



## 21st ISA National Gymnastics Team Championships

### 4 Piece Competition for Girls & Boys

Date: Sunday 10th May 2026 8.15am – 6.00pm

Venue: Adcote School, Little Ness, Shrewsbury, Shropshire SY4 2JY

Host Organiser : Miss Louise Hudson – Adcote School

[lhudson@adcoteschool.co.uk](mailto:lhudson@adcoteschool.co.uk) Comp. Secretary: Mrs Paula Curtis Cole - Adcote School

[pcurtiscole@adcoteschool.co.uk](mailto:pcurtiscole@adcoteschool.co.uk)

**Age Groups:** Under 11 and Under 9 Girls and Boys (on 1 Sept 2025) This team competition is for junior school ages only

**Teams:** Up to 6 boys or 6 girls with top 4 scores to count.

**Entry Closing Date: Friday 13th February 2026.**

Schools need to download the complete sets of separate Girls' & Boys' Rules from the website: <https://www.isaschools.org.uk/sports/isa-sport-national-events/gymnastics/event-information> Videos of the girls under 11 and under 9 set floor routines are also found on this link

4 x Disciplines: Set Floor and Set Vault, Voluntary Vault and Voluntary Floor - performed by each pupil.

The following is a short SUMMARY only of boys' & girls' rules

UNDER 9 & 11 BOYS	UNDER 9 and UNDER 11 GIRLS	OVER 11 GIRLS GUESTS
<b>Set Floor</b>	<b>Set Floor</b>	<b>Set Floor</b>
Catleap, Cartwheel, Cartwheel	Upright posture 3secs	360 degree Spin
Forward Roll – immediate straight jump	2 x 180 spins ending in pose	Backward roll to front support
Backward roll to straddle stand	Forward roll to stretch	Jump to stand 180 jump turn
Circle roll	Step Cartwheel ¼ turn join feet - star jump	Round off, jump 180, cartwheel ¼ turn - lunge
Pike Fold	Chasse, catleap, cartwheel ¼ turn into lunge	Upright Arabesque balance
Dish Position,	Squat position Forward roll to long sit	Forward roll to dish
Arch Position, front support, jump to crouch	Pike Fold -return to long sit	Free V- Balance -return to long sit
Tucked Headstand	Back support, turn to front support	Shoulder stand 360 jump turn
Frog Balance	Tucked backward roll	Handstand forward roll, split jump
Tuck jump, step, high 180 straight jump	Step, join feet, 180 jump turn	
<b>Set Vault</b>	<b>Set Vault</b>	<b>Set Vault</b>
Squat Through Vault (9.50)	Squat Through Vault (9.50)	Squat Through Vault (9.50)
<b>Voluntary Vault</b>	<b>Voluntary Vault</b>	<b>Voluntary Vault</b>
(widthways Vault) Choose from:	(widthways Vault) Choose from:	(widthways Vault) Choose from:
Squat on, straight jump off (8.00)	Squat on, straight jump off (7.50)	Squat on, straight jump off (8.00)
Squat Through Vault (9.50)	Squat Through Vault (9.50)	Squat Through Vault (9.50)
Straddle Vault (9.50)	Straddle Vault (9.50)	Straddle Vault (9.50)
Handsprint or half on (10.00)	Handsprint or half on (10.00)	Handsprint or half on (10.00)
<b>Voluntary Floor</b>	<b>Voluntary Floor</b>	<b>Voluntary Floor</b>
2 Metre Mat strip	10 x 10 mat area	10 x 10 mat area
No Music	Instrumental Music	Instrumental Music
10 agilities from boys' floor code	10 agilities from girls' floor code	10 agilities from girls' floor code

Schools must download and study the full detailed rules to see how the work should be performed, ie agilities required from the floor codes for the individual voluntary floor routines, exactly how to teach the set floor agilities in the set floor sequence, and the vault requirements and how best to perform them etc.

Summary of rules