



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

**AGE GROUPS:** there will be competitions in the following age groups:-

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

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

eg. Boys with their 9<sup>th</sup> birthday on or after 1<sup>st</sup> September of the current academic year are U9's. Boys having their 10<sup>th</sup> or 11<sup>th</sup> birthdays on or after 1<sup>st</sup> September of the current academic year are under 11's and this is regardless of which year group their school has placed them in.

Boys 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 abiding by the 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 boys 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.

**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

### GENERAL COMPETITION NOTES AND DEDUCTIONS

The team should be uniformly dressed, i.e. all dressed alike: same coloured leotards and shorts, or PE shirt which must remain tucked into shorts - deduction 0.1 per gymnast per apparatus. **No boys' gymnastics trousers permitted** for floor and vault work. Any boy wearing trousers will be asked to replace them with shorts, before being allowed to compete.

Gymnasts should not pull at their clothing whilst being judged. Underwear must not show. Deduct 0.1 Hair should be tied back if long. Jewellery including studs must not be worn. Any strapping should be discreet.

Coaches/teachers are required to wear smart professional attire suitable for a national 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. Watches that might scratch a child if worn should be covered by a sweat band or similar. Up to 0.3 may be deducted from the final score of each of the coach's teams.

Teams must line up and 'Present' before the judging panel, **after the apparatus warm up**, at the start of each discipline. Each gymnast must present to the judges at the start and finish of all individual disciplines. Deduction 0.1 each time.

The gymnast performs the set floor and voluntary floor once and has two attempts only at both the set vault and 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.

In both set and voluntary floor work gymnasts will **not be penalised** for stepping off the competition mat areas as the mat strip and floor areas are not full size.

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

**NO PERSON MAY USE THE APPARATUS WITHOUT A SUITABLY QUALIFIED COACH PRESENT. TEACHERS AND COACHES ARE RESPONSIBLE FOR THEIR GYMNASTS' SAFETY AT ALL TIMES**

Blank

---

## 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 practise these specific short warm-up periods at school, gymnasts will feel more prepared for the competition.

## VAULTS FOR U11 and U9 BOYS

### 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 void the vault.
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.

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**      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.

Apparatus which does not actually go up/down to the correct height will be set at the lower height. Coaches may choose to raise the height setting if they wish.

### BOYS' 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.

### BOYS' VOLUNTARY VAULT

Two vaults to be performed from the list below.

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

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

Vaults	Tariff	Height of Vaults as near as possible	possible
Squat On immediate straight jump off from squat position.	8.00	Under 11 Under 9	100cm 90cm
Squat through vault	9.50		
Straddle vault	9.50		
Handspring vault	10.00		

## General Vault Deductions

First Flight	Repulsion	Second Flight	Landings
<b>SQUAT ON IMMEDIATE STRAIGHT JUMP OFF</b>			
Insufficient stretch 0.1 - 0.8	1 knee touching vault 0.5	Insufficient height 0.1 - 0.8	Extra step 0.1 each - max 0.5
Insufficient layout 0.1 - 0.8	2 knees touching vault 1.0	Insufficient length 0.1 - 0.8	Large step(1m) or jump 0.3
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Deep Squat 0.1 - 0.3
Double bounce on board 0.1	Only one hand on vault 0.5		Brush of hand on mat 0.1 - 0.3
	Too long on apparatus 0.1 - 0.5		Extra arm swing 0.1 - 0.3
<b>SQUAT THROUGH VAULT</b>			
Insufficient stretch 0.1 - 0.8	Legs round the side 0.1 - 0.5	Insufficient height 0.1 - 0.8	Under rotation leaning back 0.1
Insufficient layout 0.1 - 0.8	One hand off vault 0.5	Insufficient length 0.1 - 0.8	Landing off the mat 0.5
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Fall against apparatus 0.5
Double bounce on board 0.1	Too long on apparatus 0.1 - 0.5		Failure to land feet first 1.0
<b>STRADDLE VAULT</b>			
Insufficient stretch 0.1 - 0.8	Legs not horizontal 0.1 - 0.5	Insufficient height 0.1 - 0.8	Not showing landing position 0.3
Insufficient layout 0.1 - 0.8	One hand off vault 0.5	Insufficient length 0.1 - 0.8	Fall 1.0
Only one foot take off 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Max landing deductions without a fall 0.8
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		
THE DEDUCTIONS BELOW MAY BE TAKEN FROM ANY OF THE PHASES ABOVE			
Bent arms 0.1 - 0.8 - not to be taken in addition for head touching vault			
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)			

## BOYS' SET FLOOR SEQUENCE FOR U11 & U9 AGES

1	Stand showing good upright posture (3 seconds)	
2	Catleap, cartwheel, cartwheel ¼ turn inwards to lunge	1.6
3	Forward roll, immediate straight jump	1.2
4	Backward roll to straddle	0.6
5	Circle roll	0.6
6	Pike Fold	0.6
7	Dish position	0.6
8	Arch position, Front Support position, jump to squat	1.4
9	Tucked headstand	0.6
10	Frog balance	0.6
11	Tuck jump. 180 degree high straight jump	1.2
		9.0
	10 x bonuses can be gained worth 0.1 each.      Bonuses	1.0
	TOTAL	10.0

## BOYS' GENERAL SET FLOOR SEQUENCE NOTES

- 1) The routine to be performed along a strip of mat approx. 2m wide. No deductions for stepping off the mat.
- 2) Gymnasts are allowed to start at either end of the strip.
- 3) Missing elements - deduct the value of the move
- 4) Elements performed in the incorrect order - deduct 0.5.
- 5) Attempted moves will receive a deduction on execution only, ie the bonus handstand forward roll falls backwards to feet, or the backward roll is unsuccessful - deduct 0.5 plus other deductions if necessary.
- 6) There will be a deduction of 0.3 for a small prompt from coaches, gymnasts or others and a deduction of 0.5 or a large prompt up to a maximum total of 1.0.
- 7) All Set Floor deductions will be judged as: Small fault = 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, foot or other body part is 0.1 or 0.3. Adjustment/loss of control when entering a balance e.g. frog balance or headstand is a 0.3 or 0.5 deduction.
- 9) Travelling in the wrong direction deduct 0.3
- 10) If an incorrect move is performed deduct the value of the required move which has not been performed.
- 11) If an incorrect move is performed and then the correct one is performed, deduct 0.5 for incorrect move.
- 12) Any extra steps, shuffles or bounces, extra arm or body movements which deviate from the text deductible 0.1 or 0.3 each time.
- 13) The gymnast must present to the judge at the start and at the finish of the routine. Deduction 0.1 each time.

## NOTES FOR BOYS' SET FLOOR

The gymnast should walk on and off the floor strip with good posture and 'present' to the judge making eye contact.

1. Stand and show good upright posture, arms by sides, with extension and tension throughout the body for 3 seconds. Deduct 0.1 for each second not held.
2. Step catleap, swinging arms high, landing with feet apart, one foot before and in front of the other. Join feet together by bringing the back foot to front foot. Keep arms high in the air and lift the leading leg into a cartwheel finishing sideways with arms diagonally high. Keeping arms high, lift leading leg again into a second cartwheel finishing sideways ¼ turn inwards to lunge to face the way the gymnast started. Finish with arms diagonally high.  
**Bonus 1:** for the catleap landing on one foot and going immediately into the first cartwheel.  
**Bonus 2:** for the first cartwheel going immediately into the second cartwheel ie landing on one foot keeping arms high and then immediately reach into the second cartwheel finishing ¼ turn inwards.
3. Close back foot to front foot. From standing, forward roll showing straight legs, before tucking them in to an immediate high straight jump. Ensure that the head is tucked under and that the roll is on the shoulders, not the head. The jump starts as the gymnast is coming out of the roll. There should be only one arm movement or swing from roll to jump. Finish stretched with arms diagonally high in the air and feet together.  
**Bonus 1:** From standing, immediately lift into a good shaped handstand forward roll into an immediate straight jump. The jump starts as the gymnast is coming out of the roll.  
**Bonus 2:** For height in the straight jump.  
If handstand falls back to feet, deduct 0.5, the forward roll must be performed with good amplitude.
4. Backward roll to straddle stand. This is performed with bent legs from a standing position. The roll is on the back with hands going on the floor behind the head. Aim to push hard on the hands to raise the hips as high as possible. Finish in a stretched position, feet apart and arms diagonally high above head. If the roll is unsuccessful, deduct 0.5. The roll must not be repeated - deduct 0.3. But the stretched straddle position with feet apart and arms diagonally high must be shown.  
**Bonus:** From standing, straight legs to be used throughout the backward roll. The gymnast can put his hands down to touch the floor and then put them by his ears with no deduction.(ie 2 touches on the floor in the roll).
5. Slide legs outwards and lower to straddle sit without bending knees. Hands are allowed to touch the floor between the legs to keep knees straight when lowering body from straddle stand to straddle sit, if desired, without any deductions. Circle roll (teddy bear roll) 180° only. Arms start parallel to legs, hands should not hold legs. Arms and hands should not be used to aid the roll. Deduction 0.3 or 0.5. Legs must remain straight throughout the roll. Close legs to long sit with arms above head.
6. With arms high, stretch forwards into pike fold, with hands placed flat on the mat by the feet and hold for 3 seconds.

- 7 Sit up and lower back into a dish position with hands over thighs. Hold for 3 seconds with tension. Raise arms above head before turning over.  
**Bonus:** Dish position with arms by ears. Instead of placing hands on thighs, take arms upwards and backwards so that the ears are being covered by the arms. The back must remain flat on the floor. Hold for 3 seconds with tension.
- 8 Turn over to show an arch position without allowing feet, arms or head to touch the mat. Keep the arms covering the ears during the turn into the arch position. Hold the arch shape for 3 seconds with tension. Lower the arms and legs to the floor and push up into a front support position with the toes turned under. Hold for 3 seconds. Jump to squat and balance for 3 seconds showing a straight back and arms stretched out in front.  
**Bonus:** Push/lever up to front support with a straight body.
- 9 Reach 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 and into a squat position. Do not roll over forwards (deduction 0.5).  
**Bonus:** For straight legs throughout the headstand i.e. pike levered up to vertical. Hold for 3 seconds and return to squat position.
- 10 From squat position, open knees outwards and place hands on the floor. Press legs into elbows, lean forwards slightly and take feet off mat into a frog balance. Thumbs must be facing forwards in the same direction as the fingers and not facing backwards (deduction 0.3). Hold for 3 seconds. Return to feet and stand with arms diagonally high above head.
- 11 Lower arms to sides. Step forward to join the feet together before performing a tuck jump. Arms swing upwards and forwards, knees towards chest, back straight, finish move with arms above head. Step forward to join the feet together again before performing the 180° high straight jump. Arms swing down then up above head during the jump and finish diagonally high.  
**Bonus 1:** For a 360° high straight jump (instead of 180° jump).  
**Bonus 2** For a secure landing after the 180° or 360° high straight jump.

## NOTES FOR COACHES AND JUDGES FOR SET FLOOR

### Forward roll straight jump:

- If the gymnast performs the forward roll but omits the straight jump, deduct 0.6.
- If the bonus handstand forward roll is attempted but the straight jump is omitted deduct 0.6.
- If the bonus of the handstand is attempted but falls backward to the feet, ie no roll, deduct 0.5. the gymnast must then perform a forward roll straight 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 straight jump then the whole value of the move is forfeited 1.2.
- The straight 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 jump, the jump has not begun out of the roll. Deduct 0.1 - 0.3. There should be only one arm movement or swing, deduct 0.1 - 0.3 finishing with the arms diagonally high above the head.

### Backward roll

- This is performed with bent legs from a standing position. The roll is on the back with hands going on the floor only once behind the head in order to achieve the push up to finish in a straddle stand. The bonus also starts from a standing position but legs must be kept straight throughout the roll. It may start with hands at the sides or with an upward arm swing. From here it may drop straight to sit and backward roll or the hands may be placed briefly on the floor to gain control and then be placed behind the head to push from the floor. Both are acceptable and should not be penalised in any way. It is not a fall.
- If the backward roll is unsuccessful, deduct 0.5. The roll must not be repeated but the straddle stand position with feet apart and arms diagonally high must be shown. If the roll is repeated deduct 0.3.

<b>BOYS' SET FLOOR SEQUENCE</b>		<b>DEDUCTIONS</b>	<b>BONUSES</b>
1	Show good upright posture, arms by side with tension for 3 seconds.	Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
2	Step <u>catleap</u> , swinging arms upwards landing with one foot in front of the other. Join back foot to front foot. Keep arms high and lift leading leg into a <u>cartwheel</u> finishing sideways with arms diagonally high. Keeping arms high. Lift leading leg again into a <u>second cartwheel</u> finishing $\frac{1}{4}$ turn inwards to lunge facing the way the gymnast started. Finish with arms diagonally high.	1.6 Deduct 0.1 for lack of extension and tension. Deduct 0.1 - 0.3 for deviation from straight line. Deduct 0.1 if arms not diagonally high after both cartwheels. Deduct 0.3 if second cartwheel does not finish in a $\frac{1}{4}$ turn inward lunge. Deduct 0.3 if second cartwheel finishes facing the wrong direction.	0.1 for catleap landing on one foot and immediate cartwheel. 0.1 for first cartwheel landing on one foot and immediate second cartwheel.
3	From standing <u>forward roll</u> with straight legs and immediately high straight jump. The jump starts out of the roll and finishes in a standing position with arms diagonally high above head. There should only be one arm movement or swing from roll to jump.	1.2 Deduct 0.1 if roll is not on the shoulders. i.e. head touches floor. Deduct 0.5 if the bonus handstand falls backwards down to feet. The handstand should not be repeated, but the roll and straight jump must then be performed. Deduct 0.1 if arms do not finish diagonally high above head.	0.1 for handstand forward roll. 0.1 for height in straight jump.
4	<u>Backward roll to straddle stand</u> . This is performed with bent legs from a standing position. Arms finish diagonally high.	0.6 Deduct 0.1 - 0.5 for lack of push on hands and extension of arms to raise hips ie rolling over the head. Deduct 0.1 for backward roll to handstand. Deduct 0.5 if roll is unsuccessful and falls backwards. A second attempt is not permitted, deduct 0.3 but the straddle stand position must be shown. Deduct 0.1 if stretched straddle stand position is not shown. Deduct 0.1 for arms not finishing diagonally high.	0.1 for straight legs throughout the backward roll to straddle stand.
5	Slide legs and lower with straight legs to straddle sit. Hands may touch floor between legs. Circle roll 180° (teddy bear roll). Arms must remain parallel to legs throughout roll i.e. Hands should not hold legs. Close legs to long sit, arms above head.	0.6 Deduct 0.1 - 0.3 for bent legs whilst lowering to floor. Deduct 0.1 - 0.3 for bent legs during the roll. Deduct 0.1 - for hands holding legs in roll. Deduct 0.3 - 0.5 for arms or hands aiding the roll. Deduct 0.1 for arms not above head in long sit.	
6	With arms high, stretch forward into <u>pike fold</u> . Hands flat on mat by feet. Hold for 3 seconds.	0.6 Deduct 0.1 - 0.5 for chest not on legs. Deduct 0.1 for each second not held Deduct 0.1 for hands not flat on mat by feet.	
7	Sit up and lower back into a <u>dish position</u> with hands over thighs. Hold for 3 seconds.	0.6 Deduct 0.1 for each of hands, shoulders or feet not off the floor in dish position. Deduct 0.1 - 0.3 for arched back. Deduct 0.1 for each second not held.	0.1 for arms by ears during the dish position whilst retaining back flat on the floor.
8	Raise arms to ears, unless the bonus has been attempted. Turn over to <u>arch position</u> . Arms remain by ears in the turn. Hold for 3 seconds with tension. Lower arms and legs to floor. Push up to <u>front support position</u> with the toes turned under. Hold for 3 seconds. <u>Jump to squat</u> and show a straight back and arms forward. Hold for 3 seconds.	1.4 Deduct 0.1 for arms not by ears in turn. Deduct 0.1 - 0.3 if feet, arms or head touch mat in the turn to arch. Deduct 0.1 for bent legs or arms in the turn to arch. Deduct 0.1 for lack of stretch and tension in arch position. Deduct 0.1 for toes not turned under in front support, i.e. they are pointed. Deduct 0.1 for back not straight or arms not forward in the squat position. Deduct 0.1 for each second the arch, front support or squat position is not held.	0.1 for straight body pushed /levered up to front support.
9	<u>Tucked Headstand</u> . The body should remain tucked and show a straight back. Hold for 3 seconds. Return to feet and squat position. Do not roll over forwards.	0.6 Deduct 0.1 for back not straight. Deduct 0.1 for feet not leaving or 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.	0.1 for straight legs up to headstand i.e. pike levered up to vertical.
10	From squat position, open knees outwards and place hands on floor. Press legs into elbows, lean forwards slightly, take feet off mat into a <u>frog balance</u> . Hold for 3 seconds. Return to feet and stand with arms diagonally high above head.	0.6 Deduct 0.3 if thumbs do not face forwards in same direction as fingers during frog bal. Deduct 0.1 for each second the frog balance is not held. Deduct 0.1 if arms do not finish diagonally high above head.	
11	Lower arms to sides. Step, join feet, <u>tuck jump</u> . Arms swing upwards and forwards. Raise arms above head. Step join feet into a <u>180° high straight jump</u> . Arms swing down then up above head during the jump and finish diagonally high.	1.2 Deduct 0.1 - 0.3 if knees not to chest in tuck jump. Deduct 0.1 - 0.3 if back not straight in tuck jump. Deduct 0.1 - 0.3 if arms not high and body not straight in straight jump. Deduct 0.1 - 0.3 for lack of height in jump. Deduct 0.1 if arms do not finish diagonally high above head after straight jump.	0.1 for a 360° straight jump. 0.1 for secure landing after the 180° or 360° high straight jump turn.
<b>Total of Content</b>		<b>9.0</b>	<b>Total of bonuses</b> <b>1.00</b>

## BOYS' VOLUNTARY FLOOR FOR ALL AGES

### GENERAL

- a) The Voluntary Floor routine is performed on a 2m x 11m mat strip. There is no deduction for coming off the mat strip. 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 and must use the floor strip as fully as possible.
- b) Boys perform the Voluntary Floor routine without music.
- c) The duration of the exercise should be between 50 - 70 secs. The exercise is timed from the gymnast's first movement until his last movement.
- d) There will be a deduction of 0.3 for a small prompt to the gymnast from coaches, gymnasts or others and a deduction of 0.5 for large prompts, up to a maximum total of 1.0.

### CONTENT

The content used to construct the floor routine should be taken from the floor code. The routine must contain at least **ten different moves** (worth 0.3 each). 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.

### BONUS

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 bonus. However they could receive execution deductions if not performed correctly. The Bonus rule applies to both U11 and U9 age groups.

### TUMBLE RUN

The routine must start with a 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. Deduct 0.3 if the tumble run is not at the start of the routine.

- a) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- b) A half turn jump to land on foot is not in the code. It does not count as a move in the tumble run, but 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 requirements. A straight jump half turn to land on two feet is in the code, so it is important to focus on 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 (walkout) 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) There will be a deduction of 0.5 if there is no tumble run and a deduction of 0.3 if the tumble run is not at the start of the routine.
- e) There will be a deduction of 0.1 if the tumble run is not dynamic or it does not accelerate.
- f) There will be a deduction of 0.1 for deviation from a straight line in the tumble run.

Examples of tumble runs:

- 1 Run, catleap, cartwheel, cartwheel ¼ turn inward to lunge
- 2 Run, catleap, cartwheel, cartwheel, round off.
- 3 Run, catleap, cartwheel, cartwheel ¼ turn to land feet together, immediate tuck or star jump.
- 4 Run, cartwheel, round off, tuck or star jump.
- 5 Run, round off, tuck or star jump, backward roll.
- 6 Run, round off, 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.

## COMPOSITION

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

MARKS FOR COMPOSITION WILL BE ALLOCATED AS FOLLOWS:

Use of the floor and different levels	0.4
Variety of moves	0.3
Links	0.4
Strength / flexibility / balance moves	0.6
Variety of Tempo	0.3
Originality, dynamics, overall impression	0.5
Total	2.5

## EVALUATION OF MARKS

Content	3.0
Execution	3.5
Composition	2.5
Bonuses: 2 x intermediate moves ( 0.5 each)	1.0
TOTAL	10.0

## Check List

To aid the judges, coaches are required to fill in a voluntary floor checklist for each individual boy gymnast. All the checklists for each team must be stapled together in programme order with the first gymnast to compete on the top and given in to the judging panel before the start of the round. If a move is performed out of order the gymnast will not be penalised. Extra moves performed will be counted but a move omitted will not be counted. Moves that are not correctly executed will not be credited to the gymnast. If a boy has more than 10 moves in the routine all moves must be written on the list in the order they are being performed.

## DEDUCTIONS FOR VOLUNTARY FLOOR

Execution Penalties for skill from the list in the floor code	
Execution faults: Small 0.1, Medium 0.3, Large 0.5	Insufficient height in jumps /aerials 0.1 or 0.3
Incorrect body shape 0.1 or 0.3	Insufficient flight in flight elements 0.1 or 0.3
Bent arms 0.1 or 0.3      Bent Legs 0.1 or 0.3	Insufficient tuck / pike/ stretch 0.1 or 0.3
Leg separation 0.1 or 0.3      Lack of split 0.1 or 0.3 or 0.5	Balances /static skills not held for 3 secs: 0.1 per second
Feet not pointed 0.1	Handstand or front support not held 2 secs: 0.1 each sec.
Arm swings to maintain balance 0.1 or 0.3	Posture fault on landing 0.1 or 0.3
Incomplete 360° spin within 45° - 0.1 or 0.3. Less than 45° the skill does not count.	Adjustment/loss of control when entering a balance eg V sit, headstand etc 0.3 or 0.5
Incomplete 540° spin within 45° - 0.1, 0.3 or 0.5. Less than 45° the skill will be downgraded to 360° spin	Touch of the floor ie hand, foot or other body part 0.1, or 0.3. Loss of balance 0.1 or 0.3 or 0.5.
Extra steps/hops on hands or feet 0.1 each time	Fall - actually falling over completely 1.0
<b>DEDUCTIONS taken throughout the routine</b>	
Small prompt from coaches/gymnasts/others 0.3 max 1.0	Pauses 0.1 each time
Large prompt 0.5 - max 1.0	
<b>DEDUCTIONS taken at the end of the routine</b>	
Poor posture throughout routine 0.1 or 0.3	Deviation from a straight time in tumble run 0.1
Missing move: 0.3 per move less than 10 move performed	Missing tumble run 0.5
Tumble run not at the start of routine 0.3	Tumble run not dynamic or does not accelerate 0.1
Two somersaults in the same direction 0.5	Routine over or under time 0.1
<b>Finishing in a move eg headstand or shoulder stand 0.1</b>	
Stepping off the mat strip - NO DEDUCTION	

## FLOOR CODE FOR ALL BOYS AGES

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	Forward roll into straddle <b>or</b> piked lever balance hold 3 secs
Backward roll	Backward roll passing to handstand held 1 sec	Backward roll to handstand hold for 2 secs
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)	Backward roll to handstand 180° pirouette, step down exit
Forward roll to stop in strong dish shape	Backward roll to front support hold 2 secs	
Dish held 2 secs turn to arch 2 secs or vice versa	Handspring to one foot	Handspring to two feet
Rocks x 3 in either dish or arch shape	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hip high)	Flyspring
Press-ups in front support x 1	Press-ups in front support x 3	Headspring
Front support 2 secs, jump to squat and straight upward jump	From long sit, touch toes and backward roll to straddle stand. Legs straight throughout	From front support 2 secs, straddle or pike cut to rear support 2 secs
Front support 2 secs, turn to back support 2 sec (or vice versa), a straight arm must be shown high in the air in the side position of the turn	From kneeling, chest roll forwards and finish in a strong front support position, hold 3 secs	From straddle sit, lower chest to floor, pull 'to swim' / through to lie flat forwards, legs closed at the back
Side support on one arm 2 secs 180 turn to side support on other arm 2 secs	Headstand push to handstand with straight legs. Exit optional, must not roll out	Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs
Frog balance 3 secs	Headstand, with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out	
Headstand 3 secs. Legs and exit optional but must not roll out	Headstand, with straight legs. Straddle levered up to vertical – 3 secs. Exit optional but must not roll out	
Handstand 2 secs		Handstand forward roll piked to stand
Handstand forward roll	Handstand 180° pirouette. Optional hand moves & leg positions	Handstand 360° pirouette. Optional hand moves and leg positions.
	Handstand 180° pirouette then handstand held for 2 secs.	Handstand 360° pirouette then handstand held for 2 secs.
		<b>Whip flic</b>
Cartwheel – to finish sideways		Flic to land two feet together
Cartwheel ¼ turn inwards to lunge. Front knee bent (135°), back leg straight.		Flic to 'walkout' i.e. landing first on one foot before the other
Cartwheel ¼ turn inwards to finish feet together		Any back somersault (shape optional)
One-handed cartwheel – 1st hand down	One-handed cartwheel – 2 <sup>nd</sup> hand down	Any front somersault (shape optional)
Dive cartwheel		Side somersault
Round off		Aerial cartwheel or Aerial walkover
Circle roll (180° only)		Backward walkover
Pike fold sitting 3 secs		Forward walkover
Japana 3 secs		One-handed walkover (forward or backward)
'V' sit with support 3 secs	'V' sit without support 3 secs	Valdez
Bridge 3 secs	'Y' balance held for 3 secs	Splits 3 secs
Supported shoulder stand 3 secs	Unsupported shoulder stand arms by hips 3 secs	Unsupported shoulder stand arms on mat above head 3 secs
	Straddle lever balance 3 secs	Straddle lever balance 3 secs then 180° turn
	From straddle stand press to handstand, optional exit	Straddle lever balance press to handstand (elephant lift) optional exit
	Piked lever balance 3 secs	Straddle lever balance press to handstand. Hold straddle bal. 3 sec or handstand 2 secs
Chair Balance 3 secs	Tuck balance 3 secs	
	Russian lever balance in tuck position 3 secs	Russian lever balance piked/straddled 3 secs
Arabesque balance 3 secs. Body position optional	360° spin on one foot	540° Spin (1 ½ ) or 720° spin (double)
Star jump	'W' jump	'W' jump with 180° turn
Tuck jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Catleap with no turn, or 180° turn	Catleap with 360° turn	Catleap with 540° turn (1 ½)
	Stag leap or jump	
	Straddle jump	Straddle jump with 180° turn
	Side straddle leap	
Straight jump with 180° turn	Straight jump with 360° turn	Straight jump with 540° turn (1 ½)

## BALANCE, STRENGTH AND FLEXIBLE MOVES FOR BOYS

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

BALANCE (0.2)	STRENGTH (0.2)	FLEXIBILITY (0.2)
	Backward roll to front support 2 secs	Forward roll with straight legs together (i.e. pike)
	Backward roll to handstand hold for 1 secs	
	Backward roll to handstand, 180° pirouette, step down exit	Backward roll to straight legs together (i.e. pike)
	Handstand 180° or 360° pirouette option hand moves and leg positions.	From long sit, touch toes and backward roll to straddle stand. Legs straight
Headstand 3 secs. Legs and exit optional but must not roll out	Headstand push to handstand with straight legs. Exit optional, but not roll out	Japana 3 secs
Headstand with straight legs. Straddle levered up to vertical 3 secs. Exit optional but must not roll out.	Front support 2 secs turn to back support 2 secs (or vice versa)	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hip high)
	Press up in front support x 1	Any walkovers
Any arabesque balance 3 secs	Press up in front support x 3	Valdez
Handstand held for 2 secs	Straddle stand press to handstand	Straddle jump legs parallel to floor
Chair balance 3 secs		Pike fold sitting 3 secs
	Forward roll into straddle lever balance hold 3 secs	Bridge 3 secs
Supported shoulder stand 3 secs	From kneeling, chest roll to strong front support position hold 3 secs	From straddle sit, lower chest to floor, Pull 'swim' / through to lie flat forwards, legs closed at the back
		Handstand forward roll, pike to stand
<b>MOVES BELOW SERVE TWO REQUIREMENTS</b>		
'V' balance 3 secs		'V' balance 3 secs
Splits 3 secs		Splits 3 secs
	From front support 2 secs , straddle or pike cut to rear support 2 secs	From front support 2 secs , straddle or pike cut to rear support 2 secs
Unsupported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	
Frog Balance 3 secs	Frog Balance 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	
Forward roll into straddle or piked lever balance hold 3 secs	Forward roll into straddle or piked lever balance hold 3 secs	
Russian lever balance either tucked, piked or straddled 3 secs	Russian lever balance either tucked, piked or straddled 3 secs	
Dish 2 secs turn to Arch 2 secs or vice versa	Dish 2 secs turn to Arch 2 secs or vice versa	
Side support on one arm 2 secs 180 turn to side support on other arm 2 secs	Side support on one arm 2 secs 180 turn to side support on other arm 2 secs	
Headstand push to handstand with straight legs. Headstand held 3 secs or handstand 2 secs	Headstand push to handstand with straight legs. Headstand held 3 secs or handstand 2 secs	
Headstand pike levered up to vertical with straight legs held 3 secs	Headstand pike levered up to vertical with straight legs held 3 secs	
Backward roll to handstand hold 2 secs	Backward roll to handstand hold 2 secs	
Handstand 180° or 360° pirouette then handstand 2 secs. Or hold before pirouette	Handstand 180° or 360° pirouette then handstand 2 secs. Or hold before pirouette	
Straddle lever balance press to handstand (optional exit). Either hold straddle lever balance 3 secs or handstand for 2 secs	Straddle lever balance press to handstand optional exit	Straddle lever balance press to handstand optional exit <b>(Moving through japana)</b>

**One move may count to serve two requirements.** i.e. performing a straddle balance held for 3 seconds will count as both a balance and strength moves or performing splits for 3 secs will count as a balance and flexibility, worth 0.4 (0.2 each).

Straddle lever balance press to handstand with an optional exit actually fulfils all three requirements. However for this competition it may only count for two of the three requirements and therefore a second move would be required to gain all three elements strength/flexibility/balance worth 0.6 in composition.

## NOTES FOR COACHES AND JUDGES FOR BOYS' VOLUNTARY FLOOR

- 1 All rolls must start and finish on two feet to count in the tariff.
- 2 A gymnast should not finish the routine in a skill eg headstand or shoulder stand
- 3 Balances should be held for 3 secs except for the handstand - 2secs.
- 4 As front supports are linked to either a jump or squat straight jump, a backward roll or a back support, it is only required to be held for 2 secs.
- 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 secs in each support position.
- 6 The side support on one arm with a 180° turn to side support on the other arm, also needs only to be held for 2 secs in each support position.
- 7 Static moves like bridges, splits, pike fold and japana must be held for 3 secs.
- 8 Headstands: leg positions and exits are optional but must not roll out. Deduction 0.5.
- 9 A headstand press or push to handstand with straight legs is an intermediate move and a strength element. If either the headstand is held for 3 secs or the handstand for 2 secs it is an Advanced move plus a strength and a balance element.
- 10 Backward roll to handstand: A backward roll passing through handstand is counted as a backward roll and is therefore an Elementary element. A backward roll to handstand held for 1 sec is an Intermediate move and a strength move. The same move held for 2 secs is an Advanced move and a strength and a balance element.
- 11 Flics may be landed on either one or two feet, but must land on feet and not any other body parts.
- 12 Any jumps or leaps which are not on the code will be classed as links and therefore not count in the content.
- 13 Somersaults: Only one forward and one backward somersault may be used in a floor routine. The shape of the somersault is optional. It is possible to perform one forward, one backward and a side somersault. Deduct 0.5 for two somersault in the same direction.

### 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.

### Acknowledgements:

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