

THE 2016/2020 4 PIECE BOYS NATIONAL CHAMPIONSHIPS RULES

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1. GENERAL

1.1. COMPETITION AGE GROUPS

Competitions shall be held in the following age groups:

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

*i.e. midnight on 31st August.

Pupils who are being taught in classes lower or higher than their chronological age at their school for any reason, must compete in their correct age group as shown above.

1.2. TEAMS

- a) A team may consist of six gymnasts, with 5 competing on each discipline. All gymnasts must be from the same school. It is possible to make up a team with up to two boys who are under age in the U11, and U13, age groups. Very Small Schools may appeal in writing to the I.S.G.A. Chairman if they wish to include more than two boys competing out of age. Boys in the Under 9 age group have no lower limit.
- b) The top four scores on each discipline will count.
- c) A team may consist of four or five members only, if desired.
- d) The scores will be added together to produce an Individual and a Team score.
- e) No school may enter more than the allotted six gymnasts.
- f) A school may not enter an individual except in an invitation All Stars Team if one is on offer.
- 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. Individual Set Floor
4. Individual Voluntary Floor (no music)

1.4. ELIGIBILITY

All schools are encouraged to enter a team in each of the three 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 I.S.G.A. Affiliations are due from 1 May 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. All affiliation forms may be downloaded from the I.S.G.A. website: isgagymnastics.org Those applying for Very Small School status need to fill in an additional form which is signed by the head teacher.

1.6. ENTRY FORMS

Entry forms may be downloaded from the I.S.G.A. website: isgagymnastics.org

1.7. HOST SCHOOLS

Host schools must consult and agree with the General Secretary as soon as possible and at least one month before a competition 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 will be for each age group. Measurements to be taken 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.

1.8. 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 I.S.G.A. website: isgagymnastics.org The form explains the criteria which must be applied. No other exemptions are permitted.

1.9. DISCLAIMER

Schools should download a disclaimer form from the I.S.G.A. website: isgagymnastics.org The coach and their Head Teacher are required to sign and return a copy of this disclaimer before attending a National competition run under I.S.G.A. rules. This has to be posted to the General Secretary and is only valid for one academic year.

2. GENERAL COMPETITION RULES

1. The team should be uniformly dressed, in either matching leotards and shorts or PE shirt which must remain tucked into shorts. **No boys' gymnastics trousers are permitted for floor and vault work.** Any boy wearing trousers will be asked to remove them and replace them with shorts, before they are allowed to compete.
2. Gymnasts should not pull at their clothing. Deduction 0.1
3. If hair is long it must be tied back. Deduction for untidy hair 0.1.
4. All teachers and coaches are required to wear professional attire suitable for a national competition. Watches that might scratch a child, if worn should be covered by a sweat band or similar.
5. Teams must line up before the judging panel, at the start and end of each discipline.
6. Each gymnast must present to the judges at the start and finish of his individual floors and vaults. Deduction 0.1 each time.
7. 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.
8. 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 always warm up for the first 3 minutes. The older age group will also compete first unless they have fewer than 5 gymnasts, in which case the team with the most gymnasts starts first. There will be a timed warm up of 3 minutes for each school on each vault discipline.

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.

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. If head touches on a handspring, the vault is still awarded but deductions will obviously be made at various stages.
4. 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.
5. Schools may NOT bring their own springboard, and may not move any springboard from a piece of apparatus.
6. The gymnast may have 2 attempts at the vault and the higher score counts.

HEIGHT OF VAULT (as near as possible)

Under 9	90 cm
Under 11	100 cm
Under 13	110 cm

These are minimum vault heights. Gymnasts may vault higher if they choose and the apparatus allows.

4. SET VAULT

SQUAT THROUGH VAULT

1. The Set Vault is marked out of 10.00.
2. The vault is used widthways.
3. A vaulting horse will be used.
4. The aim is for the gymnast to show a layout position in first flight. Repulsion off the horse to give height and length in the second flight and a safe controlled landing.

4.1. EVALUATION OF MARKS:

Take off and flight on	2.5
Repulsion from vault (height)	1.0
Flight Off (length)	2.5
Shape of overall vault	3.0
Landing	<u>1.0</u>
TOTAL	10.0

5. VOLUNTARY VAULT

1. Gymnasts may vault widthways or lengthways. The widthways vaults will be performed first followed by the lengthways vaults.
2. A vaulting horse will be used widthways and a vaulting box will be used lengthways.
3. Two vaults to be performed from the list below.
4. The vault 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. 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 the higher setting if they wish.

VAULT WIDTHWAYS

Squat on, immediate straight jump off from squat position	TARIFF 8.0
Squat through vault	10.0
Straddle vault	10.0
Handspring	10.0

VAULT LENGTHWAYS

Squat on, immediate catspring or leapfrog off	TARIFF 9.0
Long Through vault	10.0
Long Straddle vault	10.0
Long Handspring	10.0

So, for example, in a squat on vault widthways, the judge will add up any deductions made and then take this figure away from the tariff of 8.0 to give a final score.

5.1. VAULT DEDUCTIONS

Take off and flight on	up to 2.5
Repulsion from vault (height)	up to 1.0
Flight off (length)	up to 2.5
Shape of vault overall	up to 3.0
Landing	up to 1.0
Touch of the apparatus or floor	up to 0.3
Too deep knee bend on landing	up to 0.3
Brush of hand on landing	up to 0.3
Each step on landing	up to 0.1 (max. 0.5)
Fall on landing	up to 0.5
Support from coach on either side of the vault	Void vault

6. 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) The gymnast should walk on and off the mat with good posture and 'Present' to the judge making eye contact.
- 5) The gymnast needs to present again to the judge at the end of the routine.
- 6) Missing elements - deduct the value of the move.
- 7) Attempted moves will receive a deduction on execution only.

6.1. EVALUATION OF MARKS

Show good posture (3 seconds)	
Cat leap, cartwheel, cartwheel	1.7
Forward roll	0.7
Backward roll to straddle stand	0.7
Circle roll	0.7
Pike Fold	0.7
Dish position	0.7
Arch position, Front support position, jump to crouch	1.2
Tucked headstand	0.7
Frog balance	0.7
Tuck jump, 180° high straight jump	<u>1.2</u>
	9.0
Bonuses	<u>1.0</u>
TOTAL	10.0

INDIVIDUAL SET FLOOR - NOTES for Coaches and Judges:

The gymnast should walk on and off the mat with good posture and 'Present' to the judge making eye contact.

1. Stand and show good posture for 3 seconds.
2. Step catleap, landing with feet apart, one foot in front of the other. Join feet together by bringing the back foot to front foot. Lift arms high in the air and lift the leading leg into a cartwheel finishing sideways with arms diagonally high. Keeping arms high, lift leading leg again into a second cartwheel finishing sideways $\frac{1}{4}$ turn inwards to lunge to face the way you started. Finish with arms diagonally high.
Bonus 1: for the catleap landing on one foot and going immediately into the cartwheel.
Bonus 2: For the first cartwheel going immediately into the second cartwheel i.e. Landing on one foot, keeping arms high and then immediately reach into the second cartwheel.
3. Close back foot to front foot. Then stretch arms above head before lowering to show the squat position with a straight back and arms forward. Roll forwards showing straight legs, before tucking them to stand. Ensure that the head is tucked under and that the roll is on the shoulders, not the head. Finish stretched with arms diagonally high in the air.
Bonus 1: Stretch arms above head then step and lift into a good shaped handstand forward roll to stand. Finish with feet together and arms diagonally high.
Bonus 2: For straight arms coming out of the handstand.
4. From standing, lower to squat and backward roll with bent leg entry to straddle stand. The roll is on the back with hands going on the floor behind the head in order to achieve the push up to standing straddle. Arms finish diagonally high above head. Hold position.
Bonus: From standing, straight legs to be used throughout the backward roll. The gymnast can put his hands down to touch and then put them by his ears with no deduction. (ie 2 touches in the roll).

5. Slide legs outwards and lower to straddle sit without bending knees. Hands are allowed to touch the floor between the legs when lowering body from straddle stand to straddle sit, if desired, without any deductions. Teddy bear roll (circle roll) 180° only. Arms start parallel to legs, hands should not hold legs. Legs must remain straight throughout the roll. Close legs to long sit with arms above head.
6. With arms high, stretch forwards into pike fold, with hands placed flat on the mat by the feet and hold for 3 seconds.
7. Sit up and lower back into a dish position with hands over thighs. Hold for 3 seconds with tension. Raise arms above head before turning over.
Bonus: Instead of placing hands on thighs, take arms upwards and backwards so that the ears are being covered by the arms. The back must remain flat on the floor. Hold for 3 seconds with tension.
8. Turn over to show an arch position without allowing feet, arms or head to touch the mat. Keep the arms covering the ears during the turn into the arch position. Hold the arch shape for 3 seconds with tension. Lower the arms and legs to the floor and push up into a front support position. Jump to crouch and balance for 3 seconds showing a straight back and arms forwards.
Bonus: Push up to front support with a straight body.
9. Reach forward into a tucked headstand. The body should remain tucked and show a straight back. Hold for 3 seconds. Feet should leave the floor together and return to the floor together and into a squat position. Do not roll over forwards (deduction 0.5).
Bonus: For straight legs throughout the headstand i.e. pike levered up to vertical. Hold for 3 seconds and return to squat position.
10. From squat position, open knees outwards and place hands on the floor. Press legs into elbows, lean forwards slightly and take feet off mat into a frog balance. Thumbs must be facing forwards in the same direction as the fingers and not facing backwards (deduction 0.3). Hold for 3 seconds. Return to feet and stand with arms diagonally high above head.
11. Lower arms. Step forward to join the feet together before performing a tuck jump. Arms swing upwards and forwards, knees towards chest, back straight, finish move with arms above head. Step forward to join the feet together again before performing the 180° high straight jump. Arms swing down then up above head during the jump and finish diagonally high.
Bonus 1: For a 360° high straight jump (instead of 180° jump).
Bonus 2: For a secure landing after the 180° or 360° high straight jump.

6.2. TABLE: SET FLOOR		DEDUCTIONS AND NOTES		BONUS
1	Show good upright posture, arms by side - 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
2	Step <u>catleap</u> , landing with feet apart. Join feet by bringing back foot to front foot. Lift arms high and lift leading leg into a <u>cartwheel</u> finishing sideways with arms diagonally high. Keeping arms high, lift leading leg again into a <u>second cartwheel</u> finishing ¼ turn inwards to lunge facing the way you started. Finish with arms diagonally high.	1.7	Deduct 0.1 if arms not diagonally high after finishing second cartwheel. Deduct 0.3 if second cartwheel does not finish in a ¼ turn lunge. Deduct 0.2 if second cartwheel finishes facing the wrong direction.	0.1 for catleap landing on one foot and immediate cartwheel. 0.1 for first cartwheel landing on one foot and immediate second cartwheel.
3	Stretch arms above head before showing a squat position, arms forward. <u>Forward roll</u> with straight legs to stand. Finish stretched with arms diagonally high above head.	0.7	Deduct 0.1 for squat or stretched position not shown Deduct 0.1 for back not straight and arms not forward. Deduct 0.1 for legs not straight. Deduct 0.2 if roll is not on the shoulders. i.e. head touches floor. Deduct 0.5 if the bonus handstand falls backwards down to feet. The handstand should not be repeated, but the roll must then be performed. Deduct 0.1 if arms do not finish diagonally high above head.	0.1 for handstand forward roll. 0.1 for straight arm roll out of handstand.
4	Lower to squat and <u>backward roll to straddle stand</u> . Arms finish diagonally high.	0.7	Deduct 0.5 if roll is unsuccessful. A second attempt is not permitted but the straddle stand position must be shown. Deduct 0.1 – 0.2 if straddle stand position is not shown. Deduct 0.1 for arms not finishing diagonally high.	0.1 for straight legs throughout the backward roll to straddle stand.
5	Slide legs and lower with straight legs to straddle sit. Hands may touch floor between legs. <u>Teddy bear roll</u> . (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.	0.7	Deduct 0.1 – 0.2 for bent legs whilst lowering to floor. Deduct 0.1 – 0.2 for bent legs during the roll. Deduct 0.2 for hands holding legs in roll. Deduct 0.1 for arms not above head in long sit.	
6	With arms high, stretch forward into <u>pike fold</u> . Hands flat on mat by feet. Hold for 3 seconds.	0.7	Deduct 0.1 – 0.5 for chest not on legs. Deduct 0.1 for hands not flat on mat by feet. Deduct 0.1 for each second not held.	
7	Sit up and lower back into a <u>dish position</u> with hands over thighs. Hold for 3 seconds.	0.7	Deduct 0.1 for feet, or hands or shoulders on floor in held dish position. Deduct 0.1 – 0.3 for arched back. Deduct 0.1 for each second not held.	0.1 for arms by ears during the dish position whilst retaining back flat on the floor.
8	Turn over to <u>arch position</u> . Arms remain by ears in the turn. Hold for 3 seconds with tension. Lower arms and legs to floor. Push up to <u>front support position</u> . Hold for 3 seconds. <u>Jump to crouch</u> and show a straight back and arms forward. Hold for 3 seconds.	1.2	Deduct 0.1 - 0.2 if feet, arms or head touch mat in the turn to arch. Deduct 0.1 – 0.2 for bent legs or arms in the turn to arch. Deduct 0.1 for each second the arch position, front support or crouch position is not held. Deduct 0.1 for lack of tension in arch position. Deduct 0.1 for arms not by ears in turn. Deduct 0.1 for back not straight or arms not forward in crouch position.	0.1 for straight body pushed up to front support.
9	<u>Tucked Headstand</u> . The body should remain tucked and show a straight back. Hold for 3 seconds. Return to feet – squat position. Do not roll over forwards.	0.7	Deduct 0.1 for back not straight. Deduct 0.1 – 0.2 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 throughout the headstand i.e. pike levered up to vertical.
10	From squat position, open knees outwards and place hands on floor. Press legs into elbows, lean forwards slightly, take feet off mat into a <u>frog balance</u> . Hold for 3 seconds. Return to feet and stand with arms diagonally high above head.	0.7	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 if arms do not finish diagonally high above head.	
11	Lower arms. Step, join feet, <u>tuck jump</u> . Arms swing upwards and forwards. Raise arms above head. Step join feet into a <u>180° high straight jump</u> . Arms swing down then up above head during the jump and finish diagonally high.	1.2	Deduct 0.1 – 0.3 if knees not to chest in tuck jump. Deduct 0.1 – 0.2 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 – 0.2 for lack of height in jump. Deduct 0.1 if arms do not finish diagonally high after straight jump.	0.1 for a 360° 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

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.
- c) The duration of the exercise should be between 50 - 70 secs. The exercise is timed from the gymnast's first movement until his last movement.

7.2. CONTENT

The content used to construct the floor routine should be taken from the I.S.G.A. Code found on page 9. A routine must contain at least **ten different moves (worth 0.3 each)**. The ten moves may include any number of Elementary, Intermediate or Advanced moves. Repeated moves will not be counted towards the Content but could receive execution deductions if not performed correctly. 0.3 of a mark will be deducted per move for less than ten performed. More than ten moves from the Code may be included in the routine, but no extra marks will be given.

7.3. BONUS

A gymnast is able to score 1.0 worth of bonus by including 2 Intermediate moves worth 0.5 each. Additional Intermediate or Advanced moves may be included but will not score any higher than the 1.0 bonus and they could receive execution deductions if not performed correctly. An Advanced move can replace an Intermediate move. However they could receive execution deductions if not performed correctly. The Bonus rule applies to all age groups i.e. Under 9, 11 and 13. 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. If no Intermediate moves or Advanced moves are included, then ten Elementary moves must be performed. The value of the move may be lost unless it is performed safely and correctly.

7.4. TUMBLE RUN

The routine must start with a gymnastic Tumble run. This must be on the diagonal, with a minimum of three different moves from the code (i.e. no repeated moves) and no connecting steps. The aim of the tumble run is to be dynamic and it should accelerate.

- i) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- ii) A half turn jump to one or two feet does not count as a move in the tumble run, but may be used as a link without any 'connecting step' deductions.
- iii) No more than one jump or leap may be included and if used it will count as one of the 10 moves.
- iv) A Tumble run does not have to include difficult moves e.g.
 1. A few steps into forward roll (walkout), round off, tuck or star jump.
 2. Run into catleap, cartwheel, cartwheel $\frac{1}{4}$ turn to lunge
 3. Run cartwheel, cartwheel $\frac{1}{4}$ turn to land feet together, immediate tuck or star jump
 4. Run Cartwheel, round off, tuck or star jump
 5. Run Round off, tuck or star jump, backward roll
 6. Run catleap, cartwheel, round off.

7.5. COMPOSITION

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

Marks for composition will be allocated as follows:

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

7.6. EVALUATION OF MARKS

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

7.7. DEDUCTIONS

For over time or under time	0.2
For missing tumble run	0.5
For stepping out of the floor area	0.1 each time
For small execution faults	up to 0.2
For medium execution faults	0.3
For large execution faults	0.4 - 0.5
Touch of floor	0.3
For a fall	0.5
For missing move	0.3 per move for less than ten performed

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 programme order with the first gymnast to compete on the top and given in to the judging panel before the start of the round. If a move is performed out of order the gymnast will not be penalised. Extra moves performed will be counted but a move omitted will not be counted. Moves that are not correctly executed will not be credited to the gymnast. If a boy has more than 10 moves in the routine **all moves must be written on the list in the order they are being performed**.

7.9 GUIDANCE NOTES TO COACHES WHEN CONSTRUCTING INDIVIDUAL FLOOR ROUTINES

1. The routine must start with a diagonal gymnastic Tumble Run.
2. More than ten moves from the Code may be included in the routine, but no extra marks will be given.
3. If no Intermediate moves or Advanced moves are included, then ten Elementary moves have to be performed. The value of the move may be lost unless it is performed safely and correctly.
4. Repetition of moves is allowed, but a repeated move will not count towards the content and may lose execution marks.
5. Judges prefer quality rather than quantity.
6. The aim of the tumble run is to be dynamic and it should accelerate. It does not have to include a flic.

8. I.S.G.A. 4 PIECE FLOOR CODE FOR BOYS

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

Notes:

- 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 Static moves like bridges, splits, pike fold and japana must be held for 3 seconds
- 4 Flics may be landed on either one or two feet, but must land on feet and no other body parts.
- 5 **Headstands:** Leg position and exit is optional but they are not allowed to roll out.
- 6 **Somersaults:** Only one forward and one back somersault may be used in a floor routine. The shape of the somersault is optional.

9. 4 PIECE BALANCE, STRENGTH AND FLEXIBLE MOVES FOR BOYS

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

BALANCE	STRENGTH	FLEXIBILITY
Forward roll into straddle balance/half lever hold 3 secs	Forward roll into straddle balance/half lever hold 3 secs	Forward roll with straight legs together (i.e. pike)
Backward roll to handstand hold for 2 secs	Backward roll to handstand hold for 2 secs	Backward roll to straight legs together (i.e. pike)
	Backward roll passing through handstand	From long sit, touch toes and backward Roll to straddle stand. Legs straight throughout
	Backward roll to front support	*Japana
Headstand, legs levered straight throughout	*Headstand, with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out	'D' hold 2 secs. (from kneeling arch backwards to hold heels, hip high)
Any headstand	From headstand – thrust or press to handstand	Any walkovers
Handstand held for 2 secs		Valdez
Side support 180 turn to side support	Straddle stand press to handstand	Tic toc
Any arabesque balance	Flic	Split leap or straddle leap
		*Pike fold sitting
	Handspring	*Bridge
	Headspring	Handstand forward roll, pike to stand
Supported or unsupported shoulder stand	From kneeling, chest roll to strong front support position	From straddle sit, lower chest to floor, Pull 'swim' / through to lie flat forwards, legs closed at the back
Press-ups in front support x 3	Press-ups in front support x 3	
Dish to Arch or vice versa	*Dish to Arch or vice versa	
Rear support to front support - vice versa	*Rear support to front support - vice versa	
	*From front support, straddle or pike cut to rear support	From front support, straddle or pike cut to rear support
Frog Balance	* Frog Balance	
Straddle balance press to handstand (optional exit) straddle balance or handstand must be held for 2 secs	Straddle balance press to handstand optional exit	Straddle balance press to handstand optional exit (moving through japana)
Russian lever in tuck position	* Russian lever - tuck position	
'Y' balance		*'Y' balance
Splits		*Splits
Unsupported shoulder stand	Unsupported shoulder stand	
Free 'V' sit - unsupported	*Free 'V' sit - unsupported	
Tuck balance	*Tuck balance	
Pike balance	*Pike balance	
Straddle balance	* Straddle balance	
*Russian lever either piked or straddled	*Russian lever either piked or straddled	
180° or 360° pirouette in handstand. – must show handstand held for 2 secs	*180° or 360° pirouette in handstand – must show handstand held for 2 secs	
Backward roll to handstand 180° pirouette. Must show handstand held for 2 secs after the pirouette	Backward roll to handstand 180° pirouette	

All static balances must be held for 3 seconds except for handstand which is to be held for 2 seconds. All moves marked with a * must also be held for 3 seconds

Moves shown on the above table in bold can be used either as a strength element or balance element or in the case of Y balance either a flexible element or a balance.

One move may count to serve two requirements. i.e. performing a straddle balance held for 3 seconds will count as both a balance 0.1 and strength move 0.1.

Straddle balance press to handstand with an optional exit actually fulfils all three requirements. However for this competition it may only count for two of the three requirements and therefore a second move would be required to gain all 0.3 strength/flexibility/balance moves composition marks. (See page 8 item 7.5 composition allocation for Voluntary floor).