THE 2025-2029 GIRLS' & BOYS' 2 PIECE 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 RULES FOR ALL THREE 2 PIECE CHAMPIONSHIPS

1.1 COMPETITION FORMAT

There will be three separate competitions running at the same time at the 2 Piece Championships. Please note the three separate sections in these rules, under the different coloured headings:

1) The Girls' 2 Piece Premier National Championships and Qualifier for the 5 Piece Premier National Championships.
2) The Girls' 2 Piece Challenge Cup Championships.
3) The Boys' 2 Piece National Championships.

Each team will perform the following:

1. Individual Set Floor.
2. Voluntary Vault.

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.

b) **In the Girls' Premier National Championships and the Girls' Challenge Cup Championships: T**he Under 9 age group has no lower limit. It is possible to make up a team with up to two gymnasts who are under age in the U10 and U11 age groups. Girls competing in the Under 13 age group must be 11 or 12 years old on 1st September of that academic year. Girls competing in the Under 15 or Over 13 age groups must be 13 years or over on 1st September of that academic year.

c) Very Small Schools may appeal in writing to the ISGA Chairman if they wish to include more than two girls competing out of age.

d) **In the Boys' National Championships:** It is possible, in any age group, to make up a team who are under age. If necessary all members of the team can be under age. No boys over the age limit are allowed to compete in that team.

e) Gymnasts are able to compete in a different age group at the 2 Piece Championships to the 5 Piece or the 4 Piece Championships in the same academic year.

f) The scores will be added together to produce an Individual and a Team score.

g) No school may enter more than the allotted six gymnasts.

h) 'B' teams are not eligible.

i) A school may not enter an individual except in an invitation All Stars Team if one is on offer.

j) 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.

k) Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

1.3 AFFILIATION

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 website under the Forms Tab.

1.4 ELIGIBILITY

1. For details of eligibility for The Girls' 2 Piece Premier National Championships and Qualifier for the 5 Piece Premier National Championships. See No. 2:2 on page 6.
2. For details of eligibility for The Girls' 2 Piece Challenge Cup Championships. See No. 3:2 on page 12.
3. For details of eligibility for The Boys' 2 Piece National Championships. See No. 4:2 on page 18.

1.5 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. The exact height, as near as possible to the minimum height prescribed, that the voluntary vaults will be for each age group. Measurements to be taken vertically from the floor to the vault top in a straight line.
2. What the length of the run-up, within the customary parameters, will be for each vault.

1.6 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.

1.7 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.

1.8 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.

1.9 PRIVACY POLICY

Please be aware of ISGA's Privacy Policy about 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

1.10 GENERAL COMPETITION RULES

1. The team should be uniformly dressed in matching leotards. Deduction 0.1 per gymnast per apparatus. A gymnast or gymnasts, 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 per apparatus.
   BOYS: Either matching leotards and shorts or PE shirt which must remain tucked into shorts. Boys plain gymnastics trousers may be worn.
2. Attire for religious reasons and leggings for religious/personal reasons are allowed for girls. 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 per apparatus.
3. Gymnasts should not pull down their clothing e.g. leotard or shorts 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 per apparatus. 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 through clips or products. Deduction for untidy hair 0.1 per apparatus.
6. No jewellery in any form, including small ear studs. Deduction 0.1. If ear studs are not able to be removed, they must be covered with skin coloured tape. No long nails or nail varnish. Deduction 0.1 per apparatus.
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. See 'Catch all' rule No. 17 on page 3.

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 his/her individual floor and vault.
11. Gymnasts may perform in any order on the Voluntary Vault or the Set Floor. The gymnast's number must be shown or given to the judge before competing.
12. The gymnast performs his/her Set Floor once only and has two attempts at 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 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 the vault discipline, with the older age group team warming up first and competing first if the run-up is shared.
14. There will be a £55.00 entry fee per team. £20.00 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 the 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 3 minute warm-up before being judged and the mats are limited (i.e. 5 gymnasts on a 12 x 2 metre set floor strip), teachers are advised to prepare this warm-up time in advance during training, to ensure maximum benefit to the pupils at the competition. Likewise on the vault, putting gymnasts together in springboard distance order and factoring in the time needed to change the vault heights, if desired, during the 3 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.

1.11 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 per apparatus	String bracelets not covered 0.1
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 and 0.5.	**Major deduction i.e. a complete fall = 1.0**

1.12 GENERAL VAULT NOTES FOR ALL THREE 2 PIECE CHAMPIONSHIPS

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/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 No. 1.11 above.

1.13 GENERAL VAULT DEDUCTIONS FOR ALL THREE 2 PIECE CHAMPIONSHIPS

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING - ALL VAULTS
SQUAT ON and IMMEDIATE STRAIGHT JUMP OFF			Extra step or hop 0.1 each step - 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	Only 1 hand on the vault 0.5		Extra arm swing 0.1 - 0.3
	1 hand lifted before the other 0.1-0.3		Fall against apparatus 0.5
	Too long on apparatus 0.1 - 0.5		Loss of balance 0.1 - 0.3
SQUAT THROUGH VAULT			Not showing landing position 0.1 - 0.3
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	Only 1 hand on the vault 0.5	Insufficient length 0.1 - 0.5	Failure to land feet first 1.0
Only 1 foot take off 0.1	1 hand lifted before the other 0.1-0.3	Insufficient extension 0.1 - 0.3	Under rotation-leaning back 0.1
Double bounce on board 0.1	Staggered hand position 0.1 - 0.3		Fall 1.0
	Too long on apparatus 0.1 - 0.5		Maximum landing deductions without a fall 0.8
STRADDLE VAULT			
Insufficient stretch 0.1 - 0.5	Legs not horizontal 0.1 – 0.5	Insufficient height 0.1 - 0.5	
Insufficient layout 0.1 - 0.5	Only 1 hand on the vault 0.5	Insufficient length 0.1 - 0.5	
Only 1 foot take off 0.1	1 hand lifted before the other 0.1-0.3	Insufficient extension 0.1 - 0.3	
Double bounce on board 0.1	Staggered hand position 0.1 - 0.3		
	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	Only 1 hand on the vault 0.5		
	1 hand lifted before the other 0.1-0.3		
	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	
Non-listed vault is a 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

2. THE GIRLS' 2 PIECE PREMIER NATIONAL CHAMPIONSHIPS & QUALIFIER - 5 PIECE

2.1. 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 10 competition: Under 10 on 1st September of the current academic year *
c) An under 11 competition: Under 11 on 1st September of the current academic year *
d) An under 13 competition: 11 or 12 years old on 1st the September of the current academic year *
e) An under 15 competition: 13 or 14 years old on 1st the September of the current academic year *
f) 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.

2.2. ELIGIBILITY

1. Under 10, 11, 13, 15 and over 13 teams placed in the top 6 positions in the relevant age groups in the previous season's 5 Piece Premier National Championships, with 'relevance' being determined according to the 5 Piece eligibility criteria, are **not eligible** to compete in the Girls' 2 Piece Premier National Championships or the Girls' 2 Piece Challenge Cup Championships.
2. Under 9 teams have no restrictions. All under 9 teams are eligible and may need to qualify if they wish to compete in the 5 Piece Premier National Championships. Qualification will be required if more than the allocated number of teams apply in the under 9 age group.

2.3. THE QUALIFIER

When necessary, the Girls' 2 Piece Premier National Championships becomes a 2 tier competition. It is a Championships in its own right, but is also used as a qualifying competition for the Girls' 5 Piece Premier National Championships in March, if more than the allocated number of teams apply in a particular age group.

- Teams who do not intend to enter the 5 Piece Premier National Championships may still enter the 2 Piece Premier National Championships.
- All teams entering the 5 Piece Premier National Championships will be allocated a place in the Championships unless the number of schools applying in that age group exceeds the quota of teams allowed. Teams who do not have automatic entry will then be required to qualify. The qualifying process takes place at the ISGA 2 Piece Premier National Championships in the autumn.
- In the event of a tie in the 2 Piece Premier National Championships, where it may matter about placings when qualifying for the Girls' 5 Piece Premier National Championships, the totals of the teams' top 4 vault scores will be compared. In the case of this being tied then the decision will go on the totals of the top 3 vault scores and so on.

Qualifying for the 5 Piece Premier National Championships:

Under 9 Championships: All teams have to qualify unless there are fewer than 15 entries.

Under 10 Championships: The top 10 teams in the preceding under 9 age group at the 5 Piece Premier National Championships automatically qualify. Everyone else will need to qualify if there are more than 15 entries.

Under 11 Championships: The top 10 teams in the preceding under 10 age group at the 5 Piece Premier National Championships secure a place. Everyone else will need to qualify if there are more than 15 entries.

Under 13 Championships: The top 10 teams in the preceding under 13 age group at the 5 Piece Premier National Championships secure a place. Everyone else will need to qualify if there are more than 15 entries.

Under 15 Championships: The top 10 teams in the preceding under 15 age group at the 5 Piece Premier National Championships secure a place. Everyone else will need to qualify if there are more than 15 entries.

Over 13 Championships: The top 10 teams in the preceding over 13 age group at the 5 Piece Premier National Championships secure a place. Everyone else will need to qualify if there are more than 15 entries.

2.4. RULES

SET FLOOR: As per the ISGA Girls' 5 Piece Premier National Championships rules.

VOLUNTARY VAULT: As per the ISGA Girls' 5 Piece Premier National Championships rules with the exceptions that no vault more difficult than a handspring or half on may be performed and the tariffs are slightly upgraded.

2.5. VOLUNTARY VAULT

a) A vaulting horse will be used widthways only.
b) 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 the gymnast's first vault score, before the second vault is taken.
c) Only the vaults listed below may be performed. Any other vault will be a void vault eg. a half on and half off vault or Yamashita vault.
d) 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.
e) 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.
f) Vault landing deductions, other than an actual fall will be up to a maximum of 0.8.
g) A fall on landing will be a deduction of 1.0.
h) Below are the minimum vault heights. Gymnasts may vault higher if they choose.
i) See also General Vault Notes No. 1.12 on page 4 and the Voluntary Vault Deductions No. 1.13 on page 5.

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position	7.50
Squat through vault	9.50
Straddle vault	9.50
Handspring vault	10.00
Half on vault	10.00

HEIGHT OF VAULT (as near as possible)	
Under 9	90 cm
Under 10	90 cm
Under 11	100 cm
Under 13	110 cm
Under 15	110 cm
Over 13	110 cm

2.6. SET FLOOR FOR 2 PIECE PREMIER NATIONAL CHAMPIONSHIPS

SET FLOOR FOR UNDER 9, 10 & 11

Show good upright posture with tension for 3 seconds.	
Spin 360°.	0.6
Handstand Forward Roll.	1.0
Round Off, immediate rebound Star Jump.	1.2
Chassé Catleap, Cartwheel, Cartwheel ¼ turn inward to lunge.	2.0
Forward Roll to pike sit.	0.6
Bridge	0.6
Back Support to Side Support to Front Support.	1.2
Headstand with straight legs.	0.6
Backward Roll.	0.6
Tuck Jump 180°.	0.6
Total	**9.0**
Bonuses	1.0
TOTAL	**10.0**

SET FLOOR FOR UNDER 13, 15 & OVER 13

Show good upright posture for 3 seconds	
540° spin	0.8
Backward roll to front support	0.8
180° high straight jump	0.6
Round off, jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge	1.8
Upright arabesque	0.8
Squat position then forward roll into a dish position	0.6
Free V-sit position	0.8
Unsupported shoulder stand immediate 360°high straight jump	1.4
Handstand forward roll, immediate split jump	1.4
Total	**9.0**
Bonuses	1.0
TOTAL	**10.0**

2.7. DEDUCTIONS AND NOTES FOR PREMIER NATIONAL SET FLOOR

1. The routine to be performed along a strip of mat approximately 2m wide.
2. Gymnasts may start from either end of the strip. Stepping off the strip – a deduction of 0.1 each time.
3. Missing elements – deduct the value of the skill. Part elements deduct part of the value of the skill i.e.:
   0.6 for either missing the round off or missing the star jump in the round off star jump skill.
   0.4 for missing either the back support, or the side support or the front support.
4. Elements performed in the incorrect order – deduct 0.5, and elements performed in the wrong direction deduct 0.3.
5. Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls back to feet, deduct 0.5. See Notes below.
6. 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. 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.
8. 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 or foot, is 0.1, 0.2 or 0.3. Adjustment/loss of control when entering a balance e.g. V-sit or shoulder stand is 0.3, 0.4 or 0.5.
9. 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, 0.2 or 0.3 each time.
10. Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time
11. See also General Competition Deductions 1.11 on page 4.

NOTES FOR COACHES & JUDGES FOR UNDER 9, 10 & 11 SET FLOOR:

1. For the Under 9, 10 & 11 Set Floor, the gymnast needs to start roughly 2 m from end of mat.
2. There is a change of direction after the round off star jump and again after the headstand.

Handstand forward roll:

- There is no voluntary step into the start of the handstand. From standing, the leg is lifted immediately into the skill. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.1.
- If the gymnast performs the forward roll but omits the handstand, deduct 0.5.
- 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.

Headstand with straight legs:

- The headstand passes through a tucked position before the legs are straightened.
- The headstand must return to the feet. It must not roll out. Deduct 0.5.
- The bonus is given for piked levered up to headstand with straight legs throughout.
- If a straddle levered up to headstand is performed, deduct 0.5.

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.
- The bonus is given for a piked backward roll with legs straight **throughout.**
- If a backward roll to straddle is performed deduct 0.5.
- If a backward roll to front support is performed deduct 0.5.
- 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.

Tuck jump 180^{o}:

Step forward, join feet together and tuck jump 180^{o}. The arms are optional, before, during the jump and on the landing but must stretch up and finish with arms in a high V above head.

NOTES FOR COACHES & JUDGES FOR UNDER 13, 15 & OVER 13 SET FLOOR:

1. For the Under 13, 15 and Over 13 Set Floor, the gymnast needs to start at one end of mat. Facing towards the judges.
2. There is only one change of direction and that is after the arabesque.

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 on the floor and then put them by ears on the floor with no deduction. (i.e. 2 touches in the roll). A bonus will be given for keeping the arms straight throughout but there is no bonus available for touching only once.

Round off jump 180^{o} to land on one foot, into a cartwheel ¼ turn inwards to lunge: This finishes in a lunge with the chest up and arms in a high V position above head.

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 0.3.
- 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 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, in the jump. Arms are optional on the landing and then stretch up finishing with arms in a high V position above head.



Cartoon by Bob Currier.

2.8. U9, U10 & U11 PREMIER SET FLOOR		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 **Spin 360º** 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.	0.6	Deduct 0.1 – 0.3 for not completing the 360°. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if the spin is not on the toes the whole way round. Deduct 0.1 if spin is reversed. 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 extending the free leg out to horizontal in front and lowering it with control.
Lift leg and step immediately into **Handstand Forward Roll**. Finish with arms in high V position above head.	1.0	Deduct 0.1 if lifted toe touches floor and is lifted again before the handstand. Deduct 0.1 – 0.3 for lack of form in the handstand. Deduct 0.5 if the 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 held for 2 seconds. 0.1 for straight arm rollout.
Hurdle step into **Round Off, immediate rebound Star Jump** with controlled landing.	1.2	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 – 0.3 for star jump not immediate. Deduct 0.1 – 0.3 for uncontrolled landing.	0.1 for dynamics.
Chassé, Catleap, Cartwheel, 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.	2.0	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 for deviation from straight line, Deduct 0.1 – 0.3 for pause between elements Deduct 0.1 – 0.3 for bent legs or toes not pointed in cartwheel. Deduct 0.1 for not finishing in a lunge with chest up and arms in a high V position.	0.1 for flight into first cartwheel. 0.1 for second cartwheel being 1 handed.
Bring back foot to join front foot and **Forward roll to Pike Sit**. Legs must remain straight once feet have left the floor. Finishing with back straight and arms out forwards, parallel to floor.	0.6	Deduct 0.1 for legs not remaining straight once feet have left the floor. Deduct 0.1 for arms not finishing forward and parallel to floor. Deduct 0.1 for back not straight. Deduct 0.3 if pike sit position is not shown.	
Roll back to floor and then push up into **Bridge.** With legs straight, knees together. Hold for 3 seconds.	0.6	Deduct 0.1 – 0.3 for bent legs, bent arms, legs not together, and feet not flat on floor. Deduct 0.1-0.3 for lack of extension in shoulders Deduct 0.1 for arms not shoulder width apart. Deduct 0.1 for each second not held. No deductions for minor adjustments going into bridge.	
Lower bridge to floor and sit up in pike position, hands on floor behind hips, fingers facing toes. Push up to **Back Support** held for 3 seconds. Rotate supporting hand before turning to show **Side Support**, with free arm in air. Continue round into **Front Support**, held for 3 seconds. Fingers must face forwards.	1.2	Deduct 0.1 if fingers do not face towards the toes in back support Deduct 0.1 if fingers do not face forwards in 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 – 0.3 for lack of tension and stretch in back, side and front support. Deduct 0.3 if side support with free arm in air not shown. Deduct 0.1 for each second not held in the back support and the front support.	
Lower knees to floor and sit back on heels, **Headstand with straight legs** passing through a tucked positon. Back and legs straight and vertical 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.	0.6	Deduct 0.1 for not sitting back on heels. Deduct 0.1 for back or legs not straight and vertical. Deduct 0.1 for knees not leaving or feet not returning to floor together. Deduct 0.3 - 0.5 for adjustment or loss of control going into headstand. 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. Deduct 0.5 if bonus is attempted and a straddle levered headstand is performed.	0.1 for piked levered up to headstand with straight legs throughout.
Backward Roll to finish with feet together and arms in a high V position above head. See notes for coaches and judges on page 7.	0.6	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 or front support is performed. Deduct 0.1- 0.3 for lack of fluid motion if pike bonus is attempted. i.e. Walking hands towards feet. Deduct 0.1 for arms not finishing in high V above head.	0.1 for Piked Backward Roll with straight legs throughout
Step forward, join feet together. **Tuck Jump 180º.** Arms are optional before the jump, during the jump and on landing, Then stretch up finishing with arms in a high V position above head.	0.6	Deduct 0.1 - 0.3 for knees not up to chest. Deduct 0.1 - 0.3 for chest not high. Deduct 0.1 – 0.3 for incomplete turn in tuck jump 180º or 360º. Deduct 0.1 for lack of height in jump 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 Tuck Jump 360º, 0.1 for secure landing.

Total of Content	9.0	Total of Bonuses	1.00
2.9. U13, 15 & O13 PREMIER SET FLOOR		**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.	
Step forward into 540º spin 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 540°. 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.	
Join the back foot to the front foot and take 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 seconds. See notes on page 7.	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.	0.1 for straight arms throughout.
Squat in and immediate 180° high straight jump. The jump should start from the squat position. There should be only one arm movement or swing from squat position to jump.	0.6	Deduct 0.1 – 0.3 for pause between the squat in and the jump. Deduct 0.1 – 0.3 for extra arm swing. 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 lack of secure landing.	
Jump forwards into a hurdle step with lunge and round off, straight jump 180° to land on one foot, into a 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 8.	1.8	Deduct 0.3 if jump lunge forward into a hurdle step not shown. Deduct 0.1 – 0.3 for any pauses between the moves. 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 180º 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 dynamics. 0.1 for flight into 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/below 10° 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 the arabesque is not held. Deduct 0.1 for leg below 45°.	0.1 for leg raised to 90°at the back.
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.	0.6	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 – 0.3 if arms are not by the ears or hands and feet not in alignment. Deduct 0.1 for each of hands, shoulders or feet not off the floor. Deduct 0.1 for each second the dish position is not held.	
Raise legs and torso into a free V-sit position. Legs may be tucked while being raised or they may be kept straight for the bonus. The back and legs must be straight. The arms must be low and straight but not touching the floor or the legs. The V shape must be equilateral. Hold for 3 seconds.	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 free V-sit. 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 lifting legs from dish up into free- v-sit without tuck position.
Lower straight legs onto floor into long sit position. Arms optional. Roll back with straight legs into an unsupported shoulder stand. Arms straight on floor by hips. Hold for 3 seconds. Roll down into an immediate 360° high straight jump. The jump should start out of the roll. There should be only one arm movement or swing from roll to jump.	1.4	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 each second not held. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for lack of height in jump. Deduct 0.1 – 0.3 for lack of stretch and tension in jump. Long sit position not shown 0.1	0.1 for arms on floor above head in shoulder stand. 0.1 for secure landing.
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 notes for coaches and judges on page 8.	1.4	Deduct 0.3 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 handstand is repeated. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for pause between roll and jump and jump not starting out of the roll. Deduct 0.1–0.3 for bent legs. Deduct 0.1 – 0.5 for 180º split not shown in the jump. Deduct 0.1 if arms do not finish diagonally high 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**

3. THE GIRLS' 2 PIECE CHALLENGE CUP CHAMPIONSHIPS

Teams may enter either the Girls' 2 Piece Premier National Championships and Qualifier for the 5 Piece Premier National Championships or the Girls' 2 Piece Challenge Cup Championships, but not both. Teams opting to take part in the Girls' 2 Piece Challenge Cup Championships will not be eligible to qualify for the Girls' 5 Piece Premier National Championships, but girls in the Under 9, 11 and 13 age groups may enter the Girls' 4 Piece Challenge Cup Championships.

3.1. AGE GROUPS

Competitions shall be held in the following age groups as long as the numbers warrant a competition in that age group:

a) An under 9 competition: Under 9 on 1st September of the current academic year *
b) An under 10 competition: Under 10 on 1st September of the current academic year *
c) An under 11 competition: Under 11 on 1st September of the current academic year *
d) An under 13 competition: 11 or 12 years old on 1st September of the current academic year *
e) An under 15 competition: 13 or 14 years old on 1st September of the current academic year *
f) 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.

3.2. ELIGIBILITY

1. Open to any school that has NOT entered the Girls' 5 Piece Premier National Championships in that current academic year.
2. Under 10, 11, 13, 15 and Over 13 teams placed in the top 6 positions in the relevant age groups in the previous season's 5 Piece Premier National Championships, with 'relevance' being determined according to the 5 Piece eligibility criteria, are **not eligible** to compete in the Girls' 2 Piece Challenge Championships.
3. The 4 Piece Challenge Cup Championships is aimed at new and novice gymnasts. 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**.

3.3. RULES

SET FLOOR: For Under 9, 10 & 11 age groups, as per the Under 9 & 11 ISGA Girls' 4 Piece Challenge Cup Championships rules. For the Under 13, 15 and Over 13 age groups, as per the Under 13 ISGA Girls' 4 Piece Challenge Championships rules.

VOLUNTARY VAULT: For the Under 9, 10, & 11 age groups, as per the Under 9 & 11 ISGA Girls' 4 Piece Challenge Cup Championships. For the Under 13, 15 and Over 13 age groups, as per the Under 13 ISGA Girls' 4 Piece Challenge Championships rules.

3.4. VOLUNTARY VAULT

a) The vault will be used widthways only.
b) Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
c) A safety mat may be used on the top of the landing area if desired and available, with no extra deductions.
d) 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.
e) Only the vaults listed below may be performed. Any other vault will be a void vault eg. handspring vault
f) 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 10.0 to give a final score. The higher score will count.
g) 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.
h) Vault landing deductions, other than an actual fall will be up to a maximum of 0.8.
i) A fall on landing will be a deduction of 1.0.
j) Below are the minimum vault heights. Gymnasts may vault higher if they choose.
k) See General Vault Notes No. 1.12 on page 4 and General Vault Deductions 1.13 on page 5.

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 & 10	90 cm
Under 11	100 cm
Under 13, 15 & Over 13	110 cm

3.5. SET FLOOR FOR 2 PIECE CHALLENGE CUP CHAMPIONSHIPS

SET FLOOR FOR UNDER 9, 10 & 11

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 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	**9.0**
Bonuses	1.0
TOTAL	**10.0**

SET FLOOR FOR UNDER 13, 15 & OVER 13

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, into a 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. High straight jump 360°.	1.4
Handstand forward roll, immediate split jump	1.4
Total	**9.0**
Bonuses	1.0
TOTAL	**10.0**

3.6. DEDUCTIONS AND NOTES FOR THE CHALLENGE CUP SET FLOOR

1) The Under 9, 10 & 11 age groups have the same Set Floor but it is different to the Under 13, 15 & Over 13 age group.
2) Both these routines have been designed as a 'development' floor routine towards the 5 Piece Premier National Championships. 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 skills gradually bring the gymnast closer in line with the 5 Piece Premier National routine.
3) The routine to be performed along a strip of mat approximately 2 metres wide.
4) There will be a 0.1 deduction for stepping off the strip (each time).
5) Gymnasts are allowed to start at either end of the strip.
6) Missing elements – deduct the value of the move. Part elements deduct part of the value of the move.
7) Elements performed in incorrect order – deduct 0.5 and elements performed in wrong direction deduct 0.3.
8) Attempted moves will receive a deduction on execution only i.e. the handstand forward roll, falls backwards to feet, deduct 0.5 plus other deductions. See notes for coaches and judges on page 14 & 15.
9) 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.
10) 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.
11) 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. V-sit or shoulder stand is 0.3, 0.4 or 0.5.

12) 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.
13) Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
14) See also General Competition Deductions 1.11 on page 4.
15) The table for the Girls 2 Piece Under 9, 10, and 11 Challenge Cup Championships Set Floor, can be found on page 16 and the Table for the Girls 2 Piece Under 13, 15 & Over 13 Challenge Cup Championships Set Floor can be found on page 17.

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

1. For the Under 9, 10 & 11 Set Floor, the gymnast needs to start roughly 2 m from end of mat.
2. There is a change of direction after the round off star jump and again after the headstand.

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 0.1.
- 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 gymnast repeats the handstand, 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. The gymnast finishes in a stretched position with arms in a high V position above the head.
- The legs may be bent or straight in the middle of the roll.
- 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 head.



Cartoon by Bob Currier.

NOTES FOR COACHES AND JUDGES FOR UNDER 13, UNDER 15 & OVER 13 CHALLENGE 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 before stepping forward into a 360° spin. If attempting the bonus 540° spin, after presenting to the judge, the gymnast faces down the mats 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 on 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, than 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 be 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 into the round off. For the bonus, the jump 180° turn lands on one foot and goes immediately into the Catrwheel ¼ turn inwards to lunge. Finishing in a lunge with chest up and arms in a high V position.

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 floor by 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 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.

3.7. UNDER 9, 10 & 11 CHALLENGE CUP SET FLOOR		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 180º** 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. Repeat the **Spin 180º** on toes, on the same foot, to complete a 360º rotation. i.e.2 x Spin 180º	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 360º.
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. See notes on Page 14.	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. 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 the Star Jump is immediately after the cartwheel/round off.
Chassé, Catleap, Cartwheel ¼ turn inward to lunge. Finishing 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 – 0.3 for pause between elements. Deduct 0.1 – 0.3 for bent legs or toes not pointed in cartwheel. Deduct 0.1 for not finishing 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 for adding a 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 the feet have left the floor. Arms finishing out forward parallel to the 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. Deduct 0.3 if pike sit position is not shown.	
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 forwards. **For Bonus:** After back support, rotate supporting hand before turning to show Side Support, with free arm in air. Continue round into front support.	1.2	Deduct 0.1 if fingers do not face towards the toes in back support. Deduct 0.1 if fingers do not face forwards in front support. Deduct 0.1 – 0.3 for lack of tension and stretch in back and front support and in side support if bonus is attempted. 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 is attempted. Deduct 0.3 - 0.5 for adjustment or loss of control going into headstand. 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. See notes on page 14.	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 180º**, 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 180º or 360º. 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 360º. 0.1 for secure landing.
Total of Content	**9.0**	**Total of bonuses**	**1.00**

3.8. UNDER 13, 15 & OVER 13 CHALLENGE CUP		DEDUCTIONS	BONUSES
Stand showing good upright posture for 3 seconds. See notes for coaches and judges on page 14.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Start facing outwards. Step forward into Spin 360º 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 540º. 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 seconds. See notes page 11.	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 jump 180º 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 jump. See notes page 14.	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 180° high straight jump 180°.
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 14.	1.4	Deduct 0.3 if hurdle step into round off not shown. 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 180º 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 180º 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/below 10° 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 the arabesque is 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 14.	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. See notes page 14.	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 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 jump 360º.
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 for coaches and judges on page 14.	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 – 0.3 for bent legs/toes not pointed. Deduct 0.1 – 0.5 for 180º split not shown in the jump. Deduct 0.1 if arms do not finish diagonally high 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**

4. THE BOYS' 2 PIECE NATIONAL CHAMPIONSHIPS

4.1 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.

4.2 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 to enter each age group.

4.3 RULES

Set Floor: As per the ISGA Boys 4 Piece National Championships rules.
Voluntary Vault: As per the ISGA Boys 4 Piece National Championships rules.

4.4 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 1.12 on page 3 and General Vault Deductions No. 1.13 on page 4.

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 and Over 13	110 cm



Cartoon by Bob Currier

4.5 SET FLOOR FOR 2 PIECE BOYS NATIONAL CHAMPIONSHIPS

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**

4.6 DEDUCTIONS AND NOTES FOR THE BOYS 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 and elements performed in wrong direction deduct 0.3.
6. 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 20.
7. 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.
8. 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..
9. 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 or frog balance is 0.3, 0.4 or 0.5.
10. 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.
11. Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
12. See also General Competition Deductions 1.11 on page 4.

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.

4.7 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 for coaches and judges on page 20.	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 for coaches and judges on page 20.	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**

4.8 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**