



18th ISA National Gymnastics Team Championships 4 Piece Competition for Girls & Boys

Date: Sunday 14 May 2023 8.15am – 6.00pm

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

Host Organiser : Miss Louise Hudson – Adcote School lhudson@adcoteschool.co.uk

Competition Secretary: Mrs June Walden – Independent chairman@isgagymnastics.org

Age Groups: Under 11 and Under 9 Girls and Boys (on 1 Sept 2022)

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 17 February 2023.

THE FOLLOWING LISTS ARE A SHORT SUMMARY ONLY OF BOYS' & GIRLS' RULES

Schools must download the complete sets of separate Girls' & Boys' Rules from the website:

<https://www.isaschools.org.uk/sport/national-events/gymnastics.html>

Videos of the girls under 11 and under 9 set floor routines can also be found on this link

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

UNDER 9 & 11 BOYS	UNDER 9 GIRLS	UNDER 11 GIRLS
Set Floor	Set Floor	Set Floor
Catleap, Cartwheel, Cartwheel	Forward roll immediate straight jump	Handstand forward roll - split jump
Forward Roll – immediate straight jump	360 degree Spin	360 degree Spin
Backward roll to straddle stand	Cartwheel	Jump lunge into Cartwheel
Circle roll	¼ turn backwards on toes	¼ turn backwards on toes
Pike Fold	Chair Balance then Arabesque balance	Forward leg lift – Arabesque balance
Dish Position,	Cartwheel ¼ turn join feet - star jump	Round off – rebound star jump
Arch Position, front support, jump to crouch	Backward roll to straddle stand	Backward roll to straddle stand
Tucked Headstand	Forward roll immediate 180 straight jump	Forward roll immediate 360 straight jump
Frog Balance		
Tuck jump, step, high 180 straight jump		
Set Vault	Set Vault	Set Vault
Squat Through Vault (9.50)	Squat Through Vault (9.50)	Squat Through Vault (9.50)
Voluntary Vault	Voluntary Vault	Voluntary Vault
(widthways Vault) Choose from:	(widthways Vault) Choose from:	(widthways Vault) Choose from:
Squat on, straight jump off (8.00)	Squat on, straight jump off (8.00)	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)
Handspring (10.00)	Handspring (10.00)	Handspring (10.00)
Voluntary Floor	Voluntary Floor	Voluntary Floor
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.