



## The ISA National Gymnastics Team Championships for Girls: Rules

**Age Groups:** there will be competitions in the following age groups:-

- a An Under 9 competition for Girls U9 on 1<sup>st</sup> Sept of current academic year.
- b An Under 11 competition for Girls U11 on 1<sup>st</sup> Sept of current academic year.

(i.e. midnight on 31<sup>st</sup> August.)

eg. Girls with their 9<sup>th</sup> birthday on or after 1<sup>st</sup> September of the current academic year are under 9's. Girls having their 10<sup>th</sup> or 11<sup>th</sup> birthdays on or after 1st September of the current academic year are Under 11's and this is regardless of which year group their school has placed them in. Girls with their 12<sup>th</sup> birthday on or after 1<sup>st</sup> September of the current academic year are not eligible for the Under 11's.

An U9 gymnast may compete in an U11 team with U11 rules, but may not compete in two age group teams in the same academic year.

**Teams:** A team may consist of up to six girls from the same school.

A team may consist of four or five members only, if desired.

The top four scores on each discipline will count.

No school may enter more than the allotted six gymnasts in an age group.

**A school may not enter an individual.**

Once a team has started its first discipline, no reserve may take part.

The scores will be added together to produce individual and team totals.

As this is a national competition 'B' teams are not eligible.

**Team Competition format:** for both age groups.

Each gymnast will perform the following four disciplines which will be added together for the overall team result: 1. Set Vault. 2. Voluntary Vault. 3. Set Floor 4. Voluntary Floor

Separate Group Sequence Competition - this is a stand-alone competition for U11& U9 girls' teams and will only run if time allows on the programme after entries are in.

### GENERAL COMPETITION NOTES AND DEDUCTIONS

The team should be uniformly dressed i.e. all dressed alike in matching leotards. Deduct 0.1 per gymnast, per apparatus. All competitors may wear shorts but these should be uniform within the team.

Gymnasts should not pull down their leotard whilst being judged unless it has become indecent mid-routine. Underwear (including sports bras), if worn, should not show. Hair should be tied back neatly. Jewellery including pierced earrings and coloured nail varnish must not be worn. Strapping is allowed but should be as discreet as possible. Leggings for religious reasons are allowed, but must be black.

Coaches/teachers are required to wear smart professional attire suitable for a national gymnastics competition. No long coloured nails, or jewellery, with the exception of a plain wedding ring. Hair should be off the face and long hair tied back.

Teams must line up and 'Present' before the judging panel, after the apparatus warm up, at the start of each discipline. The gymnast performs the set floor and voluntary floor once and has two attempts only at both the set vault and the voluntary vault, unless, in the judge's opinion there has been outside interference. Gymnasts exiting from floor sequences part-way through a sequence will not be permitted to start again. Each gymnast must present to the judge at the start and finish of all her individual routines disciplines.

Girls must compete in programme order on the voluntary floor which is the order of the names sent in by the coach to the Organiser.

The Judge's decision is final no video evidence will be considered.

In both set and voluntary floor work gymnasts will not be penalised for coming off the competition mats as the mat strip and floor area are not full size.

## Disclaimer

The Organising/Host schools, The Independent Schools Association (ISA), and competition organisers regret that they cannot accept legal liability for any accident, injury or damage during any of the competitions. It is incumbent upon all teachers, coaches and parents to check with their school that they are adequately insured.

The Organising/Host schools, The Independent Schools Association (ISA), and competition organisers regret that they cannot accept liability for loss or damage howsoever caused to the personal property of anyone attending this competition.

If any item is of significant value, schools and parents are advised to check the cover that may be in place under existing policies, for example, Household Insurance, and if in doubt, to effect specific insurance to cover the items in question for the duration of this event. It is suggested that this should cover travel to and from the venue.

## **WARM-UPS**

There will be a timed warm up of 3 minutes per individual school on the voluntary floor and set floor and vault. When the apparatus is shared, the older age group team always warms up for the first 3 minutes. The older age group will also compete first unless they have fewer than six gymnasts, in which case the team with the most gymnasts starts first.

As teams only have a warm-up of 3 minutes before being judged and the mat areas are limited, (i.e. up to six gymnasts on one 2 x 12 metre wide floor strip, teachers are advised to prepare this warm-up time in advance during training, to ensure maximum benefit to the pupils at the competition. Likewise on the vault, putting gymnasts together in springboard distance order and factoring in the time needed to change the vault heights, if desired, during the 3 minutes warm-up. If time is taken to practice these specific short warm-up periods at school, gymnasts will feel more prepared for the competition.

No person may use any apparatus without a suitably qualified coach present. Teachers are responsible for their gymnasts' safety at all times

## **VAULTS FOR O11, U11 and U9 GIRLS'** **GENERAL VAULT NOTES**

1. Each school should have a member of staff capable of physically supporting their gymnasts at the vault if required during warm-up and competition and able to alter the height of the horse if desired.
2. A coach should step in if needed for safety reasons, but must understand that it will make the vault void.
3. A gymnast vaulting before receiving the Judge's signal - void vault.
4. The vault will be used widthways only. A vaulting horse will be provided.
5. A safety mat may be used on top of a landing area if desired or available, with no extra deductions.
6. Only the vaults indicated below may be performed. Any other vault will be a void vault.
7. A gymnast is allowed one 'run-out' per vault, providing the springboard, mat or vault has not been touched. The second attempt will be judged. If any of the apparatus is touched, the vault is deemed to be taken.
8. Each gymnast must present to the judge at the start and the finish of each vault. Deduction 0.1 each time.
9. Schools may not bring their own springboard. A springboard will be provided at each vault station and may not be moved to a different vault.
10. Please note: As is common practice in schools' gymnastics, the vaulting apparatus cannot be chained to the floor.
11. There is only one vault rotation, which will include both Set and Voluntary vault disciplines. The whole team will perform the Set Through vault first. They will then perform their Voluntary vault. Gymnasts performing the same vault may have one further warm-up vault before competing again, if required. Those performing a different Voluntary vault may have two warm-up vaults before performing.

### **VAULT HEIGHTS**

Over 11 and Under 11 - 100cms  
Under 9 - 90cms

These are minimum vault heights. Gymnasts may vault higher if the apparatus allows.  
The U9 exact height may depend on the apparatus at the venue.

## GIRLS' SET VAULT - THROUGH VAULT TARIFF: 9.50

Two attempts at this vault are allowed. The higher score will count.

The aim is for the gymnast to show a layout position in first flight and repulsion off the horse to give height and length in the second flight and a safe controlled landing.

The gymnast should aim to vault with the springboard further back from the horse when confident enough to do so.

## GIRLS' VOLUNTARY VAULT

Two vaults to be performed from the list below.

The vaults may be the same or different. Coaches may request gymnast's first vault score, before the second vault. The higher score will count.

The gymnast may perform a Through vault for both her Set and Voluntary disciplines.

Vaults	Tariff	Height of Vaults as near as possible
Squat On immediate straight jump off from squat position.	8.00	Under 9
Squat through vault	9.50	Over and Under 11
Straddle vault	9.50	
Handspring vault/Half on	10.00	

These are minimum vault heights. Gymnasts may vault higher if the apparatus allows.

The U9 exact height may depend on the apparatus at the venue.

## General Vault Deductions

First Flight	Repulsion	Second Flight	Landings
<b>SQUAT ON IMMEDIATE STRAIGHT JUMP OFF</b>			Extra step 0.1 each - max 0.5
Insufficient stretch 0.1 - 0.8	1 knee touching vault 0.5	Insufficient height 0.1 - 0.8	Large step(1m) or jump 0.3
Insufficient layout 0.1 - 0.8	2 knees touching vault 1.0	Insufficient length 0.1 - 0.8	Deep Squat 0.1 - 0.3
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Brush of hand on mat 0.1 - 0.3
Double bounce on board 0.1	Only one hand on vault 0.5		Extra arm swing 0.1 - 0.3
	Too long on apparatus 0.1 - 0.5		Loss of balance 0.1 - 0.3
<b>SQUAT THROUGH VAULT</b>			Under rotation leaning back 0.1
Insufficient stretch 0.1 - 0.8	Legs round the side 0.1 - 0.5	Insufficient height 0.1 - 0.8	Landing off the mat 0.5
Insufficient layout 0.1 - 0.8	One hand off vault 0.5	Insufficient length 0.1 - 0.8	Fall against apparatus 0.5
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Failure to land feet first 1.0
Double bounce on board 0.1	Too long on apparatus 0.1 - 0.5		Not showing landing position - 0.3
<b>STRADDLE VAULT</b>			Fall 1.0
Insufficient stretch 0.1 - 0.8	Legs not horizontal 0.1 - 0.5	Insufficient height 0.1 - 0.8	Max landing deductions without a fall 0.8
Insufficient layout 0.1 - 0.8	One hand off vault 0.5	Insufficient length 0.1 - 0.8	
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
Double bounce on board 0.1	Too long on apparatus 0.1 - 0.5		
<b>HANDSPRING VAULT</b>			
Hip Angle 0.1 - 0.5	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.8	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.8	
Insufficient stretch 0.1 - 0.5	Arms not by ears 0.1 - 0.3	Arms not by ears 0.1 - 0.3	
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
	One hand off the vault 0.5		
	Too long on apparatus 0.1 - 0.5		
	Arched back 0.1 - 0.3		
	Head touching vault 1.0		
<b>THE DEDUCTIONS BELOW MAY BE TAKEN FROM ANY OF THE PHASES ABOVE</b>			
Bent arms 0.1 - 0.8 - not to be taken in addition for head touching			
Leg, knee or feet separation 0.1 - 0.3		Bent Legs 0.1 - 0.5	
Flexed feet 0.1		Deviation from straight line 0.1 - 0.5	
Poor body tension 0.1 - 0.5		Poor body Posture 0.1 - 0.3	
Support from coach on either side of the vault = Void vault		Dynamics 0.1 - 0.3	
ALL VAULT DEDUCTIONS ARE JUDGED AS : SMALL = 0.1, MEDIUM = 0.3, LARGE = 0.5, EXTRA LARGE = 0.8, OR MAJOR = 1.0.			
i.e. 0.1 - 0.3 = 0.1 or 0.3      0.1 - 0.5 = 0.1 or 0.3 or 0.5      0.1 - 0.8 = 0.1 or 0.3 or 0.5 or 0.8			

## GENERAL NOTES for Under 11 and Under 9 Girls' SET FLOORS

### IMPORTANT

All coaches and Judges should view the videos and notes of the girls' set floors found on the ISA National Gymnastics website page: <https://www.isaschools.org.uk/sports/isa-sport-national-events/gymnastics>

- 1 The routines for the U9 and U11 age groups are the same.
- 2 The routine will be performed along a strip of mat approx. 2m wide. No deductions for stepping off the mat.
- 3 Gymnasts are allowed to start at either end of the strip.
- 4 Missing elements - deduct the value of the move and elements performed in the incorrect order - deduct 0.5
- 5 Attempted moves will receive a deduction on execution only, ie handstand forward roll falls backward to feet or backward roll is unsuccessful - deduct 0.5 plus any other deductions. See further notes below.
- 6 There will be a deduction of 0.3 for a small prompt from the coaches, gymnasts or others and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.
- 7 All set floor deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5, or Major = 1.0.
- 8 A fall is a deduction of 1.0 but only when the gymnast falls over completely. A touch of the floor ie with a hand or foot or other body part is 0.1 or 0.3. Adjustment/loss of control when entering a balance is deducted is 0.3 or 0.5.
- 9 In a number of cases the position of the arms is specified. When not specified, the arms should be simple and in keeping with the agilities and not flamboyant and or distracting between moves. Any extra steps, shuffles, bounces, 'flowery' arm or body moves which deviate from the text are deductible 0.1 - 0.3 each time.
- 10 Each gymnast must present to the judges, with eye contact, at the start and finish of the routine. Deduction 0.1 each time.

### SET FLOOR ROUTINE FOR UNDER 11 and UNDER 9 GIRLS

#### Evaluation of Marks

Show good upright posture with tension for 3 seconds.	
Spin 180° x 2.	0.7
Forward Roll.	0.7
Cartwheel ¼ turn landing feet together, Star Jump.	1.2
Chassé Catleap, Cartwheel ¼ turn inward to lunge.	1.8
Forward Roll to pike sit.	0.6
Pike Fold.	0.7
Back support to Front Support.	1.2
Tucked Headstand.	0.7
Tucked Backward Roll.	0.7
Straight jump 180°	0.7
<b>Total</b>	<b>9.0</b>
<b>Bonuses</b>	<b>1.0</b>
<b>TOTAL</b>	<b>10.0</b>

### DEDUCTIONS AND NOTES

The routine to be performed along a strip of mat approximately 2 metres wide.

There will be a 0.1 deduction for stepping off the strip (each time).

Gymnasts are allowed to start at either end of the strip.

Missing elements – deduct the value of the move. Part elements deduct part of the value of the move.

Elements performed in incorrect order – deduct 0.5 and elements performed in wrong direction deduct 0.3.

Attempted moves will receive a deduction on execution only i.e. the handstand forward roll, falls backwards to feet, deduct 0.5 plus other deductions. See notes for coaches and judges on page 14 & 15.

There will be a deduction of 0.3 for a small prompt from coaches, gymnasts or others and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.

**All Set Floor deductions will be judged between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.**

A fall is a deduction of 1.0 but only when the gymnast falls over completely. A touch of the floor i.e. with a hand, foot or other body part is **0.1 0.2 or 0.3**. Adjustment/loss of control when entering a balance e.g. V-sit or shoulder stand is **0.3, 0.4 or 0.5**.

## Coaches and Judges notes

The gymnast should walk on and off the floor area with good posture. They should start roughly 2m from the end of the mat. They 'Present' to the judge making eye contact.

1. Stand and show good upright posture with tension for 3 seconds.

2. Step forward into a Spin 180° on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot pointed behind on the floor (pose). Arms optional in spin, but should finish in a high V position above head. Close back foot to front foot. Step forward on the same foot as the first spin 180° and repeat the Spin 180° on toes to complete a 360° rotation. i.e. 2 x Spin 180°.

**Bonus:** For a Spin 360°.

3. From standing, forward roll showing straight legs, before tucking them in to stand. Finish stretched with arms in a high V position above head and feet together.

**Bonus:** From standing immediately lift into a good shaped handstand forward roll.

4. Step into a cartwheel ¼ turn inwards, landing feet together and then star jump. Should show good shape, height and slight dish shape in the star jump.

**Bonus 1:** A jump hurdle step into a round off is performed instead of a cartwheel landing feet together. From standing with arms above head, bend knees and swing arms down and slightly behind body. Jump forwards, swinging arms forwards and landing on one foot and then the second foot in front of the first, in a lunge with upper body leaning slightly forward with arms covering the ears. The front foot is the foot that the gymnast does a round off from.

**Bonus 2:** If the star jump is immediately after the cartwheel or the round off.

5. Chasse Catleap, Cartwheel ¼ turn to lunge. Chasse with arms in a low V, Catleap, raising arms in a 'ring' above head, landing with feet apart, and one foot before and in front of the other. Join feet together by bringing back foot to front foot, lift arms high in the air and lift the leading leg into a Cartwheel finishing ¼ turn inwards to lunge to face the way the gymnast started. Finish with chest high and arms in a high V position above head.

**Bonus 1:** For all skills linked together. Chasse with arms in a low V, immediate Catleap, raising arms in a 'ring' above head, landing with feet apart, and one foot before and in front of the other. Immediate Cartwheel finishing ¼ turn inwards to lunge to face the way the gymnast started. Finish with chest high and arms in a high V position above head.

**Bonus 2:** For a second Cartwheel before the Cartwheel to lunge. Chasse with arms in a low V, immediate Catleap, raising arms in a 'ring' above head, landing with feet apart, and one foot before and in front of the other. Immediate Cartwheel finishing sideways, immediately into Cartwheel ¼ turn inwards to lunge to face the way the gymnast started. Finish with chest high and arms in a high V position above head.

6. Bring the back foot to the join the front foot and Forward Roll into a Pike Sit. Finish with arms out forward, parallel to floor and back straight.

7. Raise arms above head and reach forward with a straight back into a Pike Fold. Place hands flat on the mat by the feet and hold for 3 seconds.

8. Sit back up into a pike position, with hands on the floor by hips, fingers facing towards the toes. Push up to Back Support and hold for 3 seconds. Turn to Front Support and hold for 3 seconds. Fingers facing forwards and shoulders over the hands.

**Bonus:** Side Support shown with free arm in the air. Rotate supporting hand before turning.

9. Lower knees to the floor and sit back on heels. Rach forward into a Tucked Headstand. The body should remain tucked and show a straight back. Hold for 3 seconds. Feet should leave the floor together and return to the floor together. Do not roll over forwards (deduction 0.5). Stand to finish with arms in a high V position.

**Bonus:** For Headstand with straight legs, going through a tucked position. Return to feet and stand to finish with arms in a high V position.

10. The Tucked Backward roll should start with feet together. Feet must remain together throughout the roll and finish together. The legs may be bent or straight. The gymnast finishes in a stretched position with arms in a high V above head.

11. Step forward, join feet together, Straight Jump 180°. Arms are optional before the jump, during the jump and on the landing. Then stretch up finishing with arms in a high V position above head.

**Bonus 1:** For Straight Jump 360°.

**Bonus 2:** For a secure landing.

## NOTES FOR COACHES AND JUDGES (cont)

1. For the Under 9, + (U 1.) Set Floor, the gymnast needs to start roughly 2 m from end of mat.
2. There is a change of direction after the round off star jump and again after the handstand.

### Handstand forward roll if the bonus is performed:

- There is no voluntary step into the start of the handstand. From standing the leg is lifted immediately into the move. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.3.
- If the handstand falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll. They must not repeat the handstand. If the handstand is repeated, deduct 0.3.

### Tucked Headstand:

- The tucked headstand must return to the feet. It must not roll out. Deduct 0.5.
- The bonus is given for a headstand with straight legs. The headstand passes through a tucked position before the legs are straightened.

### Tucked Backward Roll:

- The backward roll should start with feet together. Feet must remain together throughout the roll and finish together. Gymnast finishes in a stretched position with arms in a high V above head.
- The legs may be bent or straight.
- If the backward roll is unsuccessful, deduct 0.5. The roll must not be repeated but the stretched position with feet together and arms diagonally high must be shown. If the roll is repeated deduct 0.3.
- If a backward roll to straddle is performed deduct 0.5.

### Straight jump 180°:

Step forward, join feet together, then straight jump 180°. The arms are optional, before the jump, during the jump and on the landing but must stretch up and finish with arms in a high V above head.

# ISA U9 + U11 SET Floor

		DEDUCTIONS	BONUSES
	Stand showing good upright posture with tension for 3 secs. There should be no slow arm lift before starting the routine. Step forward into a <u>Spin 180°</u> on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot extended with toe pointed behind on floor (pose). Arms optional in spin, but should finish in a high V position above head. Repeat the <u>Spin 180°</u> on toes, on the same foot, to complete a 360° rotation. i.e.2 x Spin 180° <u>Forward Roll</u> with straight legs once feet have left the floor. They are tucked to stand. Finish with arms in high V position above head. See notes on Page 14.	Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held. Deduct 0.1 for slow arm lift before routine starts Deduct 0.1 for not completing the 180°. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if the spin is not on the toes. Deduct 0.1 if front foot is not turned out in finished position. Deduct 0.1 if back foot is not pointed behind on floor in a pose. Deduct 0.1 for arms not finishing in a high V position above head.	0.1 for Spin 360°.
	<u>Forward Roll</u> with straight legs once feet have left the floor. They are tucked to stand. Finish with arms in high V position above head. See notes on Page 14.	Deduct 0.1 if legs are not straight before tucking them to stand. Deduct 0.1 if bonus attempted and lifted toe touches floor and is lifted again before the handstand. 0.1 - 0.3 for lack of form if bonus is attempted. Deduct 0.5 if bonus attempted and handstand falls. The roll must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 arms not in high V position.	0.1 for Handstand Forward Roll.
	Step into a <u>Cartwheel ¼ turn inwards</u> , landing feet together, then <u>Star Jump</u> with controlled landing.	Deduct 0.1 for lack of extension and tension in cartwheel. Deduct 0.1 - 0.3 for lack of repulsion in round off if bonus is attempted. Deduct 0.1 - 0.3 for loss of control in the rebound & deviation from straight line. Deduct 0.1 - 0.3 for lack of height and good slight dish shape in star jump. Deduct 0.1 - 0.3 for uncontrolled landing in cartwheel/round off & the star jump.	0.1 for Round Off. 0.1 if the Star Jump is immediately after the cartwheel/round off.
	<u>Chassé, Catleap, Cartwheel ¼ turn inward to lunge</u> . Finishing with chest up and arms in a high V position. For the chassé arms in low V. For catleap arms in "ring" above head.	Deduct 0.1 - 0.3 for lack of elevation and knees not high in catleap. Deduct 0.1 - 0.3 for pause between elements. Deduct 0.1 - 0.3 for bent legs or toes not pointed in cartwheel. Deduct 0.1 for not finishing chest high with arms in a high V position. Deduct 0.1 for deviation from straight line.	0.1 for all skills linked. 0.1 for adding a second cartwheel before the cartwheel to lunge.
	Bring back foot to join front foot and <u>Forward roll to Pike Sit</u> . Legs should remain straight once the feet have left the floor. Arms finishing out forward parallel to the floor and back straight.	Deduct 0.1 for legs not remaining straight once feet have left the floor. Deduct 0.1 for arms not forward and parallel to floor.	
	Raise arms above head and reach forward with a straight back into a <u>Pike Fold</u> . Hold for 3 seconds. Hands on floor by feet.	Deduct 0.1 for back not straight. Deduct 0.3 if pike sit position is not shown. Deduct 0.1 - 0.3 for bent legs, bent arms and legs not together. Deduct 0.1 - 0.5 for lack of complete fold. Deduct 0.1 for hands not on floor by feet. Deduct 0.1 for each second not held.	0.1 for side support shown with free arm in the air.
	Sit back up into a pike position, hands on floor by hips, fingers facing toes. Push up to <u>Back Support</u> held for 3 seconds. Turn to <u>Front Support</u> , held for 3 seconds. Fingers must face forwards. For Bonus: After back support, rotate supporting hand before turning to show <u>Side Support</u> , with free arm in air. Continue round into front support.	Deduct 0.1 if fingers do not face towards the toes in back support. Deduct 0.1 if fingers do not face forwards in front support. Deduct 0.1 - 0.3 for lack of tension and stretch in back and front support and in side support if bonus is attempted. Deduct 0.1 if shoulders are not over hands in back or front support. Deduct 0.1 for hands not at shoulder width apart in back or front support. Deduct 0.1 for each second not held in the back support and the front support.	
	Lower knees to floor and sit back on heels, <u>Tucked Headstand</u> . Back straight in final position. Hold for 3 seconds. Return to feet, do not roll out. Stand to finish with arms in a high V position above head.	Deduct 0.1 for back not straight and knees and feet not together. Deduct 0.1 - 0.3 for legs not straight or vertical if bonus is attempted. Deduct 0.1 for knees not leaving or feet not returning to floor together. Deduct 0.1 for each second the headstand is not held. Deduct 0.5 if headstand does not return to feet. i.e. rolls out. Deduct 0.1 for arms not finishing in a high V position above head.	0.1 for headstand with straight legs. (going through a tucked position).
	<u>Tucked Backward Roll</u> to finish with feet together and arms in a high V position above head. See notes on page 14.	Deduct 0.1 - 0.3 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head. Deduct 0.5 if a backward roll to straddle is performed. Deduct 0.1 for arms not finishing in high V above head.	
	Step forward, join feet together, <u>Straight Jump 180°</u> . Arms optional before jump, during the jump and on landing. Then stretch up finishing with arms in a high V position above head.	Deduct 0.1 - 0.3 for lack of stretch in jump. Deduct 0.1 for lack of height in jump. Deduct 0.1 - 0.3 for incomplete turn in straight jump 180° or 360°. Deduct 0.1 - 0.3 for uncontrolled landing. Deduct 0.1 for not finishing stretched with arms in a high V position above head.	0.1 for Straight Jump 360°. 0.1 for secure landing.
	<b>Total of Content</b>	<b>Total of bonuses</b>	<b>1.00</b>

## SET FLOOR FOR : Over 11

Show good upright posture for 3 seconds	
Spin 360°.	0.8
Backward roll to front support	0.8
High straight jump 180°.	0.8
Round off, jump 180° to land on two feet, into a cartwheel ¼ turn inwards to lunge	1.4
Upright arabesque	0.8
Squat position then forward roll into a dish position	0.8
Supported V-sit position	0.8
Supported shoulder stand. High straight jump 360°.	1.4
Handstand forward roll, immediate split jump	1.4
	Total
	9.0
	Bonuses
	1.0
	TOTAL
	10.0

## NOTES FOR COACHES AND JUDGES FOR Over 11 SET FLOOR

### Upright posture before the Spin 360°:

After presenting to the judge, the gymnast turns to face outwards before showing good upright posture for 3 seconds before stepping forward into a 360° spin. If attempting the bonus 540° spin, after presenting to the judge, the gymnast faces down the mats before showing good upright posture for 3 seconds, then stepping forward into a 540° spin.

### Backward Roll to front support:

The backward roll may be performed with bent or straight legs. If legs are kept straight, the gymnast may put hands down to touch on the floor and then put them by ears on the floor with no deduction. (i.e. 2 touches in the roll).

### High straight jump 180°:

Jump to squat, then stand with arms by side. High straight jump 180°. There should be only one arm movement or swing from the side up to above the head in the jump. Arms are optional on landing. If attempting the bonus of squat in and immediate high jump 180° there must also be only be one arm movement or swing. Deduct 0.1, 0.2 or 0.3.

### Round off, jump 180° to land on two feet. Cartwheel ¼ turn inwards to lunge:

Hurdle step into the round off. For the bonus, the jump 180° turn lands on one foot and goes immediately into the Cartwheel ¼ turn inwards to lunge. Finishing in a lunge with chest up and arms in a high V position.

### Supported V-sit position:

A 0.1 bonus will be given for a free V-sit instead of a supported V-sit. A 0.2 bonus will be given for lifting from the dish position straight up into the free V-sit position, keeping legs straight throughout. After the V-sit, straight legs must be lowered onto the floor into a long sit position. If the long sit position is not shown, deduct 0.1.

### Supported Shoulder Stand:

A 0.1 bonus is given for an unsupported shoulder stand with the arms straight on floor by hips. If arms are placed above the head there is a deduction of 0.1.

### High straight jump 360°:

Start standing with arms by side. There should be only one arm movement or swing from the side up to above the head in the jump. Arms are optional on the landing. If attempting the bonus of squat in and immediate high straight jump 360°, there must also be only one arm movement or swing. Deduct 0.1, 0.2 or 0.3.

### Handstand forward roll split jump:

- There is no voluntary step into the start of the handstand. From standing the leg is lifted immediately into the move. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.3.
- If the gymnast performs the handstand forward roll but omits the split jump, deduct 0.7.
- If the gymnast performs the forward roll split jump but omits the handstand, deduct 0.7.
- If the handstand falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll immediate split jump. If the handstand is repeated, deduct 0.3.
- It is a move that must be linked and the forward roll is the linking factor. If there is no forward roll before the split jump then the whole value of the move is forfeited 1.4.
- The split jump is immediate and starts as the gymnast is coming out of the roll. If the gymnast finishes the roll in a standing position before starting to execute the split jump, the jump has not begun out of the roll and will therefore incur deductions. There should be only one arm movement or swing, finishing with the arms diagonally high above the head.

# Over 11 Quest

		DEDUCTIONS	BONUSES
	Stand showing good upright posture for 3 seconds. See notes for coaches and judges on page 14.	Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
0.8	Start facing outwards. Step forward into Spin 360° on toes. Free leg, high with toe to knee, finishing in front with foot turned out. Back foot extended with toe pointed behind on floor (pose). Arms optional in spin, but should finish diagonally high.	Deduct 0.1 – 0.5 for not completing the 360°. Deduct 0.1 if spin is reversed. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if front foot is not turned out in finished position. Deduct 0.1 if back foot not pointed in a pose. Deduct 0.1 if arms not diagonally high.	0.1 for a Spin 540°. Start facing down the mats.
0.8	Join back foot to the front foot and bring arms to a parallel position above head. Backward roll to front support. This may be performed with bent or straight legs. Hold front support position for 3 seconds. See notes page 11.	Deduct 0.1 for hands not facing forward. Deduct 0.1 for chest not rounded. Deduct 0.1 for body not straight and head in line with body. Deduct 0.1 for hands not shoulder width apart. Deduct 0.1 for each second not held.	
0.8	Squat in and stand with arms by side. High straight jump 180° raising straight arms above head in jump. There should be only one arm movement or swing from the side up to above the head in jump. See notes page 14.	Deduct 0.1 – 0.3 for lack of height in jump. Deduct 0.1 for lack of stretch in jump. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for lack of secure landing.	0.1 for a squat in and immediate 180° high straight jump 180°.
1.4	Hurdle step into round off. straight jump 180° to land on two feet. Cartwheel ¼ turn inwards to lunge. Finish in lunge with chest up and arms in a high V position. See notes for coaches and judges on page 14.	<b>Deduct 0.3 if hurdle step into round off not shown.</b> Deduct 0.1 – 0.5 for lack of repulsion and rebound in round off. Deduct 0.1 – 0.3 for lack of height, stretch and tension in the 180° straight jump. Deduct 0.1 – 0.3 for lack of extension and tension in cartwheel. Deduct 0.1 – 0.5 for loss of control or deviation from straight line. <b>Deduct 0.1 for not finishing in a lunge with chest up and arms in a high V position.</b>	0.1 for landing the straight jump 180° on one foot and going immediately into the cartwheel.
0.8	Join the back foot to the front foot and take the arms out to the side. Raise a leg to the back into an upright arabesque. The foot must not be pointed on the floor behind before lifting into the arabesque. The leg at the back needs to be raised to a minimum of 45°. Hold for 3 seconds.	Deduct 0.1 – 0.3 if arms not at side i.e. back or above/below 10° from horizontal. Deduct 0.1 – 0.3 for bent legs and toes not pointed. Deduct 0.1 – 0.5 if chest and head not upright. Deduct 0.3 if the foot is pointed on the floor behind before lifting. Deduct 0.1 for each second the arabesque is not held. Deduct 0.1 for leg below 45°.	
0.8	Join back foot to front foot. Show squat position with straight back and arms stretched out in front. Forward roll into a dish position. Arms by ears and hands and feet in alignment. Hands, shoulders and feet off the floor and back should not arch. Hold for 3 seconds.	Deduct 0.3 for squat position not shown. Deduct 0.1 for back not straight and 0.1 for arms not forward in squat position. Deduct 0.1 – 0.3 for arched back in the dish position. Deduct 0.1 for each of hands, shoulders or feet not off the floor and for each second the dish position is not held. Deduct 0.1 – 0.3 if arms are not by the ears or hands and feet not in alignment.	
0.8	Bend knees and raise torso into a tucked position, toes on floor, arms straight in front of body, low but not touching the floor or the legs. Lower hands or finger tips onto the floor and extend legs into a supported V-sit position. The back and legs must be straight. The V shape must be equilateral. Hold for 3 seconds. See notes on page 14.	Deduct 0.3 – 0.5 for adjustment or loss of control i.e. hand or foot touching the floor on raising the legs and torso into the tucked position or free V-sit if attempting the bonus. Deduct 0.1 – 0.3 for back or legs not straight in the V-sit. Deduct 0.1 – 0.3 for incorrect V-shape. Deduct 0.1 for arms not straight and low. Deduct 0.1 for arms touching legs. Deduct 0.1 for each second the V-sit is not held.	0.1 for a free V-sit from tucked position <b>OR</b> 0.2 for lifting straight legs from dish up into free V-sit.
1.4	Lower straight legs onto floor into long sit position. Arms optional. Roll back with straight legs into a supported shoulder stand. Hold for 3 seconds. Roll down and stand with arms by side. High straight jump 360° raising straight arms above head in jump. There should be only one arm movement or swing from the side up to above the head in the jump. See notes page 14.	Deduct 0.1 for long sit position not shown. Deduct 0.1 – 0.3 for bending legs when rolling back into shoulder stand. Deduct 0.3 – 0.5 for adjustment or loss of control going into the shoulder stand. Deduct 0.1 – 0.5 for legs not vertical. Deduct 0.1 for arms above head in shoulder stand. Deduct 0.1 for each second not held. Deduct 0.1 – 0.3 for any extra arm swing.	0.1 for unsupported shoulder stand, arms straight on floor by hips. 0.1 for immediate high straight jump 360°.
1.4	Handstand forward roll, immediate split jump. The jump should start out of the roll finishing with arms diagonally high above head. There should be only one arm movement or swing from roll to jump. See page 5 for further specific deductions for this element. See notes for coaches and judges on page 14.	Deduct 0.1 – 0.3 for lack of height in jump and lack of stretch and tension in jump. Deduct 0.3 if lifted toe touches the mat and is lifted again before the handstand. Deduct 0.5 if the handstand falls. The roll and split jump must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.3 for bent legs/toes not pointed. Deduct 0.1 – 0.5 for 180° split not shown in the jump.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
9.0	<b>Total of Content</b>	<b>Total of Bonuses</b>	<b>1.00</b>

## VOLUNTARY FLOOR FOR GIRLS OF ALL AGES

- a) The Voluntary Floor routine is performed on a minimum 10 x 10 metre mat area. No deductions for coming off the mat area. Floor work must use the entire body and should contain acrobatic elements artistically performed, movements and linkages combining liveliness, poise, balance, variations of moves, change of pace, musical interpretation and must use the floor area as fully as possible.
- b) The routine must be performed to music. The music and movement must be in harmony. The music must be instrumental and not vocal ie. no words, but the voice may be used as an instrument. It may have up to an 8 beat introduction.
- c) The duration of the routine should be between 50 – 70 secs. The routine is timed from the gymnast's first movement until her last movement. The gymnast must finish with the end of the music. Coaches or musical operator will not be allowed to stop the music early.
- d) There will be a 0.3 deduction for a small prompt from coaches, gymnasts or others and a deduction of 0.5 for a larger prompt, up to a maximum total of 1.0.

### MUSIC

**THE MUSIC FOR THE VOLUNTARY FLOOR ROUTINES WILL BE PLAYED VIA COMPUTER. Please email or send a fully named mp3 copy of each gymnast's music so that it can be setup on a play list before the day to: The Host Organiser**

If you are unable to provide music electronically please notify the Organiser. The quality may not be as good with CD's. However every school will also need to bring a set of back-up CDs for each gymnast.

**It is forbidden to use music or any derivatives or remixes from Andrew Lloyd Webber eg Variations, Cats, Phantom etc., Cirque du Soleil eg Alegria, Quidam, Luzia etc or Walt Disney/Pixar eg. Pirates of the Carinnean, Narnia or any Disney Classic.** British Gymnastics, have issued a warning to all competition organisers to turn off any of the above music if any attempt is made to play them. (Using music at one competition unchallenged does not mean it is legal, just that it was not detected).

### PROGRAMME ORDER

All gymnasts must compete in programme order on the voluntary floor. Coaches should bear this in mind when listing their gymnast's names on the entry form as this will be their voluntary floor order.

### CONTENT

The content used to construct the floor routine should be taken from the floor code found in these rules. A routine must contain at least **ten different moves**. The ten moves may include any number of Elementary, Intermediate or Advanced moves. The value of the move may be lost unless it is performed safely and correctly. If no Intermediate moves or Advanced moves are included, then ten Elementary moves must be performed. More than ten moves from the Code may be included in the routine, but no extra marks will be given. 0.3 of a mark will be deducted per move for less than ten performed.

Repeated moves will not be counted towards the Content but could receive execution deductions if not performed correctly. Where a gymnastic move is used more than once in a routine, only its first performance will be counted as one of the required moves. This includes moves used in the tumble run.

### BONUSES

A gymnast is able to score 1.0 worth of bonus by including 2 Intermediate moves worth 0.5 each. Additional Intermediate or Advanced moves may be included but will not score any higher than the 1.0 bonus and they could receive execution deductions if not performed correctly. An Advanced move can replace an Intermediate move. However it could receive execution deductions if not performed correctly. The Bonus rule applies to both age groups ie under 9's and under 11's.

Evaluation of Marks

Content	3.0
Execution	3.5
Composition	2.5
Bonus: 2 Intermediate moves (0.5 each)	1.0
<b>Total</b>	<b>10.00</b>

## COMPOSITION

To gain full composition marks the gymnast needs to demonstrate good use of the floor, different levels, a variety of moves, links, dance, leaps or jumps, turns, balance, strength, flexibility, dynamic moves, interesting pathways, use of forwards, backwards and sideways movements, originality and musical interpretation. The routine should be synchronised with the music and the gymnast should engage with the judges and the audience.

### Marks for composition will be allocated as follows:

Use of the floor & different levels	0.4
Variety of moves	0.2
Links and dance	0.6
Strength/flexibility/balance moves	0.3
Patterns and pathways	0.3
Musical interpretation	0.3
Originality, dynamics, overall impression	<u>0.4</u>
TOTAL	2.5

## TUMBLE RUN

The routine must include a diagonal gymnastic tumble run, with a minimum of three different moves from the code (i.e. no repeated moves) and no connecting steps. The aim of the tumble run is to be dynamic and it should accelerate.

- a) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- b) A straight jump half turn to land on one foot is NOT in the ISA floor code. It does not count as a move in the tumble run. It may be used as a rebound link without any 'connecting step' deductions. A round off, straight jump half turn immediate cartwheel is only 2 moves, as the jump half turn would have to land on one foot. It would require a 3<sup>rd</sup> move to meet the tumble run requirement. A straight jump half turn to land on two feet is in the code, so it is important to focus on the execution as it DOES count as a move in the tumble run, eg round off, straight jump half turn, forward roll. A forward roll to land on one foot (walk out) is also NOT in the code so does not count as a move in the tumble run.
- c) No more than one jump or leap may be included and if used it will count as one of the 10 moves.
- d) a round off to two feet together followed by a second flic landing with 2 feet together counts only as two moves as the second flic is a repeated move. A round off flic to two feet followed by a round off flic walkout counts as three moves.
- e) There will be a deduction of 0.5 if there is no tumble run.
- f) There will be a deduction of 0.1 for deviation from a straight line in the tumble run.
- g) There will be a deduction of 0.1 if the tumble run is not performed on the diagonal.
- h) There will be a deduction of 0.1 if the tumble run is not dynamic or it does not accelerate.
- i) If a move which has already been performed earlier in the routine is then repeated in the tumble run, it would not be counted and the judge would deem the tumble run invalid as it does not have the required three elements (deduction 0.5). A way to reduce the likelihood of this problem occurring would be to place the tumble run relatively early in the routine.

A tumble run does not have to include difficult moves e.g.

1. Run into catleap, cartwheel, cartwheel ¼ turn to lunge.
2. Run, catleap, cartwheel, round off.
3. Run, cartwheel, cartwheel ¼ turn to land two feet together, immediate tuck or start jump.
4. Run cartwheel, round off, tuck or star jump.
5. Run, round off, tuck or star jump backward roll.
6. Run, straight jump half turn, forward roll
7. Run, round off, cartwheel ¼ turn to land feet together, immediate tuck or star jump.
8. Run, round off, cartwheel, cartwheel ¼ turn to lunge.

## BONUSES

A gymnast is able to score 1.0 worth of bonuses by including 2 Intermediate moves worth 0.5 each. Additional Intermediate and Advanced moves may be included but will not score any higher than the 1.0 bonus and they could receive execution deductions if not performed correctly. An advanced move can replace an Intermediate bonus but could receive execution deductions if not performed correctly.

NOTES FOR COACHES' AND JUDGES FOR VOLUNTARY FLOOR & GROUP

1. All rolls must start and finish on two feet to count in the tariff.
2. **A gymnast should not finish her routine in a skill eg Splits, headstand, or shoulder stand. Deduct 0.1**
3. Balances should be held for 3 seconds except for the handstand, which needs to be held for 2 seconds, and the following exceptions.
4. As front supports are linked to either a jump to squat straight jump, a backward roll or a back support, it is only required to be held for 2 seconds.
5. In the front support to back support a straight arm must be shown high in the air in the side position of the turn. This move may also be performed from back to front support. It need only be held for 2 seconds in each support.
6. Static moves like bridge, splits, pike fold and japana must be held for 3 seconds.
7. Splits two ways need to be held for 2 seconds each way. Splits three ways needs to be held 1 second each way.
8. Flics may be landed on either one or two feet, but must land on feet and not on other body parts.
9. Backward roll to handstand: A backward roll passing through handstand will be counted as a backward roll which is an Elementary move. A backward roll to handstand held for 1 second is an Intermediate move and a strength move. A backward roll to handstand held for 2 seconds is an Advanced move and a strength and a balance element.
- 9 **Headstands:** leg positions and exits are optional but must not roll out. Deduct 0.5 for rolling out.
- 10 Any jumps and leaps which are not in the Code will be classes as links and therefore not counted in the Content.

DEDUCTIONS FOR VOLUNTARY FLOOR

GENERAL DEDUCTIONS	
Music with vocals ie words in the music 0.5	Stopping musical recording early 0.5
No music supplied 0.5	Finishing before or after the music 0.3
Music supplied but does not play or stop and is not the fault of the audio equipment, 0.1	Over time or under time 0.1
EXECUTION PENALTIES for skills from the code and dance	
Small execution fault 0.1	Insufficient height in jumps/aerials 0.1 or 0.3
Medium execution faults 0.3	Insufficient flight in flight elements 0.1 or 0.3
Large execution faults 0.5	Insufficient tuck/pike/stretch 0.1 or 0.3
Incorrect body shape 0.1 or 0.3	Static skills not held for 3 seconds, 0.1 for each second
Bent arms 0.1 or 0.3	Balances not held for 3 seconds, 0.1 for each second
Bent legs 0.1 or 0.3	Handstands & front support not held 2 secs, 0.1 each sec.
Leg separation 0.1 or 0.3	Arm swings to maintain balance 0.1 – 0.3
Lack of split 0.1 or 0.3 or 0.5	Posture faults on landing 0.1 or 0.3
Feet not pointed 0.1	Loss of balance 0.1 or 0.3 or 0.5
Incomplete 360 spin, within 45 degrees - 0.1 or 0.3. Less than 45 degrees the skill does not count (eg front foot finishes at the back instead of the front of the grounded leg).	Adjustment/loss of control when entering a balance eg 'V' sit, headstand, straddle lever etc 0.3 or 0.5
Incomplete 540 or 720 spin within 45 degrees 0.1 or 0.3 or 0.5 Less than 45 degrees will be downgraded to 360 or 540 spin	Touch of the floor ie with a hand or foot or other body part 0.1 or 0.3
Extra steps/hops on feet or hands 0.1 each time	Fall – actually falling over completely 1.0
DEDUCTIONS taken throughout the routine	
1 foot outside the floor area each time does not apply at ISA	Small prompt from coaches/gymnasts/others 0.3 max 1.0
2 feet outside the floor area each time does not apply at ISA	Large prompt from coaches/gymnasts/others 0.5 max 1.0
Pauses 0.1 each time	
DEDUCTIONS taken at the end of routine	
Poor posture throughout the routine 0.1 or 0.3	Missing tumble run 0.5
Missing move: 0.3 per move less than 10 performed	Deviation from a straight line in tumble 0.1
Team competing out of order 1.0	Tumble run not performed on the diagonal 0.1
Somersaults are allowed at the ISA competitions	Tumble run not dynamic or does not accelerate 0.1
A flic and aerials are allowed at the ISA competitions	
<b>Finishing in a skill eg splits, headstand or shoulder stand 0.1</b>	

### GIRLS' VOLUNTARY FLOOR CODE

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	Backward roll to handstand held 2 secs
Backward roll	Backward roll to handstand held 1 sec	Backward roll to handstand 180° pirouette, step down exit
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)	Any back somersault (shape optional)
Backward roll to front support 2 secs	Backward roll to front support 2 secs with straight arms	Any front somersault (shape optional)
Front support 3 secs, jump to crouch – straight upward jump	Headstand with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out.	Whip Flic
Headstand – 3 secs. Legs and exit optional, but must not roll out.	Headstand push to handstand with straight legs. Exit optional	Headstand push to handstand with straight legs. Headstand held for 3 sec or handstand held for 2 secs.
Handstand – 2 secs	Handstand 180° pirouette. Optional hand moves and leg positions.	Handstand 360° pirouette. Optional hand moves and leg positions.
Handstand forward roll	Handstand 180° pirouette then the handstand held for 2 secs.	Handstand 360° pirouette then the handstand held for 2 secs.
Cartwheel – to finish sideways	Handspring to step out	Handspring to two feet
Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), back leg straight.	From straddle stand press to handstand (elephant lift)	Flic with a different exit to feet when attached as a second flic, (ie flic to two feet, flic to walk out). Counts as 2 moves
Cartwheel ¼ turn inwards to finish feet together	Flic to land two feet together.	Aerial cartwheel
One-handed cartwheel – optional hand	Flic to 'walkout' i.e. landing first on one foot before the other.	One-handed walkover (forward or backward)
Dive cartwheel		Aerial walkover
Round off	Tinsica	Flyspring
Press up in front support x 1	Backward walkover	Valdez
Circle roll (Teddy bear roll) 180° only	Forward walkover	540° spin (1 ½)
Pike fold sitting 3 secs	360° spin on one foot	720° spin (double)
Splits 3 secs	Show splits two ways, 2 sec each way	Show splits all three ways 0.1 sec each
Supported shoulder stand 3 secs	Unsupported shoulder stand 3 secs, arms by hips 3 secs.	Unsupported shoulder stand, arms above head 3 secs
'V' sit with support 3 secs	'V' sit without support (free) – 3 secs	Russian lever balance piked or straddled 3 secs
Japana 3 secs	Straddle lever balance 3 secs	Straddle lever balance held 3 secs then 180° turn
Back support 2 secs turn to front support 2 secs.	Piked lever balance 3 secs	Straddle lever balance press to handstand optional exit
Arabesque balance 3 secs body position optional	Tuck balance 3 secs	Straddle balance press to handstand Straddle held 3 secs or handstand 2 secs
Chair balance 3 secs	"Y" balance held for 3 secs	
Bridge	'W' jump	'W' jump with 180° turn
Star jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Tuck jump	Split leap	Change leg split leap
Split jump	Catleap with 360° turn	Catleap with 540° turn (1 ½)
Catleap with no turn, or 180° turn	Straddle jump	Ring leap
Stag leap or jump	Side straddle leap	Straddle jump with 180° turn
Straight jump with 180° turn	Straight jump with 360° turn	Straight jump with 540° turn (1 ½)

### BALANCE, STRENGTH AND FLEXIBILITY MOVES FOR GIRLS

For use when constructing a voluntary floor routine from the floor code. Composition marks are gained by including a strength move, a balance move and a flexibility move as part of the 10 moves. The chart below is designed to guide you as to which moves are acceptable.

BALANCE (0.2)	STRENGTH (0.2)	FLEXIBILITY (0.2)
Supported shoulder stand 3 secs	Backward roll to front support 2 secs	Forward roll with straight legs together (i.e. pike)
Chair Balance 3 secs	Backward roll to handstand held 1 sec	Backward roll to straight legs Together (i.e. pike)
Handstand 2 secs	Backward roll to handstand 180° pirouette step down exit	Japana 3 secs
Any arabesque balance 3 secs. Body position optional	Handstand 180° or 360° pirouette. Optional hand moves & leg positions	Any walkovers
	Press up in front support x 1	Valdez
Headstand 3 secs. Legs and exit optional but must not roll out	Headstand push to handstand with straight legs. Exit optional	
	Front support 2 secs turn to back support 2 secs (or vice versa) see notes	Pike fold sitting 3 sec
	Straddle stand press to handstand	Tinsica
		Bridge 3 secs
		Split leap showing 180° split
		Straddle jump legs parallel to floor
<b>THE MOVES BELOW SERVE TWO REQUIREMENTS</b>		
Splits 3 secs		Splits 3 secs
'Y' balance 3 secs		'Y' balance 3 secs
Unsupported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	
Free 'V' sit - unsupported 3 secs	Free 'V' sit - unsupported 3 secs	
Tuck balance 3 secs	Tuck balance 3 secs	
Pike lever balance 3 secs	Pike lever balance 3 secs	
Straddle lever balance 3 secs	Straddle lever balance 3 secs	
Russian lever balance either piked or straddled 3 secs	Russian lever balance either piked or straddled 3 secs	
Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs	Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs	
Headstand pike levered up to vertical with straight legs held for 3 secs	Headstand pike levered up to vertical with straight legs held for 3 secs	
Backward roll to handstand held 2 secs	Backward roll to handstand held 2 secs	
Handstand 180° or 360° pirouette then the handstand held 2 secs	Handstand 180° or 360° pirouette then the handstand held 2 secs	
Straddle lever balance press to handstand (optional exit). Either hold the straddle lever balance for 3 secs or handstand for 2 secs	Straddle lever balance press to handstand optional exit	Straddle lever balance press to handstand optional exit (moving through japana)

One move may count to serve two requirements. i.e. Performing splits held for 3 seconds will count as both a balance and a flexible move. Performing a straddle balance held for 3 seconds will count as both a balance and a strength move worth 0.2 (0.1 each).

Straddle balance press to handstand with an optional exit actually fulfils all three requirements. However for this competition it will only count for two of the three requirements and therefore a second move would be required to gain the full 0.3 for strength/flexibility/balance in the composition marks. (See composition allocation for voluntary floor).

In a front support to back support, or back support to front support, a straight arm must be shown high in the air in the side position of the turn. The move need only be held for 2 seconds in each support.

## GIRLS GROUP SEQUENCE for 11 and U9 GIRLS

This discipline is a separate competition and not part of the ISA Girls' Team Championships.

- a) The Group Routine is a separate competition for the Under 9, and U11, age groups. The marks are not counted towards the overall team total.
- b) Each team of four girls will present in unison a synchronised group routine on a 10 x 10 metre floor area. The gymnasts must not step out of this floor area during the routine. All girls must attempt each move and all of the routine. All gymnasts must show the same position as each other at the start and finish of the routine.
- c) The exercise must contain twelve gymnastic moves only taken from the floor code, each of which may be joined to the next, for the purpose of continuity and flow, by simple links and dance. Any move can be repeated, but once only, provided the total number of moves does not exceed twelve.
- d) There should be no obvious communication between members, and noises (clicking, clapping, stamping, thumping, thigh slapping etc.) are not allowed. Deliberate physical contact is not allowed - gymnasts must not touch each other during the routine.
- e) Synchronised work does not include movements in canon. No movements in canon are permitted.
- f) Music should be 50 - 90 secs in length and instrumental, not vocal i.e. no words. But it may have voice as an instrument. An introduction of up to 8 beats is allowed. As with the voluntary floor, the team must finish their routine with the music. The music will not be turned off early. See 'Music' from the vol. floor rules.
- g) Coaches must complete a tariff sheet listing all 12 moves in order, as worded in the code, and their tariffs, in the order that they will be performed. This must be given to the judging panel before the routine takes place. There will be no deduction if it happens that different moves are performed as to what is on the tariff sheet or they are performed in a different order.
- h) There will be no deduction for left or right bias in the group routine.
- i) Each team will have a five minute warm-up on the floor area before lining up in front of the judging panel and then marching on to perform.

### CONTENT

The minimum to obtain the full tariff of 4.0 marks is 10 elementary moves and 2 Intermediate or Advanced moves. Routines may be over-tariffed and can include Advanced moves but cannot gain any more than the allocated 4.0 marks. In the group routine the Intermediate and Advanced moves are worth 0.5. unlike the individual voluntary floor where they are worth 0.3/0.4

10 x elementary moves @ 0.3 each	3.0
2 x Intermediate/Advanced moves @ 0.5 each	<u>1.0</u>
Total	4.0

This will give the team the maximum tariff of 4.0 for content. Should a team not be able to produce a routine with intermediate or advanced moves, they will lose in difficulty only, e.g. it is possible for a team to have a routine with 12 elementary moves which will score a tariff of 3.00 marks.

### Evaluation of Marks

Synchronisation	12.0
Composition	12.0
Execution	12.0
Content	<u>4.0</u>
Total	40.0

### Composition

To gain full composition marks the gymnasts need to demonstrate good use of the floor, different levels, links, dance, leaps, jumps, turns, interesting pathways, use of forwards, backwards and sideways movements, show a variety of moves including balance, strength and flexibility, dynamic moves, musical interpretation, and originality. Marks for composition will be allocated as follows:

Use of the floor by team and each individual	1.0
Use of the different levels - very low, low, medium, high, very high	1.0
Variety of moves	1.0
Links, dance and expressive use of arms, hands, head and free foot	3.0
Patterns and pathways	1.5
Combination of gymnasts. 4 separately, 4 together, 2+2, 3+1	1.0
Musical interpretation and variety of speed	1.5
Overall Impression - interesting and entertaining	2.0
<b>TOTAL</b>	<b>12.0</b>

### DEDUCTIONS FOR GROUP FLOOR

<b>GENERAL DEDUCTIONS</b>	
Failure by all of the girls to attempt each move	0.5 per gymnast plus the value of the move
Obvious communication between gymnasts	0.1 per gymnast
Clicking, clapping, stamping,, thumping, thigh slapping etc	0.1 on each occasion
Deliberate contact	0.1 per person touching
Movement in canon	0.4 on each occasion
Team not uniformly dressed	up to 0.4
Prompting from coaches, gymnasts or others	0.3 small prompt. 0.5 large prompt. Maximum 1.0
Stepping out the floor area - not applicable in ISA not full area	No deduction
Less than or more than 12 moves, Deduction from CONTENT	0.3- elementary move. 0.5 - advan/inter move
<b>EXECUTION PENALTIES - PLUS THOSE ON PAGE 12</b>	
Adjustment/ loss of control when entering a balance 0.3 or 0.5	Touch of floor ie with hand or foot 0.1 or 0.3
For completely falling over 1.0	Collision 0.1 or 0.3 or 0.5
Balances/static skills not held for 3 secs 0.1 each second	Handstands not held for 2 ses
1 x split 3 secs. 2 x splits 2 secs each. 3 x splits 1 sec each	Pauses 0.1 each time
For small execution faults 0.1. Medium faults 0.3. Large faults 0.5	Extra steps/hops with hands or feet 0.1 each time
Finishing in a move eg splits, headstand or shoulder stand 0.1	Loss of balance 0.1 or 0.3 or 0.5
<b>MUSICAL DEDUCTIONS - see Page 10 for illegal music</b>	
Music with vocals i.e. words in the music deduct 0.5	No music supplied 0.5
Stopping music early 0.5	Finishing before or after music 0.2
Music supplied - does not play/stops and is not fault of equipment 0.1	Over or under time 0.1

### **GUIDELINES FOR CONSTRUCTING AND JUDGING THE GROUP ROUTINE COMPOSITION**

**Use of Floor 1.0:** a) by the group. b) by each individual. (0.5 each).

**Use of Levels 1.0:** Show a) Very low. b) Low. c) Medium. d) High. e) Very high. (0.2 each).

**Variety of moves 1.0:** Include a variety of moves from the code including those showing flexibility, strength, balance, flight, spins, jumps, leaps and using forwards, sideways and backwards movement. (0.1 each).

**Links & Dance 3.0:** a) Use the whole body including the hands, arms head and feet in a creative manner (1.0).

b) Use a variety of dance steps, hops, turns, waves etc (1.0).

c) Use a variety of leaps and jumps. These may be taken from the floor code or may be uncoded. (1.0)

**Patterns and pathways: 1.5:** a) Use as many different patterns and pathway. Lines, diagonals, small circle, large circle, squares, oblongs, arrowhead, curves, zigzags, figure of 8. (1.0)

b) Travelling in a shape and travel to make a new shape (0.2)

c) Change of direction – forwards, backwards and sideways (0.3)

**Combinations of gymnasts 1.0:** a) Show 4 girls spread out separately i.e. in four corners or sides of the mat (0.25)

b) Show 4 girls working closer together in a group (0.25).

c) Show 2 girls working together and the other 2 working together separately (0.25).

d) Show a combination of 3 girls together and 1 girl working separately. Work in a pair/trio not just pass each other briefly (0.25).

**Musical Interpretation and speed 1.5:** a) The routine must be synchronised with the music throughout (0.3).

b) The music must be interpreted by the whole group showing rhythm, harmony and flow (0.3).

c) Selection of movements to suit the music – could the routine be performed to any music? (0.3).

d) The routine must show fast, slow, staccato and smooth movements (0.6).

**Overall Impression 2.0:** a) It must be interesting and entertaining. (0.4).

b) Gymnasts should engage with the judges and the audience (0.4).

c) Elements of surprise such as movements that change pattern shape as well as performing another function (0.4).

d) Unexpected changes of speed or direction (0.4).

e) Dynamics can be achieved, for example, through showing speed, flight and energy (0.4).

Also see Notes and deductions for Coaches and Judges for the Individual voluntary floor.

**Acknowledgements:** These rules have been adapted by kind permission from the Independent Schools Gymnastics Association - ISGA, 4P and 5P rules.