (sneakers), dance related footwear (pointe, tap), or any hard soled or heeled shoes are not allowed.
8. Up to two spring boards or air boards are allowed to be used, but are considered props and must be removed when not in use. No other gymnastics related equipment is allowed.

9. Music may contain words. All music must be on a separate CD and clearly marked with team name. Music must be turned in to coordinator prior to practice session.

10. Judging is based on creativity, use of theme, stage presence, audience appeal, personality of performers and overall presentation.

11. There is no restriction on how the performance is presented, however, the routine, its contents and all costuming must be in good taste and suitable for general audiences. Any violation of this rule will result in immediate disqualification.

12. Make up is allowed in any form to reflect the nature of the theme.

13. Protests are not allowed, as judges' decision is final. However, teams will receive a copy of the judges score sheet.

#### **AWARDS:**

Awards are announced by team only, however, each individual team member will receive a Junior Olympic Games medal. All teams entered will be awarded.

#### **WHO CAN PARTICIPATE?**

Almost anyone! Gymnasts, cheerleaders, dancers, even siblings who would normally sit in the stands can come together to create a truly outstanding routine! Team Performance Gymnastics is a great way to incorporate a diverse group of performers and be able to compete in a group routine that helps to create lasting friendship and teamwork for all involved. Not all team members need to be high level athletes. The routine can be choreographed so that everyone involved can have a part in the performance. Members can move in and out of the routine, be showcased or be in complete synchronization with each other. The sky is truly the limit! The more unique the routine, the better. What a great way for your team members to have a break from the rigidity of gymnastics, cheerleading or whatever sport they are involved in and be able to have so much fun developing a really great crowd pleasing routine.

Note: the age limit on team members is 20.

**ENTRY FEE:**

If an athlete is already entered into another JO Games sport, the entry fee for Team Performance Gymnastics is \$10.00 per individual. If Team Performance is the only event entered, the entry fee is \$40.00 per individual.

**REMEMBER!**

Team Performance Gymnastics is another opportunity for athletes already at the JO Games to be able to compete in another event related to what they already know. It is also a great way for athletes who are involved in an “individual” sport to be able to compete in a true team sport, thereby gaining valuable experience in how important it is to be a true team “player”.

Feel free to contact Kathy Stuenkel, coordinator at [teamflorida@comcast.net](mailto:teamflorida@comcast.net) with any further questions.