THE 2025-2029 BOYS' 4 PIECE NATIONAL 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 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: Under 13 on 1st September of the current academic year *
d) An over 13 competition: Over 13 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 compete 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 on each discipline counting. It is possible, in any age group, to form a team of underage boys. If necessary, all members of the team can be underage. No boys over the age limit are allowed to compete in that team.
b) Gymnasts can compete in a different age group at the 2 Piece Championships to the 4 Piece Championships in the same academic year.
c) The scores will be added together to produce an Individual and a Team score.
d) No school may enter more than the allotted six gymnasts.
e) A school may not enter an individual except in an invitation All Stars Team if one is on offer.
f) 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.
g) 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 the following:

1. Set Vault
2. Voluntary Vault
3. Set Floor
4. Voluntary Floor (no music)

1.4 ELIGIBILITY

All schools are encouraged to enter a team in each of the four age groups. Currently there is no limit on the number of schools allowed in each age group.

1.5 AFFILIATIONS

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.

1.6 HOST SCHOOLS

Host schools must consult and agree with the Competition Secretary 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, that 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.

1.7 ENTRY FORM

Entry forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org
A sample copy only can be found on the website under the Forms Tab.

1.8 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. It is found under the Forms Tab.

1.9 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.

1.10 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. They must also ensure that this is adhered to throughout the event. This Privacy Policy can be found on the ISGA website under the Admin Tab:
https://www.isgagymnastics.org/wp-content/uploads/2018/05/ISGA-Final-Privacy-Policy-Word.pdf

2 GENERAL COMPETITION RULES

1. The team should be uniformly dressed, in either matching leotards or PE shirt and shorts which must remain tucked into shorts. Deduction 0.1 per gymnast per apparatus. Plain gymnastics trousers may be worn.
2. Gymnasts should not pull at their clothing. Deduction 0.1. each time. String bracelets for religious reasons must be covered by skin coloured tape or a matching sweat band. Deduction 0.1 per apparatus.
3. Bandages and supports are allowed but should be skin coloured. Deduction 0.1 per apparatus.
4. If hair is long it must be tied back. Deduction for untidy hair 0.1. per apparatus. No jewellery, including small ear studs. No long nails or coloured nail varnish may be worn. Deduction 0.1 per apparatus.
5. All teachers and coaches are required to wear professional attire suitable for a national competition. 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.
6. Teams must line up before the judging panel, at the start and end of each discipline.
7. Each gymnast must present to the judges at the start and finish of his individual floors and vaults. Deduction 0.1 each time.
8. Gymnasts may perform in any order on all 4 pieces of apparatus. The gymnast's number must be shown or given to the judge before competing.
9. The gymnast performs his 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.
10. There will be a timed warm-up of 3 minutes per individual 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 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.
11. No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.
12. The judge's decision will be final and no video evidence will be considered under any circumstances.

13. 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.
14. '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 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 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.

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.
Clothing pulled down 0.1 each time	String bracelets not covered 0.1 per apparatus.
Bandages or supports not skin coloured 0.1 per apparatus.	Untidy hair 0.1 per apparatus.
Coach not properly attired 0.5 from the team's total	Failure to present 0.1 each time.
Long nails or coloured nail varnish 0.1 per apparatus.	'Catch all' rule up to 0.5
Deductions are judged between 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5. Major deduction i.e. a complete fall = 1.0	

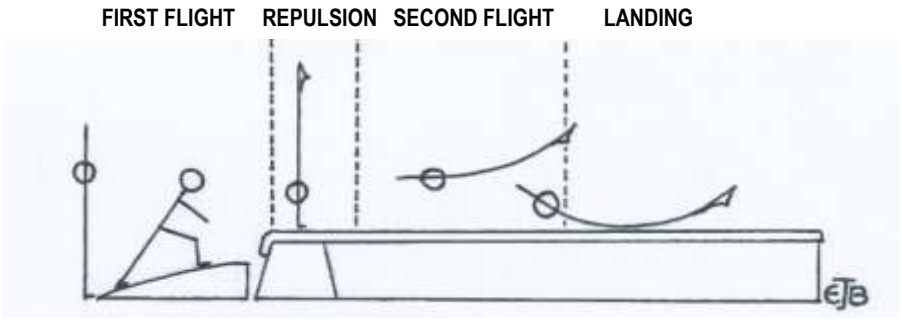
3 GENERAL VAULT NOTES

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 he 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 No. 2.1 above.

4 SET VAULT

1. The Set Vault will be marked out of 10.00.
2. A vault box or platform will be used in front of the safety mats as shown in the diagram.
3. An agility mat may be used to avoid a gap between vault and safety mats.
4. 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.
5. Hands must be placed on the vaulting box area. Deduction 0.5.
   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.
6. See also General Vault notes No. 3 above.

4.1 UNDER 9 SET VAULT: 30CM HIGH



ARTIST'S IMPRESSION

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

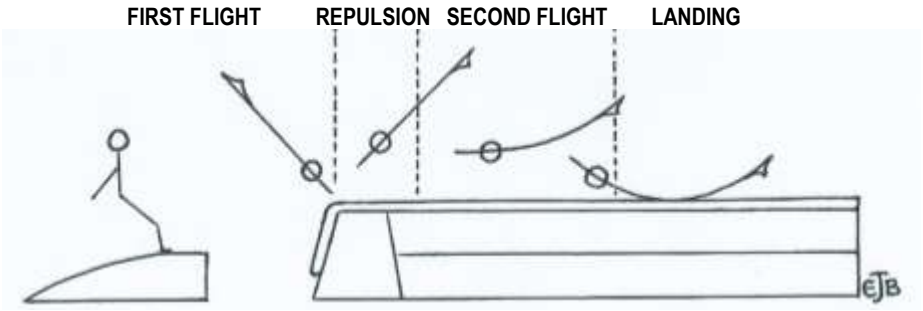
a) Stand on the lowest part of springboard. Taller gymnasts may start off the springboard. Show good upright posture with tension and arms stretched above the head. Not shown 0.3 deduction. Circle arms backward and down to hip level (not shown 0.5 deduction) and step forward into a lunge, placing foot 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, and then pull up into a shallow dish, showing good shape and tension throughout and hold for 2 seconds.

b) The aim is to show a good handstand shape and push through the shoulders (repulsion).

c) LANDING SHAPE: Gymnast to land flat on the mat, with tension, and to 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.

d) See Deductions for Set Vault No. 4.4 on Page 5 and General Vault Notes No. 3 on Page 3.

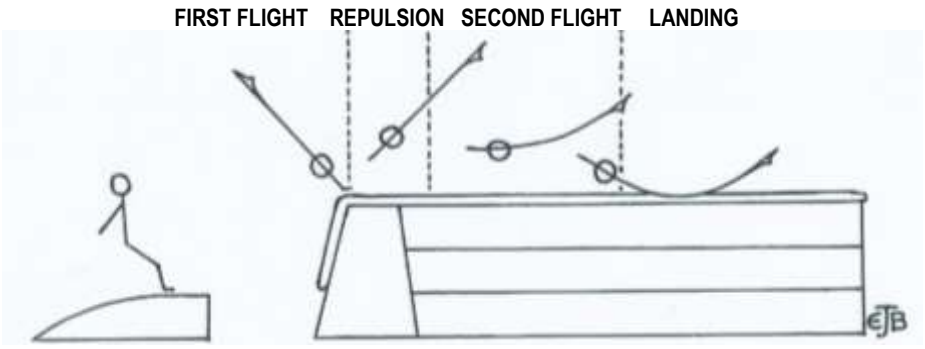
4.2 UNDER 11 SET VAULT: 60CM HIGH



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, Under 13 and Over 13 Set Vault on page 5.

4.3 UNDER 13 & OVER 13 SET VAULT: 90CM HIGH



ARTIST'S IMPRESSION

Springboard, vaulting box 90cm high and safety mats 90cm in height. Run up will be a maximum of 9 metres ONLY. See Notes for Under 11, Under 13 and Over 13 Set Vault on page 5.

NOTES FOR UNDER 11, UNDER 13 & OVER 13 SET VAULT:

a) 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 and immediately pull up into a shallow dish showing good shape and tension throughout and hold for 3 secs.
b) 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.
c) The aim is to show a good handstand shape and push through the shoulders (repulsion).
d) LANDING SHAPE: Gymnast to land flat on the mat, with tension, and to 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.
e) See deductions below and General Vault Notes No. 3 on Page 3.

4.4 DEDUCTIONS FOR SET VAULT

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	Flat position not held for 2 secs 0.1 - 0 2
UNDER 11 & 14	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Dish not held for 2 secs 0.1 - 0 2
Lack of arm swing 0.3	Arms not by ears 0.1 - 0.3		Lack of tension in dish 0.1 - 0.3
Double bounce on board 0.1	Hands not placed on vaulting box area 0.5		Lack of tension in flat landing 0.1 - 0.3
Only 1 foot take off 0.1			Rolling or crunching into flat position 0.1 – 0.5
FIRST FLIGHT	Failure to pass through vertical 0.1		Arms, head or feet not off mat in dish position 0.1 each
Hip angle 0.1 - 0.5	Head touching vault 1.0		Arched back 0.1 - 0.3
Arched body 0.1 - 0.3	Too long on apparatus 0.1 - 0.5		Hands and feet not in alignment 0.1
Insufficient stretch 0.1-0.5			Head not aligned with arms 0.1 - 0.3
			Knees apart.or toes not pointed 0.1
			Falling off the mat 1.0

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
Bent legs 0.1 - 0.5
Leg, knee or feet separation 0.1 - 0.3
Deviation from straight line 0.1 - 0.5
Flexed feet 0.1
Poor body posture 0.1 - 0.3
Poor body tension 0.1 - 0.5
Dynamics 0.1 - 0.3
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 and 0.5. MAJOR DEDUCTIONS = 1.0

5 VOLUNTARY VAULT

1. The vault will be used widthways only.
2. Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
3. A safety mat may be used on the top of the landing area if desired and available, with no extra deductions.
4. 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. The higher score will count.
5. Only the vaults listed below may be performed. Any other vault will be a void vault.
6. 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.

7. 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.
8. Vault landing deductions other than an actual fall will be up to a maximum of 0.8.
9. A fall on landing will be a deduction of 1.0.
10. Below are the minimum vault heights. Gymnasts may vault higher if they choose.
11. See General vault notes No. 3 on page 3.

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position	8.00
Squat through vault	9.50
Straddle vault	9.50
Handspring vault	10.00

HEIGHT OF VAULT (as near as possible)	
Under 9	90 cm
Under 11	100 cm
Under 13 & Over 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		
HANDSPRING VAULT			
Hip angle 0.1 - 0.5	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.5	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.5	
Insufficient stretch 0.1 - 0.5	Arms not by ears 0.1 - 0.3	Arms not by ears 0.1 - 0.3	
Arms not by ears 0.1 - 0.3	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
Only 1 foot take off 0.1	One hand off the vault 0.5		
Double bounce on board 0.1	Too long on apparatus 0.1 - 0.5		
	Arched back 0.1 - 0.3		
	Head touching vault 1.0		
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	
VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5. MAJOR DEDUCTIONS = 1.0			

6 SET FLOOR

Set Floor for Under 9 and Under 11

Show good upright posture (3 seconds)	
Catleap, cartwheel, cartwheel ¼ turn inwards to lunge	1.6
Forward roll, immediate straight jump	1.2
Backward roll to straddle stand	0.6
Circle roll	0.6
Pike Fold	0.6
Dish position	0.6
Arch position, Front support position, jump to crouch	1.4
Tucked headstand	0.6
Frog balance	0.6
Tuck jump, high straight jump 180°	1.2
Total	**9.0**
Bonuses	1.0
TOTAL	**10.0**

Set Floor for Under 13 and Over 13

Show good upright posture (3 seconds).	
Cartwheel, Cartwheel land 2 feet together, Backward Roll to immediate Straight Jump.	2.0
Forward roll into Long Sit.	0.6
Free V-sit from tuck position.	0.6
Pike Fold.	0.6
Back Support, Side Support, Front Support.	1.2
Jump to crouch. Headstand, press into Front Support.	1.0
Slide knees to hands and sit on heels, Tuck Planche.	0.8
Chassé, Scissor Jump, Arabesque.	1.2
Hurdle step, Round Off immediate rebound Star Jump.	1.0
Total	**9.0**
Bonuses	1.0
TOTAL	**10.0**

6.1 DEDUCTIONS AND NOTES FOR SET FLOOR

1. The routine to be performed along a strip of mat approximately 2 metres wide.
2. There will be a 0.1 deduction for stepping off the strip (each time).
3. Gymnasts are allowed to start at either end of the strip.
4. Missing elements – deduct the value of the move. Part elements deduct part of the value of the move.
5. Elements performed in the incorrect order – deduct 0.5.
6. Elements performed in wrong direction deduct 0.3.
7. Attempted moves will receive a deduction for execution only i.e. the bonus handstand forward roll falls back to feet, or the backward roll is unsuccessful - Deduct 0.5 plus other deductions. See notes for coaches and judges for Set Floor on page 9.
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. Adjustment/loss of control when entering a balance e.g. Headstand, frog balance or free V-sit 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 agilities 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 2.1 on page 3.

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

Catleap cartweel, cartwheel ¼ turn to lunge:

- If catleap is omitted, deduct 0.4
- If either of the cartwheels are omitted, deduct 0.6 each.

Forward roll straight jump:

- If the gymnast performs the forward roll but omits the straight jump, deduct 0.6
- If the bonus of the handstand forward roll is attempted but the straight jump is omitted, deduct 0.6
- If the bonus of the handstand is attempted but falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll immediate 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 straight jump, the jump has not begun out of the roll. Deduct 0.1, 0.2 or 0.3. There should be only one arm movement or swing, deduct 0.1, 0.2 or 0.3. Finishing with the arms in a high V position 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 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 side 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 stretched straddle stand position with feet apart and arms in a high V position above head must be shown. If the roll is repeated deduct 0.3.

Arch position, Front support position, jump to crouch:

- If arch position is omitted, deduct 0.6
- If front support is omitted, deduct 0.6
- If jump to crouch is omitted, deduct 0.2

Tuck jump, high straight jump 180°:

- If tuck jump is omitted, deduct 0.6
- If high straight jump **180°** is omitted, deduct 0.6

NOTES FOR COACHES AND JUDGES FOR BOYS UNDER 13 & OVER 13 SET FLOOR:

Cartwheel, cartwheel, backward roll, straight jump:

- If any of the skills, cartwheel, cartwheel, backward roll, straight jump are omitted - deduct 0.5 each skill.
- The backward roll straight jump must be linked and the backward roll is the linking factor. If there is no backward roll before the straight jump then both skills are forfeited – deduct 1.0.
- 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 straight jump, the jump has not begun out of the roll. Deduct 0.1, 0.2 or 0.3. There should be only one arm movement or swing, deduct 0.1, 0.2 or 0.3.

Forward roll into Long Sit:

- If the handstand is attempted and falls back to the feet - deduct 0.5. The gymnast must then perform a forward roll to long sit. They must not repeat the handstand. If the handstand is repeated – deduct 0.3.

Back Support, Side Support, Front Support:

- If any of the skills, back, side or front support are omitted - deduct 0.4 each skill.

Headstand press into Front Support:

- If either the headstand or the press to front support is omitted - deduct 0.5 each skill.
- If the bonus of press to handstand is attempted and falls back to feet – deduct 0.5.
- To achieve the 0.1 bonus, a **straight, vertical** handstand has to be shown.

Chasse, Scissor Kick, arabesque:

- If the chasse is omitted - deduct 0.2
- If the Scissor kick or the arabesque is omitted – deduct 0.5 each skill.

Round off, immediate rebound Star Jump:

- If either the round off or the star jump is omitted - deduct 0.5 each skill.

6.2 TABLE: SET FLOOR FOR BOYS U9 & U11		DEDUCTIONS	BONUSES
Stand showing good upright posture, with tension for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Step catleap, landing with one foot in front of the other. Join back foot to front foot. Lift arms high and lift leading leg into a cartwheel finishing sideways with arms in a high V position. Keeping arms high, lift leading leg again into a second cartwheel finishing ¼ turn inwards to lunge facing the way the gymnast started. Finish with arms in a high V position.	1.6	Deduct 0.1 for lack of extension and tension. Deduct 0.1 – 0.3 for deviation from straight line. Deduct 0.1 for arms not finishing in a high V position after both cartwheels Deduct 0.3 if second cartwheel does not finish in a ¼ turn 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.
From standing, forward roll and immediate straight jump. Showing straight legs before tucking them in for the jump. The jump starts out of the roll and finishes in a standing position with arms in a high V position above head. There should be only one arm movement or swing from roll to jump. See notes on page 9.	1.2	Deduct 0.1 for legs not straight in roll once feet have left the floor. Deduct 0.5 if the handstand falls. The roll and straight jump must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 – 0.3 for pause between roll and jump or extra arm swing. Deduct 0.1 for arms not finishing in a high V position high above head.	0.1 for handstand forward roll. 0.1 for height in straight jump.
Backward roll to straddle stand. This is performed with bent legs from a standing position. Arms finish in a high V position above head. See notes on page 9.	0.6	Deduct 0.1 – 0.5 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head. Deduct 0.1 for backward roll to handstand. Deduct 0.5 if roll is unsuccessful and falls backwards. Second attempt is not permitted, deduct 0.3, but straddle stand position must be shown. Deduct 0.1 if stretched straddle stand position is not shown. Deduct 0.1 for arms not finishing in a high V position above head	0.1 for straight legs, throughout the backward roll to straddle stand.
Slide legs and lower with straight legs to straddle sit. Hands may touch floor between legs. Teddy bear roll. (circle roll 180°). 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.	
With arms high, stretch forward into pike fold. Hands flat on mat by feet. Hold for 3 seconds.	0.6	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 each second not held.	
Sit up and lower back into a dish position with hands over thighs. Hold for 3 seconds.	0.6	Deduct 0.1 for each of hands, shoulders or feet not off the floor. Deduct 0.1 – 0.3 for arched back. Deduct 0.1 for each second not held.	0.1 for arms by ears during dish position retaining back flat on floor.
Raise straight arms to ears, unless the bonus has been attempted. Turn over to arch position. Arms remain by ears in the turn. Hold for 3 seconds with tension. Lower arms and legs to floor. Push up to front support position with the toes turned under. Hold for 3 seconds. Jump to squat 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 squat position. Deduct 0.1 for each second the arch, front support or squat not held.	0.1 for straight body pushed up to front support.
Tucked Headstand. 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.
From squat position, open knees outwards and place hands on floor. Press legs into elbows, lean forwards slightly, take feet off mat into a frog balance. Hold for 3 seconds. Return to feet and stand with arms in a high V above head.	0.6	Deduct 0.3 if thumbs do not face forwards in the same direction as the fingers during frog balance. Deduct 0.1 for each second the frog balance is not held. Deduct 0.1 for arms not finishing in a high V position above head.	
Take arms down to the side. Step, join feet, tuck jump. Arms swing upwards and forwards. Raise arms above head. Step join feet into a high straight jump 180°. Arms swing down then up above head during the jump and finish in a high V position above head.	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 for arms not finishing in a high V position above head.	0.1 for a 360° high straight jump. 0.1 for secure landing after the 180° or 360° high straight jump turn.
Total of Content	**9.0**	**Total of bonuses**	**1.00**

6.3 TABLE: SET FLOOR FOR BOYS U13 & O13		DEDUCTIONS	BONUSES
Stand showing good upright posture, with tension for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Lift arms high and lift leading leg into a **Cartwheel** immediately into a **second Cartwheel** landing on one foot and closing second foot together, facing the way the gymnast started. **Backward roll** immediate high **Straight Jump** with arms above head. ***Bonus 1:*** *First Cartwheel being one handed.* ***Bonus 2:*** *Straight jump 360° instead of straight jump.*	2.0	Deduct 0.1 for lack of extension and tension in cartwheel and toes not pointed. Deduct 0.3 if second cartwheel does not finish with 2 feet together Deduct 0.3 if cartwheel finishes facing the wrong direction. Deduct 0.1 – 0.3 for deviation from straight line. Deduct 0.1 – 0.3 for lack of push on hands and extension of arms to raise hips in backward roll i.e. rolling over the head. Deduct 0.1 - 0.3 for jump not starting out of the roll or for an extra arm swing. Deduct 0.1 for arms not above head in straight jump. Deduct 0.1 – 0.3 for lack of height in straight jump.	0.1 for one handed cartwheel. 0.1 for straight jump 360°.
From standing, **Forward Roll into Long Sit.** Showing straight legs throughout the roll. Finishing with straight back, arms above head, legs straight and toes pointed. Hold for 3 seconds. ***Bonus:*** *Handstand forward roll.*	0.6	Deduct 0.1 for legs not straight in roll once feet have left the floor. Deduct 0.5 if bonus is attempted and the handstand falls. The roll must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 for back not straight, arms not above head or toes not pointed.	0.2 for handstand forward roll.
Tuck legs, Lower arms out to the side and lean torso back slightly and extend legs into a **Free V-sit**. Back straight and arms remain out to the side. Hold for 3 seconds. ***Bonus:*** *Raise straight legs from Long Sit to Free V-sit.*	0.6	Deduct 0.3 - 0.5 for adjustment or loss of control i.e. hand or foot touching the floor on raising the legs into the free V-sit. Deduct 0.1 – 0.3 for back or legs not straight or incorrect V-shape. Deduct 0.1 for arms not out at side and for each second the V-sit is not held.	0.1 for raising straight legs from long sit to free V-sit.
Raise torso with straight back to upright position with arms above head whilst lowering straight legs to floor. Reach forward into a **Pike Fold**. Hold for 3 seconds. Hands on floor by feet, chest on knees..	0.6	Deduct 0.1 for arms not above head and back not straight.before pike fold. Deduct 0.1 – 0.3 for chest not on legs. Deduct 0.1 for hands not by feet, or legs not straight or toes not pointed. Deduct 0.1 for each second the pike fold is not held.	
Sit up to vertical and place hands on floor behind hips, fingers facing toes. Push hips up to **Back Support,** hold for 3 seconds. Rotate supporting hand before turning to show **Side Support**, with free arm high in the air. Continue round into **Front Support**. Fingers facing forwards. Hold each support for 3 seconds. Jump to squat and show a straight back and arms parallel out in front. ***Bonus:*** *Star shape in Side Support.* .	1.2	Deduct 0.1 if fingers do not face towards the toes in back support or fingers not facing forwards in front support. Deduct 0.1 if shoulders are not over hands and if hands are not at shoulder width apart in back or front support. Deduct 0.1 – 0.3 for lack of tension and stretch in back, side and front support. Deduct 0.1 if free arm is not high in the air in the side support. Deduct 0.1 for each second not held in the back side and front support. Deduct 0.1 for squat with arms out in front not shown.	0.1 for star shape in side support held for 3 seconds
Place hands on floor in triangle with head, pike lever up to **Headstand** with straight legs. Hold for 3 seconds **Press into Front Support**. Slide knees to hands and sit back on heels. Arms out at the side. ***Bonus: From headstand, press to handstand.*** *Pike down to stand and then lower to sit on heels.. Arms out at the side.*	1.0	Deduct 0.3 - 0.5 for adjustment or loss of control. Deduct 0.1 for back or legs not straight and vertical in headstand. Deduct 0.1 for knees not leaving or feet not returning to floor together. Deduct 0.1 for not sitting back on heels. Deduct 0.1 for each second the headstand is not held or arms not finishing at side. Deduct 0.5 if headstand does not return to feet. i.e. rolls out. Deduct 0.5 if bonus is attempted and falls back to feet.	0.2 for headstand press to handstand. A vertical position in the handstand needs to be achieved to receive the bonus.
Place hands on floor and **Tuck Planche**. Hold for 3 seconds. Return to feet and stand up finishing with arms down by side. ***Bonus:*** *From planche, immediate roll out to stand with arms down by side.*	0.8	Deduct 0.1 – 0.3 for lack of tuck in planche i.e. knees not parallel to floor. Deduct 0.3 - 0.5 for adjustment or loss of control. Deduct 0.1 – 0.3 for elbows not straight. Deduct 0.1 for feet not leaving or returning to floor together. Deduct 0.1 for hands not shoulder width apart. Deduct 0.1 for each second the tuck planche is not held.	0.2 for roll out of tuck planche.
Raise arms to side, **Chassé, Scissor Kick**, **Arabesque** with chest above horizontal and looking ahead. Hold for 3 seconds. Arms remain out to the side throughout. Lower back leg and step forward onto that foot and pivot to face the other direction. Close feet together.	1.2	Deduct 0.1 for lack of height or legs not straight in scissor kick. Deduct 0.1 for arms not out to the side throughout. Deduct 0.1 – 0.3 for wobbles or chest below horizontal in arabesque. Deduct 0.1 for each second arabesque is not held.	
Hurdle step into **Round off immediate rebound Star Jump** with controlled landing.	1.0	Deduct 0.1 for no hurdle step. Deduct 0.1 – 0.3 for lack of repulsion in round off. Deduct 0.1 – 0.3 for lack of height and good slight dish shape in star jump. Deduct 0.1 – 0.3 for loss of control in the rebound & deviation from straight line. Deduct 0.1 if star jump is not immediate, Deduct 0.1–0.3 for uncontrolled landing.	
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 12 metre or 6 x 10 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 and must use the floor area as fully as possible.
b) Boys perform the Voluntary Floor routine without music.
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.
c) 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 PROGRAMME ORDER

All boy gymnasts **do not** have to compete in programme order on the voluntary floor as they do not perform to music like the girls do. This is the same for the other 3 disciplines.

7.3 CONTENT

The content used to construct the floor routine should be taken from the ISGA Code found on page 16. A routine must contain at least **ten different skills**. The ten skills may include any number of Elementary, Intermediate or Advanced skills. The value of the skill may be lost unless it is performed safely and correctly. If no Intermediate or Advanced 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 of a mark will be deducted per skill 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.

7.4 BONUSES

A gymnast is able to score 1.0 worth of bonuses by including 2 Intermediate skills worth 0.5 each. Additional Intermediate or Advanced 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. An Advanced skill can replace an Intermediate bonus. However they could receive execution deductions if not performed correctly. The Bonus rule applies to all age groups i.e. Under 9, 11, 13 and Over 13.

7.5 TUMBLE RUN

a) The routine must start with a gymnastic Tumble run. Deduct 0.3 if Tumble run is not at the start of the routine.
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 must be on the diagonal and run from corner to corner - a deduction of 0.1 for each of these.
e) The tumble run should be dynamic - a deduction of 0.1
f) The tumble run should accelerate - a deduction of 0.1
g) If there is a deviation from a straight line in the tumble run – deduct 0.1
h) Gymnastic skills used in the tumble run will count towards the minimum ten skills required in the routine.
i) A straight jump half turn to land on one foot is not in the ISGA code. It does NOT count as a skill in the tumble run. It may be used as a rebound link without any 'connecting step' deductions. A round off, straight jump half turn immediate cartwheel is only 2 moves, as the jump half turn would have to land on one foot. It would require a 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.
j) No more than one jump or leap may be included and if used it will count as one of the 10 moves.
k) A round off, flic to two feet together followed by a second flic landing with 2 feet together counts as only 2 skills as the second flic is a repeated move. A round off, flic to 2 feet followed by a flic walkout counts as three moves.
l) If there is no tumble run – deduct 0.5
m) A Tumble run does not have to include difficult moves e.g.
    1. Run,catleap, cartwheel, cartwheel ¼ turn to lunge.
    2. Run, cartwheel, cartwheel ¼ 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 ½ turn to one foot, cartwheel ¼ turn to land feet together, immediate tuck or star jump.
7. Run, round off, jump ½ turn to one foot, cartwheel, cartwheel ¼ turn to lunge.

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, leaps or jumps, turns, balance, strength, flexibility, dynamic skills, 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, levels and patterns	0.5
Variety of moves	0.2
Links	0.4
Strength/flexibility/balance moves	0.6
Variety of Tempo	0.2
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 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 competition 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 skill is performed out of order the gymnast will not be penalised. Extra skills performed will be counted but a move omitted will not be counted. Skills that are not correctly executed will not be credited to the gymnast. If a boy has more than 10 skills in the routine **all moves must be written on the list in the order they are being performed**.

NOTES FOR COACHES AND JUDGES FOR VOLUNTARY FLOOR:

1 All rolls must start and finish on two feet to count in the tariff.
2 Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
3 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.
4 In the front support to back support a straight arm must be shown high in the air in the side position of the turn. This move may also be performed from back to front support. It need only be held for 2 seconds in each support position.
5 The side support on one arm with a 180^{o} turn to side support on the other arm, also need only be held for 2 seconds in each support position.
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 bridges, splits, pike fold and japana must be held for 3 seconds.
8 Any jumps & leaps which are not in the code will be classed as links and therefore not count in the Content.
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 Flics may be landed on either one or two feet, but must land on feet and not on other body parts.

11 **Headstands:** Leg position and exit are optional but must not roll out. Deduct 0.5 for rolling out.

12 A headstand thrust or press to handstand with straight legs is an Intermediate skill and a strength element. If either the headstand is held for 3 seconds or the handstand held for 2 seconds it is an Advanced skill plus a strength and a balance element.

13 **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.

14 **Somersaults:** Only one somersault in each direction may be used in a floor routine. It is possible to perform one forward somersault, one backward somersault and one side somersault. Deduct 0.5 for two somersaults in the same direction.

7.9 DEDUCTIONS FOR VOLUNTARY FLOOR

EXECUTION PENALTIES for skills from the list in the table on page 14 and dance	
Incorrect body shape 0.1 - 0.3	Insufficient height in jumps/aerials 0.1 - 0.3
Bent arms 0.1 - 0.3	Insufficient flight in flight elements 0.1 - 0.3
Bent legs 0.1 - 0.3	Insufficient tuck/pike/stretch 0.1 - 0.3
Leg separation 0.1 - 0.3	Static skills not held for 3 seconds 0.1 for each second
Lack of split 0.1 or 0.3 or 0.5	Balances not held for 3 seconds 0.1 for each second
Feet not pointed 0.1	Handstand or front support not held 2 seconds 0.1 each sec.
Arm swings to maintain balance 0.1 - 0.3	Loss of balance 0.1 or 0.3 or 0.5
Posture fault on landing 0.1 - 0.3	
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° spin within 45° 0.1 - 0.5 or 0.5. Less than 45° the skill will be downgraded to a 360° 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
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 a straight line in tumble run 0.1
Tumble run is not dynamic 0.1	Tumble run not at the beginning of the routine 0.3
DEDUCTIONS taken at the end of the routine	
Poor posture throughout the routine 0.1 - 0.3	Two somersaults in the same direction 0.5
Missing move: 0.3 per move less than 10 performed	**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 and 0.5. Major deduction i.e. a complete fall = 1.0	

8 FLOOR CODE FOR ISGA BOYS

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll	Forward roll to stand with straight legs together (i.e. pike)	Forward roll into straddle lever balance hold 3 secs
Forward roll to straddle stand	Backward roll to handstand held 1 secs	Backward roll to handstand held 2 secs
Backward roll	Backward roll to straight legs together (i.e. pike)	Backward roll to handstand 180° pirouette step down exit
Backward roll to straddle stand	Backward roll to front support 2 secs	
Forward roll to stop in strong dish shape	Handspring to one foot	Handspring to two feet
Dish held 2 secs turn to arch held 2 secs or vice versa	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hips high)	Flyspring
Rocks x 3 in either dish or arch shape	Front support 2 secs, press up x 3	Headspring
Front support 2 secs, press up x 2	From long sit, touch toes and backward roll to straddle stand. Legs straight throughout	From front support held 2 secs, straddle or pike cut to rear support held 2 secs
Front support held 2 secs, jump to squat upward jump	From kneeling, chest roll forwards and Finish in a strong front support position held 3 secs	From straddle sit, lower chest to floor, pull 'swim' / through to lie flat forwards, legs closed at the back
Front support held 2 secs, turn to back support held 2 secs (or vice versa). See note 4 on page 11	Headstand push to handstand with straight legs. Exit optional but must not roll out	Headstand push to handstand with straight legs. The headstand held 3 secs or the handstand held for 2 secs.
Side support on one arm held 2 secs 180° turn to side support on other arm 2 secs	Headstand with straight legs. **Pike levered** up to vertical held 3 secs. Exit optional but must not roll out	
Frog balance 3 secs	Headstand with straight legs. **Straddle levered** up to vertical held 3 secs. Exit optional but must not roll out	Handstand forward roll piked to stand
Headstand 3 secs. Legs and exit optional but must not roll out.	Handstand 180º pirouette. Only 2 hand movements.	Handstand 360º pirouette. Only 4 hand movements.
Handstand 2 secs	Handstand held 2 secs, then 180° pirouette. Only 2 hand movements.	Handstand held 2 secs, then 360° pirouette. Only 4 hand movements.
Handstand forward roll	Handstand 180º pirouette, only 2 hand movements then handstand held 2 secs	Handstand 360º pirouette, only 2 hand movements then handstand held 2 secs.
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 – 2nd hand down	Any front somersault (shape optional)
Dive cartwheel		Side somersault
		Aerial cartwheel
Round off		Aerial walkover
Circle roll (180º 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 3 secs	Splits 3 secs
Supported shoulder stand 3 secs	Unsupported shoulder stand arms by hips 3 secs	Unsupported shoulder stand arms above head 3 secs
	Straddle lever balance 3 secs	Straddle lever balance held 3 secs then 180º turn
	From straddle stand press to handstand. Optional exit	Straddle lever balance press to handstand. Optional exit
	Piked lever balance 3 secs	Straddle lever press to handstand. Straddle held 3 secs or handstand 2 secs
Chair balance 3 secs	Tuck balance 3 secs	
	Russian lever balance in tucked position 3 secs	Russian lever balance piked or straddled position 3 secs
Arabesque balance 3 secs Body position optional	360º spin on one foot	540º Spin (1 ½) or 720º spin (double)
Star jump	'W' jump	'W' jump with 180° turn
Tuck jump	Tuck jump with 180º turn	Tuck jump with 360º turn
Catleap with no turn, or 180º turn	Catleap with 360º turn	Catleap with 540º turn (1 ½)
Scissor Kick	Stag leap or jump	
	Straddle jump	Straddle jump with 180º turn
	Side straddle leap	Straight jump with 540º turn (1 ½)
Straight jump with 180º turn	Straight jump with 360º turn	

9 BALANCE, STRENGTH AND FLEXIBILITY ELEMENTS FOR ISGA BOYS

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

BALANCE	STRENGTH	FLEXIBILTY
	Backward roll to front support 2 secs	Forward roll with straight legs together (i.e. pike)
	Backward roll to handstand held 1 secs	Bridge 3 secs
	Backward roll to handstand, 180° pirouette, step down exit	Backward roll to straight legs together (i.e. pike)
	Handstand 180º or 360º pirouette, only 2 or 4 hand movements.	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hips high)
Headstand 3 secs. Legs and exit optional but must not roll out.	Headstand push to handstand with straight legs. Exit optional	Japana 3 secs
Headstand, with straight legs. **Straddle levered** up to vertical held 3 secs. Exit optional but must not roll out	Front support 2 secs turn to back support 2 secs (or vice versa). See note 4 on page 12	From long sit, touch toes and Backward roll to straddle stand. Legs straight throughout
	Front support 2 secs, press up x 2	Any walkovers
Handstand 2 secs	Front support 2 secs, press up x 3	Valdez
Any arabesque balance 3 secs		Straddle jump legs parallel to floor
Chair balance 3 secs		Pike fold sitting 3 secs
Supported shoulder stand 3 secs	From kneeling, chest roll to strong front support position held 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
THE MOVES BELOW SERVE TWO REQUIREMENTS		
'Y' balance 3 secs		'Y' balance 3 secs
Splits 3 secs. Hands off floor		Splits 3 secs
	From front support held 2 secs, straddle or pike cut to rear support held 2 secs	Front support held 2 secs, straddle or pike cut to rear support held 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	
Straddle lever balance 180º for 3 secs	Straddle lever balance 180º for 3 secs	
Forward roll into straddle lever balance hold 3 secs	Forward roll into straddle 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 held 2 secs turn to arch held 2 secs (or vice versa)	Dish held 2 secs turn to arch held 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 for 3 secs or handstand held for 2 secs**	Headstand push to handstand with straight legs. **Headstand held for 3 secs or handstand held for 2 secs**	
Headstand pike levered up to vertical with straight legs held for 3 secs.	Headstand pike levered up to vertical with straight legs held for 3 secs.	
Backward roll to handstand held 2 secs	Backward roll to handstand held 2 secs	
Handstand 180º or 360º pirouette, only 2 or 4 hand movements, then handstand held 2 secs.	Handstand 180º or 360º pirouette, only 2 or 4 hand movements, then handstand held 2 secs.	
Handstand held 2 secs, then 180° or 360° pirouette, only 2 or 4 hand movements.	Handstand held 2 secs, then 180° or 360° pirouette, only 2 or 4 hand movements.	
	Straddle stand press to handstand	Straddle stand press to handstand
Straddle lever balance press to handstand (optional exit). **Either hold the straddle lever balance for 3 secs or the handstand for 2 secs**	Straddle lever balance press to handstand optional exit.	Straddle lever balance press to handstand optional exit. **(Moving through japana)**

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 0.4 (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 skill would be required to gain all 3 elements of strength, flexibility, and balance, worth 0.6 in composition.