

THE 2025-2029 GIRLS' 4 PIECE CHALLENGE CUP CHAMPIONSHIPS RULES

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Note to members: Schools which have received their official affiliation number are deemed to have permission for the current school year, as are judges and officials invited for events during that year.

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1. GENERAL

1.1. COMPETITION AGE GROUPS

Competitions shall be held in the following age groups:

- a) An under 9 competition: Under 9 on 1st September of the current academic year *
- b) An under 11 competition: Under 11 on 1st September of the current academic year *
- c) An under 13 competition: 11 or 12 years on 1st September of the current academic year *

*i.e. midnight on 31st August.

If a pupil is being taught out of age, the coach may request in writing to the ISGA committee for that child to perform in their class year.

1.2. TEAMS

- a) A team may consist of 4, 5 or 6 gymnasts from the same school. Where 6 gymnasts make up a team, only 5 can perform on each apparatus, with the top 4 scores in each discipline counting. Girls in the Under 9 age group have no lower limit. Girls in the Under 11 age group include girls from Years 5 & 6. It is possible to make up a team with all Year 5 girls. In addition, you can have up to two girls who are under age, i.e. 2 x Year 4 gymnasts and up to 4 x Year 5 or 6 gymnasts. Girls in the Under 13 age group must be 11 or 12 years old on 1st September of that academic year (Years 7 & 8). Very Small Schools may appeal in writing to the ISGA Chairman if they wish to include more than two girls competing out of age.
- b) Girls may not compete in the 4 Piece and the 5 Piece Championships in the same academic year. Except for a team that does not qualify for the 5 Piece, then competes in the 4 Piece but may be invited by the Competition Secretary and Chairman to fill an empty place in the 5 Piece draw, if a place becomes available. There are also exceptions for Very Small Schools, for whom there are special provisions explained in Section 1.9 on page 2.
- c) Girls can compete in a different age group at the 2 Piece Championships to the 4 Piece Championships in the same academic year.
- d) The scores will be added together to produce an Individual and a Team score.
- e) No school may enter more than the allotted six gymnasts.
- f) 'B' teams are not eligible.
- g) A school may not enter an individual except in an invitation All Stars Team if one is on offer.
- h) If on the day of competition, a team is down to 3 or 2 gymnasts, they may still enter but will not be eligible for medals.
- i) Once a team has started its first discipline, no reserve may take part. The team still has four scoring gymnasts.

1.3. COMPETITION FORMAT - FOR ALL AGE GROUPS

Each gymnast will perform on the following apparatus:

- | | |
|--------------|-------------------------------|
| 1. Set Vault | 2. Voluntary Vault |
| 3. Set Floor | 4. Voluntary Floor (to music) |

1.4. ELIGIBILITY

The Girls 4 Piece Challenge Cup Championships is only open to the following:

1. New Schools.
2. Teams who do not qualify for the 5 Piece competition.
3. Schools that were outside the top 10 in the relevant category at the previous year's 5 Piece competition, i.e. for the under 11s – the previous season's under 10s or for the under 13s the previous season's under 13s.
4. Other schools who believe their girls cannot achieve all the 5 Piece disciplines and only wish to compete in the lower level 4 Piece competition this year.
5. **The 4 Piece Challenge Cup Championships is an introduction to the ISGA Championships. It is aimed at new and novice gymnasts. They give these girls the opportunity to experience a low level competition and we hope that eventually they move on to the 5 Piece National Championships. The onus is on the coach to place their gymnasts in the appropriate competition. The Executive Committee reserve the right to veto an entry, if deemed unsuitable.** It is not an option to choose to compete in the 4 Piece competition if the date proves more convenient for a school or a coach, or if a coach wants to avoid making up a group routine.

1.5. RESTRICTIONS

Only Elementary and Intermediate skills are allowed. No Advanced skills and no flics, **aerials or somersaults** are allowed. Deduction 0.5. No Handspring vaults are allowed.

1.6. AFFILIATION

All competing schools must be affiliated to ISGA. Affiliations are due from 1st June each year, to allow schools to submit their fees and be allocated a **School affiliation number**. The affiliation number must be quoted on all entry forms otherwise the entry is invalid. Affiliation forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org A sample copy only can be found on the ISGA website under the Forms Tab.

1.7. ENTRY FORMS

Entry forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org A sample copy only can be found on the ISGA website under the Forms Tab. When submitting names for the programme, gymnasts must compete in programme order for their Voluntary Floor.

1.8. HOST SCHOOLS

Host schools must consult and agree with the Competition Secretary as soon as possible and at least one month before a competition, **if possible**, with the following information:

1. What the exact measurements will be of the voluntary floor area i.e. 6 x 10 metres or 6 x 12 metres.
2. The exact height, as near as possible to the minimum height prescribed, the voluntary vaults and the set vaults will be for each age group. Measurements to be taken vertically from the floor to the vault top in a straight line.
3. What the length of the run-up, within the customary parameters, will be for each vault.

1.9. SPECIAL PROVISION FOR VERY SMALL SCHOOLS

If small schools wish to apply for Very Small School Status for the current season, they must use the application form which can be downloaded from the ISGA website: <https://www.isgagymnastics.org/small-schools-form/> It is found under the Forms Tab. The form explains the criteria which must be applied. No other exemptions are permitted. Your school's status needs to be confirmed by the ISGA Chairman **before** applying to enter any competition.

1.10. DISCLAIMER

A disclaimer form will be emailed to each school from the ISGA Administrator. The coach and their Head Teacher are required to sign and return a copy of this disclaimer, by post to the General Secretary, when they first return a competition entry form. The disclaimer is valid for one academic year. **No school will be allowed to compete in a competition without a returned disclaimer form.** Schools can also download a disclaimer form from the ISGA website: <http://www.isgagymnastics.org/administration/annual-disclaimer/> It is found under the Forms Tab.

1.11. PRIVACY POLICY

Please be aware of ISGA's Privacy Policy with regards to personal data. In particular data regarding gymnasts' information. This can be found in section 5 of the ISGA Privacy Policy. When signing up to an ISGA event you agree that ISGA may process your and your gymnasts' data, for example date of birth, for administration purposes for the event. They retain personal data only for a legitimate and lawful reason and only for as long as is necessary.

Your pupils' names will appear in the programme and in scores/results of the competition and the results displayed on the ISGA website **in a password protected area**. They may be photographed or their name announced at the competition. If a parent requests anonymity for a competitor, the onus will be on the school's teacher/coach to request this in writing beforehand from the Host Organiser and the Competition Secretary. The school's teacher/coach must also ensure that this is adhered to throughout the event. This Privacy Policy can be found on the ISGA website: <https://www.isgagymnastics.org/wp-content/uploads/2018/05/ISGA-Final-Privacy-Policy-Word.pdf> It is found under the Admin Tab.

2. GENERAL COMPETITION RULES

1. The team should be uniformly dressed, in matching leotards. Deduction 0.1 per gymnast, per apparatus. A gymnast or gymnasts, in any age group, may or may not wear matching gymnastics shorts over their leotards. If shorts are worn they must be plain and free from diamantes and names. Only a small manufacturer's logo on the shorts, not on the waist band is allowed. Deduction 0.1 taken off the final score.
2. Attire for religious reasons and leggings for religious/personal reasons are allowed. The leggings must be plain and dark in colour, worn over their leotard, or skin coloured worn under their leotard. String bracelets for religious reasons must be covered by skin coloured tape or a matching sweat band. Deduction 0.1.
3. Gymnasts should not pull down their clothing e.g. leotard whilst being judged. Deduction 0.1. No deduction if leotard becomes indecent mid-routine. Underwear (including sports bras), if worn, should not show. Deduction

- 0.1. Coaches must ensure that their gymnast's leotards fit correctly to preserve modesty. Deduction 0.5 from gymnast's final score.
4. Bandages and supports are allowed but should be skin coloured. Deduction 0.1 **per apparatus**.
 5. Hair should be tied back neatly. If a ponytail or plait can pass in front of the face, then it is required to be in a bun or a style that is off the face. Fringes must be kept out of the eyes by clips or products. Deduction for untidy hair 0.1 **per apparatus**.
 6. No jewellery in any form, including small ear studs may be worn. If ear studs are not able to be removed, they must be covered by skin coloured tape. No long nails/nail varnish. Deduction 0.1 for each of these.
 7. All teachers and coaches are required to wear professional attire. No long, coloured nails or jewellery, of any type, 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. The teacher or coach will receive a deduction of 0.5 which will be deducted from the final score of each of the coach's teams.
 8. Girls are NOT allowed to remove any part of their leotards in public. This has been noted in particular by both male spectators and judges over the past years and is both an embarrassment and a safeguarding issue. The gymnast and her coach may have sanctions brought against them. Please see 'Catch all' rule No. 17 below.
 9. Teams must line up before the judging panel, at the start and end of each discipline.
 10. Each gymnast must present to the judges at the start and finish of her individual floors and vaults. Deduction 0.1 each time.
 11. Gymnasts may perform in any order on the Set Vault, Voluntary Vault and Set Floor but must compete in programme order for the Voluntary Floor. Deduction 1.0. The gymnast's number must be shown or given to the judges before competing.
 12. The gymnast performs her Set Floor and Voluntary Floor once only and has two attempts at both the Set Vault and the Voluntary Vault, unless in the judge's opinion there has been outside interference. Gymnasts who exit from floor routines part-way through will not be permitted to start again.
 13. There will be a timed warm-up of at least 3 minutes per school on the voluntary floor and set floor. The older age group team will warm up and compete first unless they have fewer gymnasts than the younger team, in which case the team with the most gymnasts will warm up first and compete first. There will also be a timed warm-up of at least 3 minutes for each school on each vault discipline, with the voluntary vault team warming up first and competing first if the run-up is shared.
 14. **There will be a £100 entry fee per team. £25.00 will be refunded after each team has actually competed.** If a school pulls out of a competition, after the competition draw has been published, the entry fee for each team withdrawn will be forfeited. If a school does not return a trophy in time or it is damaged or not engraved, a £50 fine will be imposed on that school. That school will also be responsible for all costs involved in getting that trophy to the new winning school shortly after the competition. If a trophy is lost or damaged **beyond repair** a replacement must be paid for **including past engraving**.
 15. The judge's decision will be final and no video evidence will be considered under any circumstances.
 16. No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.
 17. 'Catch all' rule. This is to cover a circumstance that is not in the ISGA rules. It means that if there is a problem which is brought to the Technical Director or the Head Judge that is not specified in the rules but arises during a competition, the sanction would be up to 0.5 deducted from where appropriate. This will be at the discretion of the Head Judge and/or the Technical Director. An explanation will be given to the coach.

NOTES TO COACHES: As teams only have a warm-up of 3 minutes before being judged and the mat areas are limited, (i.e. five gymnasts on one 2 x 12 metre wide set floor strip and five gymnasts on one 6 x 10 metre or 6 x 12 metre voluntary floor area), 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 minute warm-up. If time is taken to practise these specific short warm-up periods at school, gymnasts will feel more prepared for the competition.

2.1. GENERAL COMPETITION DEDUCTIONS

General deductions	
Teams not uniformly dressed 0.1 per gymnast, per apparatus.	Jewellery of any form 0.1 per apparatus .
Diamantes or name on shorts or logo on waistband 0.1 off final score .	String bracelets not covered 0.1 per apparatus .
Long nails or coloured nail varnish 0.1 per apparatus .	Untidy hair 0.1 per apparatus .
Indecent leotards 0.5 from gymnast's final score.	Visible underwear 0.1 per apparatus .
Bandages or supports not skin coloured 0.1 per apparatus .	Failure to present 0.1 each time
Coach/teacher not properly attired 0.5 from each team's total	'Catch all' rule up to 0.5
Clothing pulled down 0.1 each time. No deduction if leotard becomes indecent mid-routine.	
Deductions are judged between 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4, 0.5.	Major deduction i.e. a complete fall = 1.0

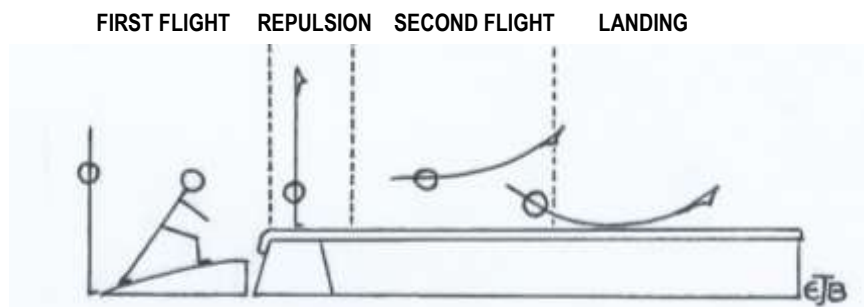
3. GENERAL VAULT NOTES

1. If a gymnast vaults before receiving the judge's signal, the vault is void.
2. A coach should step in if needed for safety reasons but must understand that it will void the vault.
3. A gymnast is allowed ONE 'run out' per vault, provided that she has not touched the apparatus. The SECOND attempt will be judged. If any of the apparatus is touched, the vault is deemed to be taken.
4. Schools may NOT bring their own springboard, and may not move any springboard from a piece of apparatus.
5. The gymnast may have 2 attempts at the vault and the higher score counts.
6. Each gymnast must present to the judges at the start and at the finish of each vault. Deduction 0.1 each time.
7. As is common practice in schools' gymnastics, vaulting apparatus cannot be chained to the floor.
8. All Vault deductions will be judged between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.
Major deductions i.e. a fall = 1.0.
9. See also General Competition Deductions 2.1 on page 3.

4. SET VAULT

- a) The Set Vault will be marked out of 10.00.
- b) The Under 9 Set Vault is a handstand to flatback.
- c) The Under 11 & 13 Set Vault is a handspring to flatback.

4.1. SET VAULT UNDER 9: 30cm HIGH

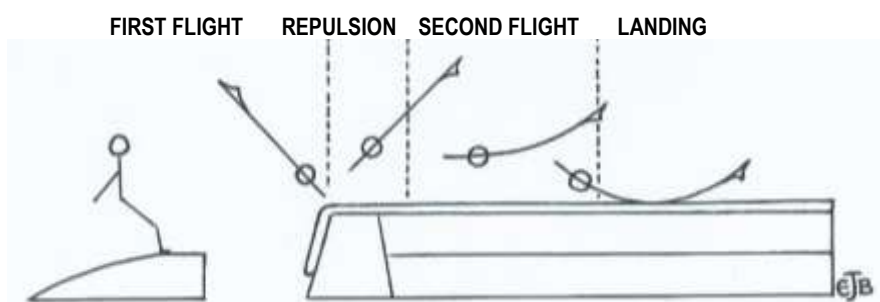


ARTIST'S IMPRESSION

Springboard, vaulting box top 30cm high and safety mat 30cm in height.

- a) Stand on the lowest part of the springboard. Taller gymnasts may start off the springboard. Show good upright posture with tension and arms stretched above the head (if not shown - 0.3 deduction). Circle arms back and down to hip level (if not shown - 0.5 deduction), then step forward into a lunge, placing foot on higher part of the springboard. Reach forward to place hands on the box top. Kick up into a handstand shape with tension and push through the shoulders to land flat on the mat, **hold for 2 seconds before pulling up into a shallow dish and hold for 2 seconds.**
- b) The aim is to show a good handstand shape and push through the shoulders (repulsion).
LANDING SHAPE: Gymnast to land flat on the mat, with tension, and hold this position for 2 seconds before pulling up into a shallow dish, showing tension, with heels, head and arms off the mat, arms next to ears and as open as possible. Dish to be held for 2 seconds.
- c) See Deductions for Set Vault Under 9, 11 & 13, No. 4.4 on Page 5 and General Vault Notes above.

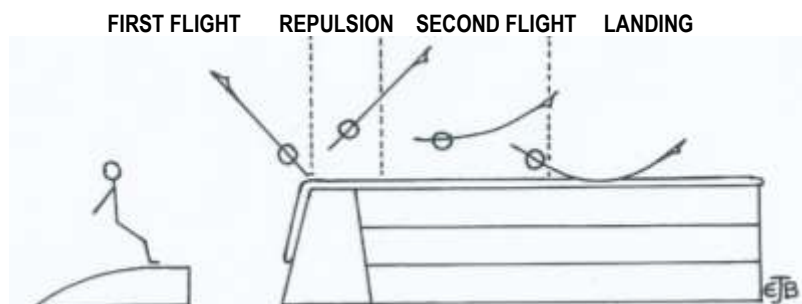
4.2. SET VAULT UNDER 11: 60cm HIGH



ARTIST'S IMPRESSION

Springboard, vaulting box 60cm high and safety mats 60cm in height. Run-up will be a **maximum of 6 metres ONLY**. See Notes for Under 11 and Under 13 Set Vault on page 5.

4.3. SET VAULT UNDER 13: 90cm HIGH



ARTIST'S IMPRESSION

Springboard, vaulting box 90cm high & safety mats 90cm in height. Run up will be a **maximum of 9 metres ONLY**.

NOTES FOR UNDER 11 & UNDER 13 SET VAULT:

- A vault box or platform will be used in front of the safety mats as shown in the diagram.
- An agility mat may be used to avoid a gap between vault and safety mats.
- Depending on the style of the vaulting box, it may be necessary to place it on top of a mat or mats, to achieve the correct height.
- Run and jump to 2 feet on the springboard, with an arm swing and into a handstand shape with hands placed on the box top. Push through the shoulders to land flat on the mat, **hold for 2 seconds before pulling up** into a shallow dish and **hold for 2 seconds**, showing good shape and tension throughout
- An arm swing must be shown during the hurdle step and the arms should be down and slightly behind the body when feet make contact with the springboard. Deduction of 0.3 if not shown.
- Hands must be placed on the vaulting box area. Deduction 0.5.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
LANDING SHAPE: Gymnast to land flat on the mat, with tension, and hold this position for 2 seconds before pulling up into a shallow dish, showing tension, with heels, head and arms off the mat, arms next to ears and as open as possible. Dish to be held for 2 seconds.
- See deductions below and General Vault Notes No. 3 on Page 4.

4.4. DEDUCTIONS FOR SET VAULT UNDER 9, 11 & 13

TAKE OFF from BOARD	REPULSION	SECOND FLIGHT	LANDING
UNDER 9	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 – 0.5	Flat position not shown 0.5
Stretched upright position not shown 0.3	Staggered hand position 0.1 - 0.3	Insufficient length 0.1 - 0.5	Dish position not shown 0.5
Backward arm circle not shown 0.5	Walking on hands 0.1 per step	Insufficient stretch 0.1 - 0.5	Lack of tension in flat landing 0.1 - 0.3
UNDER 11 & 13	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Lack of tension in dish 0.1 - 0.3
Lack of arm swing 0.3	Arms not by ears 0.1 - 0.3		Arched back 0.1 - 0.3
Only 1 foot take off 0.1	Hands not placed on vaulting box area 0.5		Rolling or crunching into flat position 0.1 – 0.5
Double bounce on board 0.1	Failure to pass through vertical 0.1		Arms, head or feet not off mat in dish position 0.1 each
FIRST FLIGHT	Head touching vault 1.0		Hands and feet not in alignment 0.1
Hip angle 0.1 - 0.5	Too long on apparatus 0.1 - 0.5		Head not aligned with arms 0.1 - 0.3
Arched body 0.1 - 0.3			Knees apart or toes not pointed 0.1
Insufficient stretch 0.1 - 0.5			Flat position not held .0.1 - 0.2
Insufficient stretch 0.1 - 0.5			Dish not held for 2 secs. 0.1 - 0.2
			Falling off the mat 1.0
THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:			
Bent arms 0.1 - 0.5– not in addition to 1.0 for head touching.		Flexed feet 0.1	
Bent legs 0.1 - 0.5		Poor body posture 0.1 - 0.3	
Leg, knee or feet separation 0.1 - 0.3		Dynamics 0.1 - 0.3	
Deviation from straight line 0.1 - 0.5			
Support from coach any time during the vault = Void vault			
VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4, 0.5. MAJOR DEDUCTIONS i.e. a complete fall = 1.0			

5. VOLUNTARY VAULT

- The vault will be used widthways only.
- Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
- A safety mat may be used on the top of the landing area if desired and available, with no extra deductions.
- Two vaults to be performed from the list below. Each vault has a different tariff. The vaults may be the same or different. Coaches may request gymnast's first vault score, before the second vault is taken.
- Only the vaults listed below may be performed. Any other vault will be a void vault e.g. handspring vault.
- Judges will add up any deductions made and then take this figure away from the tariff of the vault i.e. in a straddle vault the deductions would be deducted from 9.50 to give a final score. The higher score will count.
- Vaults which do not actually go up/down to the correct height will be set at the lower height. Coaches have the choice to raise the vault to a higher setting if they wish.
- Vault landing deductions, other than an actual fall will be up to a maximum of 0.8.
- A fall on landing will be a deduction of 1.0.
- Below are the minimum vault heights. Gymnasts may vault higher if they choose.
- See also Deductions for Voluntary Vault No. 5.1 below and General Vault Notes 3 on page 4.

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position.	8.50
Squat through vault.	10.00
Straddle vault.	10.00

HEIGHT OF VAULT (as near as possible)	
Under 9	90 cm
Under 11	100 cm
Under 13	110 cm

5.1. DEDUCTIONS FOR VOLUNTARY VAULT

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING - ALL VAULTS
SQUAT ON and IMMEDIATE STRAIGHT JUMP OFF			Extra step 0.1 each - max 0.5
Insufficient stretch 0.1 - 0.5	1 knee touching vault 0.5	Insufficient height 0.1 - 0.5	Large step (1m) or jump 0.3
Insufficient layout 0.1 - 0.5	2 knees touching vault 1.0	Insufficient length 0.1 - 0.5	Deep squat 0.1 - 0.3
Only 1 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	One hand off the 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
SQUAT THROUGH VAULT			Under rotation leaning back 0.1
Insufficient stretch 0.1 - 0.5	Legs round the side 0.1 - 0.5	Insufficient height 0.1 - 0.5	Landing off the mat 0.5
Insufficient layout 0.1 - 0.5	One hand off the vault 0.5	Insufficient length 0.1 - 0.5	Fall against apparatus 0.5
Only 1 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 0.1 - 0.3
STRADDLE VAULT			Fall 1.0
Insufficient stretch 0.1 - 0.5	Legs not horizontal 0.1 - 05	Insufficient height 0.1 - 0.5	Maximum landing deductions without a fall 0.8
Insufficient layout 0.1 - 0.5	One hand off the vault 0.5	Insufficient length 0.1 - 0.5	
Only 1 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		
THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:			
Bent arms 0.1 - 0.5– not to be taken in addition to 1.0 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	
Non-listed vault e.g. handspring vault is a void vault.			
VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4, 0.5. MAJOR DEDUCTIONS i.e. a complete fall = 1.0			

6. SET FLOOR

- 1) The Under 9 and 11 age groups have the same Set Floor routine. The Under 13 age group has a different Set Floor.
- 2) The routine is to be performed along a strip of mat approximately 2 metres wide.
- 3) There will be a 0.1 deduction for stepping off the strip (each time).
- 4) Gymnasts are allowed to start at either end of the strip.
- 5) Missing elements – deduct the value of the move. Part elements deduct part of the value of the move.
- 6) Elements performed in the incorrect order deduct 0.5, and elements performed in the wrong direction deduct 0.3.
- 7) Attempted skills will receive a deduction on execution only i.e. the bonus, handstand forward roll, falls back to feet, or backward roll is unsuccessful deduct 0.5 plus other deductions. See notes for coaches and judges for Under 9 & 11 Set Floor on page 8 and notes for coaches and judges for Under 13 Set Floor on page 11.
- 8) 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.
- 9) 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.
- 10) 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. Adjustments/loss of control when entering a balance e.g. V-sit or shoulder stand, is 0.3, 0.4 or 0.5.
- 11) 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 agility and not flamboyant and/or distracting between moves. Any extra steps, shuffles, bounces, 'flowery' arm or body movements which deviate from the text are deductible 0.1 - 0.3 each time.
- 12) Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
- 13) See also General Competition Deductions No. 2.1 on page 3.

6.1. EVALUATION OF MARKS - UNDER 9 & 11 SET FLOOR

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 finishing 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
Total	0.9
Bonuses	1.0
TOTAL	10.0

This routine has been designed as a 'development' floor routine towards the 5 Piece Premier National Championships Under 9, 10 & 11 Set Floor. The basic routine is marked out of 9.00. There are ten bonuses worth 0.1 each for the gymnasts to work towards. The bonus moves gradually bring the gymnast closer in line with the 5 Piece Premier National routine.



Cartoon by Bob Currier.

NOTES FOR COACHES AND JUDGES FOR UNDER 9 & 11 SET FLOOR:

1. For the Under 9, 10 & 11 Set Floor, the gymnast needs to start roughly 2m from the end of the 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, **to pike or to front support** 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 the head.

6.2. EVALUATION OF MARKS - UNDER 13 SET FLOOR

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. 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 to stand. High straight jump 360°.	1.4
Handstand forward roll, immediate split jump.	1.4
Total	9.0
Bonuses	1.0
TOTAL	10.0

This routine has been designed as a 'development' floor routine towards the 5 Piece Premier National Championships Under 13, 15 and Over 13 Set Floor. The basic routine is marked out of 9.00. There are ten bonuses worth 0.1 each for the gymnasts to work towards. The bonus moves gradually bring the gymnast closer in line with the 5 Piece Premier National routine.

NOTES FOR COACHES AND JUDGES FOR UNDER 13 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, then steps forward into a 360° spin. If attempting the bonus 540° spin, after presenting to the judge, the gymnast faces down the mat 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 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 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 in 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 above the head.

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 the floor by the 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 **0.1**.
- 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 into an 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.



Cartoon by Bob Currier.

6.3. TABLE: UNDER 9 & 11 SET FLOOR 4 PIECE		DEDUCTIONS	BONUSES
Stand showing good upright posture with tension for 3 secs. There should be no slow arm lift before starting the routine.		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	
Step forward into a Spin 180° 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. Close back foot. Repeat the Spin 180° on the same foot, on toes, to complete a 360° rotation.i.e.2 x Spin 180°	0.7	Deduct 0.1 for not completing the 180°. Deduct 0.1 if spin is reversed. 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°.
Forward Roll with straight legs once feet have left the floor. They are tucked to stand. Finish with arms in high V position above head.	0.7	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. Deduct 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 Cartwheel ¼ turn inwards , landing feet together, then Star Jump with controlled landing.	1.2	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 Star Jump is immediately after the cartwheel/round off.
Chassé, Catleap, Cartwheel ¼ turn inward to lunge . Finishing in lunge with chest up and arms in a high V position. For the chassé arms in low V. For catleap arms in “ring” above head.	1.8	Deduct 0.1 – 0.3 for lack of elevation and knees not high in catleap. Deduct 0.1 for arms not in low V in chassé and not in ring for catleap. Deduct 0.1 – 0.3 for bent legs in cartwheel. Deduct 0.1 for toes not pointed. Deduct 0.1 for not finishing in a lunge with 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 Add on second cartwheel before the cartwheel to lunge.
Bring back foot to join front foot and Forward roll to Pike Sit . Legs should remain straight once feet have left the floor.. Arms finishing out forward, parallel to floor and back straight.	0.6	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. Deduct 0.1 for back not straight.	
Raise arms above head and reach forward with a straight back into a Pike Fold . Hold for 3 seconds. Hands on floor by feet.	0.7	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.	
Sit back up into a pike position, hands on floor behind hips, fingers facing toes. Push up to Back Support held for 3 seconds. Turn to Front Support , held for 3 seconds. Fingers must face forward. For Bonus: After back support, turn to show Side Support , with free arm in air, rotate supporting hand before turning. Continue round into front support.	1.2	Deduct 0.1 if pike sit position is not shown. Deduct 0.1 if fingers do not face towards the toes in back support. Deduct 0.1 – 0.3 for lack of tension and stretch in back, side and front support. 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.	0.1 for side support shown with free arm in the air.
Lower knees to floor and sit back on heels, Tucked Headstand . 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.	0.7	Deduct 0.1 for not sitting back on heels. 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 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).
Tucked Backward Roll to finish with feet together and arms in a high V position above head. Legs may be bent or straight.	0.7	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, pike or front support is performed. Deduct 0.1 for arms not finishing in high V above head.	
Step forward, join feet together, Straight Jump 180° , Arms optional before jump, during the jump and on landing, Then stretch up finishing with arms in a high V position above head.	0.7	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 secure landing.
Total of Content	9.0	Total of bonuses	1.00

6.4. TABLE: UNDER 13 SET FLOOR GIRLS 4 PIECE		DEDUCTIONS	BONUSES
Stand showing good upright posture for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Start facing outwards. Step forward into Spin360° 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.	0.8	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 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 not pointed in a pose. Deduct 0.1 if arms not diagonally high.	0.1 for a Spin 540°. Start facing down the mats.
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 secs. See notes page 10.	0.8	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.	
Squat in and stand with arms by side. High straight jump180° 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 for coaches and judges on page 9.	0.8	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 High straight jump180°.
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 10.	1.4	Deduct 0.3 if hurdle step not shown before round off. 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. Deduct 0.1 for not finishing in a lunge with chest up and arms in a high V position.	0.1 for landing the straight jump 180° on one foot and going immediately into the cartwheel.
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.	0.8	Deduct 0.1 – 0.3 if arms not at side i.e. back or above/below10° 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 arabesque not held. Deduct 0.1 for leg below 45°	
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.	0.8	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.	
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 9.	0.8	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 OR 0.2 for lifting straight legs from dish up into free V-sit.
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.	1.4	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. Deduct 0.1 – 0.3 for lack of height in jump and for lack of stretch and tension in jump.	0.1 for unsupported shoulder stand, arms straight on floor by hips. 0.1 for immediate high straight jump360°.
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 on page 9.	1.4	Deduct 0.1 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 – 0.5 for 180° split not shown in the jump. Deduct 0.1 – 0.3 for bent legs or toes not pointed. Deduct 0.1 – for arms not finishing in a high V above head.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
Total of Content	9.0	Total of Bonuses	1.00

7. VOLUNTARY FLOOR

7.1. GENERAL

- a) The Voluntary Floor routine is performed on a 6 x 10 metre or 6 x 12 metre 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.
- 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 the musical operator will not be allowed to stop the music early.
- d) 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.

7.2. MUSIC

- a) Depending on the venue of the competition, coaches should be prepared to play their own music for their gymnast's individual and group routines, via a Bluetooth speaker. Unless they have been requested to email their music to the school host in advance.
- b) The music must be instrumental and not vocal, i.e. no words, but it may have voice as an instrument. It may have up to an 8-beat introduction.
- c) It is strongly advised that each school brings a backup for their music, i.e. an additional iPod or similar.
- d) All music must conform to the relevant licensing requirements. Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used, but this should be checked on the PPL website to confirm the track is included within their repertoire. To check a track, click on the link:
<https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx>
Scroll to the bottom of the page and click on "PPL Repertoire Search". Enter the artist's name and the title. Any music listed as part of the search can be used. If the track is not included within the listed tracks, the school must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licensing fees.

7.3. 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. If a team competes out of order on the voluntary floor, the sanction is 1.00. This will be deducted from the final team score.

7.4. CONTENT

The content used to construct the floor routine must be taken from the ISGA Code. See page 15. No Advanced skills are allowed or any additional skills that are not on this list i.e. flics. Non-coded, artistic leaps and jumps are permitted. A routine must contain at least **ten different skills**. The ten skills may include any number of Elementary or Intermediate skills. The value of the skill may be lost unless it is performed safely and correctly. If no Intermediate skills are included, then ten elementary skills must be performed. More than ten skills from the Code may be included in the routine, but no extra marks will be given. 0.3 will be deducted per skill, for less than ten performed. Repeated skills will not be counted towards the Content but could receive execution deductions if not performed correctly. Where a gymnastic skill is used more than once in a routine, only its first performance will be counted as one of the required moves. This includes skills used in the tumble run.

7.5. BONUSES

A gymnast is able to score 1.0 worth of bonuses by including 2 Intermediate skills worth 0.5 each. Additional Intermediate skills may be included but will not score any higher than the 1.0 bonus and they could receive execution deductions if not performed correctly. The Bonus rule applies to all age groups i.e. Under 9, 11 and 13.

7.6. COMPOSITION

To gain full composition marks, the gymnast needs to demonstrate good use of the floor, different levels, a variety of skills, links, dance, leaps or jumps, turns, balance, strength, flexibility, dynamic moves, interesting pathways, use of forwards, backwards and sideways movements, originality, 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, levels and patterns.	0.5
Variety of skills.	0.2
Links and dance.	0.6
Strength/flexibility/balance skills.	0.3
Musical interpretation.	0.3
Overall impression and complexity.	0.6
TOTAL	2.5

7.7. EVALUATION OF MARKS

Content.	3.0
Execution.	3.5
Composition.	2.5
Bonus: 2 x Intermediate skills (0.5 each).	1.0
TOTAL	10.0

7.8. TUMBLE RUN

- a) The routine must include a diagonal gymnastic tumble run from corner to corner. Deduct 0.1.
- b) It must contain a minimum of three consecutive, different skills from our code (i.e. no repeated moves).
- c) A tumble which has steps in between the skills will be deemed to be broken and therefore invalid. Deduct 0.5.
- d) The tumble run should be dynamic and accelerate. Deduct 0.1 for each of these.
- e) Gymnastic skills used in the tumble run will count towards the minimum ten skills required in the routine.
- f) A straight jump half turn to land on one foot is not in the ISGA 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 skills, as the jump half turn would have to land on one foot. It would require a 3rd skill to meet the tumble run requirement. A straight jump half turn to land on two feet is in the ISGA code, so it is important to focus on the execution as it DOES count as a skill in the tumble run, e.g. round off, straight jump half turn, forward roll. A forward roll to land on one foot (walkout) is also not in the ISGA code so does not count as a skill in the tumble run.
- g) No more than one jump or leap may be included and if used it will count as one of the 10 skills.
- h) If a skill 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.
- i) A Tumble run does not have to include difficult moves e.g.
 - 1. Run, catleap, cartwheel, cartwheel $\frac{1}{4}$ turn to lunge.
 - 2. Run, cartwheel, cartwheel $\frac{1}{4}$ turn to land feet together, immediate tuck or star jump.
 - 3. Run, cartwheel, round off, tuck or star jump.
 - 4. Run, round off, tuck or star jump, backward roll.
 - 5. Run, round off, straight jump half turn, forward roll.
 - 6. Run, round off, jump $\frac{1}{2}$ turn to one foot, cartwheel $\frac{1}{4}$ turn to land feet together, immediate tuck or star jump.
 - 7. Run, round off, jump $\frac{1}{2}$ turn to one foot, cartwheel, cartwheel $\frac{1}{4}$ turn to lunge.

7.9. DEDUCTIONS FOR VOLUNTARY FLOOR

GENERAL DEDUCTIONS	
Music with vocals, i.e. 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 stops and is not the fault of the audio equipment 0.1	Over time or under time 0.1
EXECUTION PENALTIES for skills from the list in the table on page 15 and dance.	
Small execution fault 0.1	Insufficient height in jumps 0.1 - 0.3
Medium execution fault 0.3	Insufficient flight in flight elements 0.1 - 0.3
Large execution fault 0.5	Insufficient tuck/pike/stretch 0.1 - 0.3
Incorrect body shape 0.1 - 0.3	Static skills not held for 3 seconds 0.1 for each second.
Bent arms 0.1 - 0.3	Balances not held for 3 seconds 0.1 for each second.
Bent legs 0.1 - 0.3	Handstand & front support not held 2 secs. 0.1 each second.
Leg separation 0.1 - 0.3	Arm swings to maintain balance 0.1 - 0.3
Lack of split 0.1 - 0.5	Posture fault on landing 0.1 - 0.3
Feet not pointed 0.1	Loss of balance 0.1 - 0.5
Incomplete 360° spin within 45° 0.1 - 0.3. Less than 45° the skill does not count.	Adjustment/loss of control when entering a balance e.g. V-sit, headstand, straddle lever etc. 0.3 - 0.5
Incomplete 540° or 720° spin within 45° 0.1 - 0.5. Less than 45° the skill will be downgraded to a 360° or 540° spin.	Touch of the floor i.e. with a hand, foot or other body part 0.1 - 0.3
Extra steps/hops on feet or hands 0.1 each time.	Fall – actually falling over completely 1.0
A flic 0.5	Any non-permitted skill i.e. an Advanced skill 0.5
DEDUCTIONS taken throughout the routine.	
One foot outside of floor area 0.1 each time.	Small prompt from coaches/gymnasts/others 0.3 max 1.0
Two feet outside of floor area 0.3 each time.	Large prompt from coaches/gymnasts/others 0.5 max 1.0
Pauses 0.1 each time.	
DEDUCTIONS taken for the Tumble Run	
No Tumble run 0.5	Tumble run not performed on the diagonal 0.1
Step/steps between the 3 skills 0.5	Tumble run not from corner to corner 0.1
Tumble run does not accelerate 0.1	Deviation from straight line in tumble run 0.1
Tumble run is not dynamic 0.1	
DEDUCTIONS taken at the end of the routine.	
Poor posture throughout the routine 0.1 - 0.3	Somersault, Aerial or Flic 0.5
Missing move: 0.3 per move less than 10 performed.	Finishing in a skill e.g. splits or shoulder stand 0.1
Team competing out of order 1.0	SEE ALSO GENERAL DEDUCTIONS 2.1 on page 3
Deductions are judged between 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4, 0.5. Major deduction i.e. a complete fall = 1.0	

NOTES FOR COACHES AND JUDGES FOR VOLUNTARY FLOOR:

- 1 All rolls must start and finish on two feet to count in the tariff.
- 2 A gymnast should not finish in a skill e.g. splits or shoulder stand. Deduct 0.1
- 3 Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
- 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 skill may also be performed from back to front support. It need only be held for 2 seconds in each support.
- 6 A press up starts in front support and is held for 2 secs before the press up x 2 (Elementary) or press up x 3 (Intermediate).
- 7 Static skills like bridge, splits, pike fold and japana must be held for 3 seconds.
- 8 Splits two ways need to be held for 2 seconds each way. Splits three ways needs to be held for 1 second each way.
- 9 In splits, fingertips can be placed on floor for 'artistry' but then the skill will only count as a flexibility not a balance.

- 10 **Backward roll to handstand:** A backward roll passing through handstand will be counted as a backward roll which is an Elementary skill. A backward roll to handstand held 1 second is an Intermediate skill and a strength element.
- 11 **Headstands:** Leg position and exit are optional but must not roll out. Deduct 0.5 for rolling out.
- 12 Any jumps and leaps which are not in the above code will be classed as links and therefore not count in the Content.
- 13 Only Elementary or Intermediate skills are allowed. No Advanced skills and no flics. Deduction 0.5.

8. FLOOR CODE FOR ISGA GIRLS 4 PIECE

ELEMENTARY	INTERMEDIATE
Forward roll	
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)
Backward roll	Backward roll to handstand held 1 sec.
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)
Backward roll to front support 2 secs	Backward roll to front support 2 secs, with straight arms
Front support 2 secs, jump to squat and straight upward jump	Headstand with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out
Front support 2 secs, turn to back support 2 secs. See note 5 on page 14	Headstand push to handstand with straight legs. Exit optional
Front support 2 secs, press up x 2	Front support 2 secs, press up x 3
Headstand 3 secs. Legs and exit optional, but must not roll out	Handstand 180° pirouette. Only 2 hand movements.
Handstand 2 secs	Handstand 180° pirouette, only 2 hand movements and then the handstand held for 2 secs.
Handstand forward roll	Handstand held for 2 secs and then 180° pirouette, only 2 hand movements.
Cartwheel – to finish sideways	Handspring to step out
Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), back leg straight.	From straddle stand press to handstand (elephant lift)
Cartwheel ¼ turn inwards to finish feet together	Tinsica
One-handed cartwheel – optional hand	Backward walkover
Dive cartwheel	Forward walkover
Round off	
Teddy bear roll (Circle roll) 180° only	360° spin on one foot
Pike fold sitting 3 secs	Splits two ways, 2 secs each way
Splits 3 secs	Unsupported shoulder stand, arms by hips 3 secs
Supported shoulder stand 3 secs	'V' sit without support (free) – 3 secs
V' sit with support 3 secs	Straddle lever balance 3 secs
Japana 3 secs	Pike lever balance 3 secs
Arabesque balance 3 secs body position optional	Tuck lever balance 3 secs
Chair balance 3 secs	"Y" balance 3 secs
Bridge 3 sec	'W' jump
Star jump	Tuck jump with 180° turn
Tuck jump	Split leap
Split jump	Catleap with 360° turn
Catleap with no turn, or 180° turn	Straddle jump
Stag leap or jump	Side straddle leap
Straight jump with 180° turn	Straight jump with 360° turn

9. BALANCE, STRENGTH AND FLEXIBILITY ELEMENTS FOR GIRLS 4 PIECE

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

BALANCE	STRENGTH	FLEXIBILITY
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 secs	Backward roll to straight legs Together(i.e. pike)
Handstand 2 secs	Handstand 180° pirouette. Only 2 hand movements.	Japana 3 secs
Arabesque balance 3 secs. Body position optional	Headstand push to handstand with straight legs. Exit optional	Any walkovers
Headstand 3 secs. Legs and exit optional but must not roll out.	Front support 2 secs turn to back support 2 secs (or vice versa). See note 5 on page 14	Tinsica
	Front support 2 secs, press up x 2	Pike fold sitting 3 secs
	Front support 2 secs, press up x 3	Bridge 3 secs
		Splits 1 or 2 ways. Fingers may touch floor
		Split jump showing 180° split
		Split leap showing 180° split
		Straddle jump legs parallel to floor
THE MOVES BELOW SERVE TWO REQUIREMENTS		
Splits 3 secs hands off floor		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	
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.	
Handstand 180° pirouette, only 2 hand movements and then the handstand held 2 secs.	Handstand 180° pirouette, only 2 hand movements and then the handstand held 2 secs.	
Handstand held for 2 secs and then 180° pirouette, only 2 hand movements	Handstand held for 2 secs and then 180° pirouette, only 2 hand movements	

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



Cartoon by Bob Currier.