

THE 2016/2020 4 PIECE GIRLS NATIONAL CHALLENGE CUP 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 five competing on each discipline. All gymnasts must be from the same school. It is possible to make up a team with up to two girls 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 girls competing out of age. Girls in the Under 9 age group have no lower limit.
- b) Girls may not compete in the 4 Piece and the 5 Piece Championships in the same academic year. With the exception of a team who does not qualify for the 5 Piece, then competes in the 4 Piece but may be invited by the Competition Secretary and Chairman to fill an empty place in the 5 Piece draw, if a place became available. There are also exceptions for Very Small Schools, for whom there are special provisions explained in Section 1.9 overleaf.
- c) Girls are able to compete in a different age group at the 2 Piece Championships to the 4 Piece Championships in the same academic year.
- d) The top four scores on each discipline will count.
- e) A team may consist of four or five members only, if desired.
- 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) A school may not enter an individual except in an invitation All Stars Team if one is on offer.
- i) Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

1.3. COMPETITION FORMAT - FOR ALL AGE GROUPS

Each gymnast will perform the following:

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

1.4. ELIGIBILITY

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

1. New Schools.
2. Teams who do not qualify for the 5 Piece Competition.
3. a) U9s: Schools choosing to enter the U9 Novice Challenge team category in the 2 Piece competition earlier in the season.
b) Schools that were outside the top 10 in the relevant category at the previous year's 5 Piece competition, i.e. for the under 11s - the previous season's under 10s or for the under 13s the previous season's under 13s.
4. Other schools who believe their girls cannot achieve all the 5 Piece disciplines and only wish to compete in the lower level 4 Piece competition this year, provided that in the current season's 2 Piece competitions, if under 9s they did not finish in the top 8 places and if under 11s or under 13s they did not finish in one of the first 2 places amongst those seeking qualification for the 5 Piece.
5. The Executive Committee reserve the right to veto an entry, if deemed unsuitable. It is not an option to choose to compete in the 4 Piece competition if the date proves more convenient for a school or a coach, or if a coach wants to avoid making up a group routine.

1.5. RESTRICTIONS

No somersaults are allowed and only one flic is allowed in the voluntary floor.

1.6. AFFILIATION

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.

1.7. ENTRY FORMS

Entry forms may be downloaded from the I.S.G.A. website: isgagymnastics.org Note: When submitting names for the programme, gymnasts must compete in programme order for their Voluntary Floor.

1.8. HOST SCHOOLS

Host schools must consult and agree with the 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, 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.

1.9. SPECIAL PROVISION FOR VERY SMALL SCHOOLS

If small schools wish to apply for Very Small School Status for the current season, they must use the application form which can be downloaded from the I.S.G.A. website: isgagymnastics.org The form explains the criteria which must be applied. No other exemptions are permitted.

1.10. 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 matching leotards. Deduction 0.1 per gymnast. Under 13 gymnasts only, may or may not wear matching gymnastics shorts over their leotards. A coach of a physically mature Under 11 gymnast may request for this gymnast to wear shorts to protect her modesty.
2. Gymnasts should not pull down their clothing e.g. leotard whilst being judged. Deduction 0.1 Underwear, if worn, should not show. Deduction 0.1. Coaches must ensure that their gymnast's leotards fit correctly to preserve modesty. Deduction 0.1 per gymnast at each apparatus.
3. Hair should be tied back neatly. Deduction for untidy hair 0.1 No jewellery, including small ear studs, or coloured nail varnish may be worn. Deduction 0.1
4. All teachers and coaches are required to wear professional attire suitable for a national competition. No long, coloured nails or jewellery, 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 coach may have sanctions brought against them.
5. 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 two years and is both an embarrassment and a safeguarding issue. Please note: The gymnast and her coach may have sanctions brought against them.
6. Teams must line up before the judging panel, at the start and end of each discipline.

7. Each gymnast must present to the judges at the start and finish of her individual floors and vaults. Deduction 0.1 each time.
8. The gymnast performs her Set Floor and Voluntary Floor once only and has two attempts at both the Set Vault and the Voluntary Vault, unless in the judge's opinion there has been outside interference. Gymnasts who exit from floor routines part-way through will not be permitted to start again.
9. There will be a timed warm up of at least 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 at least 3 minutes for each school on each vault discipline.
10. If a school pulls out of a competition, after the competition draw has been published, without a good reason, a £60 fine will be imposed on that school. 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 a replacement must be paid for.

NOTES TO COACHES

As teams only have a warm-up of 3 minutes before being judged and the mat areas are limited, (i.e. five gymnasts on one 2 x 12 metre wide set floor strip and five gymnasts on one 6 x 10 metre or 6 x 12 metre voluntary floor area), teachers are advised to prepare this warm-up time in advance during training, to ensure maximum benefit to the pupils at the competition. Likewise on the vault, putting gymnasts together in springboard distance order and factoring in the time needed to change the vault heights, if desired, during the 3 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 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.
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.

4. SET VAULT

- a) The Set Vault is marked out of 10.00.
- b) Depending on the style of the vaulting box, it may be necessary to place it on top of a mat or mats, to achieve the correct height.

4.1. EVALUATION OF MARKS:

UNDER 9 SET VAULT:

Lunge into the handstand shape	2.0
Repulsion from box top (height)	2.0
Flight off	1.0
Shape of overall vault	3.0
Landing shape	1.0
Landing tension	<u>1.0</u>
TOTAL	10.0

UNDER 11 & 13 SET VAULT:

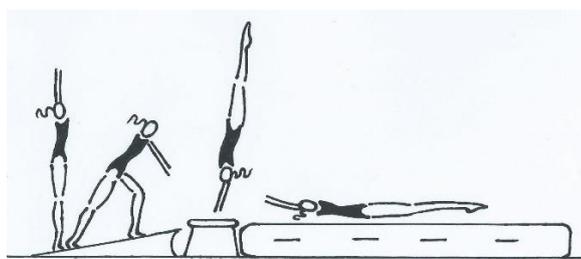
Take off and flight on	3.0
Repulsion from box top (height)	2.0
Flight Off	1.0
Shape of overall vault	3.0
Landing shape	0.5
Landing tension	<u>0.5</u>
TOTAL	10.0

Clarification:

LANDING SHAPE: a shallow dish, heels, head and arms off the mat, arms next to ears, as open as possible.

LANDING TENSION: looking at the tightness of position and holding for 3 seconds.

4.2. UNDER 9 SET VAULT: 30cm HIGH

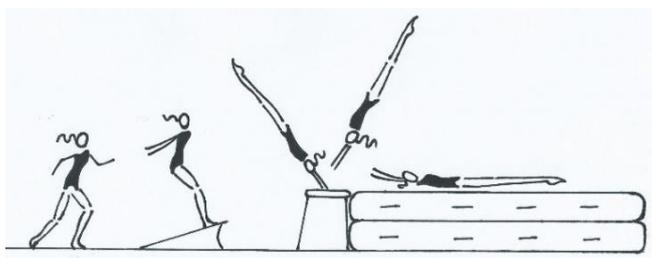


ARTIST'S IMPRESSION

UNDER 9 SET VAULT: Springboard, vaulting box top 30cm high and safety mat 30cms in height.

- Stand on lowest part of springboard. Taller gymnasts may start off the springboard. Stretch arms above head. Step forward and lunge, placing foot on higher part of the springboard whilst circling arms backwards and down to hip level. Reach forward to place hands on the box top. Kick up into a handstand shape with tension, push through the shoulders, to land on back, in a dish shape on the safety mat.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
- Land in a dish shape showing good tension throughout.

4.3. UNDER 11 SET VAULT: 60cm HIGH

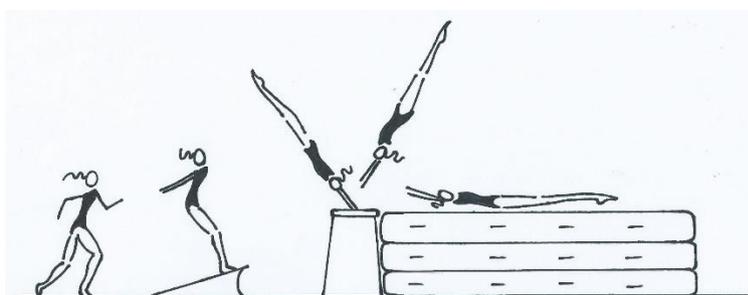


ARTIST'S IMPRESSION

UNDER 11 SET VAULT: Springboard, vaulting box 60cm high and safety mats 60cms in height.

- Run and jump to 2 feet on the springboard, with an arm swing and into a handstand shape with hands placed on the box top. Push through the shoulders to land on back, in a dish shape showing good tension.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
- Land in a dish shape showing good tension throughout.

4.4. UNDER 13 SET VAULT: 90cm HIGH



ARTIST'S IMPRESSION

UNDER 13 SET VAULT: Springboard, vaulting box 90cm high and safety mats 90cms in height.

- Run and jump to 2 feet on the springboard, with an arm swing and into a handstand shape with hands placed on the box top. Push through the shoulders to land on back, in a dish shape showing good tension.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
- Land in a dish shape showing good tension throughout.

5. VOLUNTARY VAULT

- a) The vaults will be used with ways only.
- b) Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
- c) A safety mattress 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. The vaults may be the same or different. Coaches may request gymnast's first vault score, before the second vault is taken.
- e) The higher score will count.
- f) 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.

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position	8.0
Through Vault	9.5
Straddle Vault	9.5
Handspring	10.0

So, for example, in a squat on vault, 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.

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.

5.1. VOLUNTARY 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 deductions	up to 1.0
Touch of the apparatus or floor	up to 0.3
Landing	up to 1.0
Too deep knee bend on landing	up to 0.3
Brush of hand on landing	up to 0.3
Each step on landing	0.1 each step (max 0.5)
Fall on landing	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)	1.4
Forward roll, immediate straight jump	1.0
360° spin	1.0
Cartwheel	0.4
¼ turn backwards on toes	1.4
Chair balance (3 seconds) to arabesque balance (3 seconds)	1.4
Cartwheel ¼ turn inwards to join feet, then star jump	1.0
Backward roll to straddle stand	1.4
Forward roll, 180° high straight jump	9.0
Bonus	1.0
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. Gymnasts should show extension and tension.

2. Then stretch arms above head before lowering to show the squat position with a straight back. Arms reach forward then roll forwards showing straight legs, before tucking them into the immediate straight jump. Ensure that the head is tucked under and that the roll is on the shoulders, not the head. The jump starts as the gymnast is coming out of the roll. There should be only one arm movement or swing from roll to jump. Finish stretched with arms diagonally high and feet together.

Bonus 1: Show a straight, stretched position with arms stretched above head before lifting into a good shaped handstand forward roll into an immediate straight jump.

The jump starts as the gymnast is coming out of the roll. There should be only one arm movement or swing from the roll to the jump. Finish stretched with arms diagonally high and feet together.

Bonus 2: For height in the straight jump.

3. Step forward into a 360° spin on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot extended with top of toes behind on mat (pose). Arms optional in spin, but should finish diagonally high.

Bonus: The free leg must, after the spin, extend out horizontally in front of the gymnast and then be lowered to the floor in a controlled manner.

4. Join the back foot to the front foot. Step and lift leg into cartwheel finishing sideways, feet apart and arms diagonally high

Bonus: Jump lunge into cartwheel finishing sideways, feet apart and arms diagonally high. (Jump lunge: from standing with arms in front, bend knees and swing arms down and slightly behind body. Jump forwards, swinging arms forwards and landing on one foot and then the second foot in front of the first, in a lunge with upper body leaning slightly forward with arms covering the ears. The front foot is the foot you cartwheel on).

5. Rise up on toes. ¼ turn backwards on toes to face the way you have just come. Join back foot to front foot whilst still on toes. Lower heels. The turn must show control and body tension throughout. Arms optional.

6. Lift a bent leg forward to horizontal making a right angle – chair balance. Hold for 3 seconds. Then take the held leg backwards to the rear into an upright arabesque balance with both legs straight. The leg need only to be raised to 45° at the rear. Hold for 3 seconds then lower to join feet. Arms out to the side, chest and head upright in chair and arabesque balance positions. The supporting leg should not bend at the knee. The foot should not touch the floor during the move – 0.3 deduction.

Bonus: For a horizontal straight leg lifted in front to at least 90° and held for 3 seconds instead of the chair lift balance.

7. Cartwheel ¼ turn inwards, join feet then star jump. Should show good shape, height and slight dish shape in the star jump.

Bonus 1: If a jump lunge into round off is performed instead of a cartwheel. (Jump lunge: from standing with arms in front, bend knees and swing arms down and slightly behind body. Jump forwards, swinging arms forwards and landing on one foot and then the second foot in front of the first, in a lunge with upper body leaning slightly forward with arms covering the ears. The front foot is the foot you cartwheel/round off on).

Bonus 2: If the star jump is immediately after the cartwheel or round off.

8. 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.

Bonus: From standing, straight legs to be used throughout the backward roll. The gymnast can put her hands down to touch the floor and then put them on the floor by her ears with no deduction. (i.e. 2 touches in the roll).

9. From feet apart, jump feet together and immediate forward roll followed by an immediate 180° high straight jump. The roll should be on the shoulders and not the head. From jumping the feet together the move should not stop until the landing. The jump starts as the gymnast comes out of the roll. Only one arm movement or swing is allowed from the roll to jump.

Bonus 1: From feet apart, jump feet together and forward roll, followed by an immediate 360° high straight jump. Only one arm movement or swing is allowed from the roll to the jump.

Bonus 2: For secure landing after 180° or 360° high straight jump.

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' arms or body movements which deviate from the text are deductible 0.1 – 0.3 each time.

This routine has been designed as a 'development' floor routine towards the 5 Piece/2 Piece I.S.G.A. Premier set floor. The basic routine is marked out of 9.00. There are ten bonuses worth 0.1 each for the girls to work towards. The bonus moves gradually bring the gymnast closer in line with the Premier 5 Piece routine.

6.2 TABLE: SET FLOOR		DEDUCTIONS AND NOTES	BONUS
1	Stand showing good upright posture, arms by side for 3 secs	Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
2	Show squat position with straight back and arms stretched out in front. <u>Forward roll and immediate straight jump.</u> Bonus: Show straight, stretched position with arms above head before lifting into <u>handstand forward roll, immediate straight jump.</u> The jump starts out of the roll and finishes in a standing position with arms diagonally high above head. There should be only one arm movement or swing from roll to jump.	1.4 Deduct 0.2 for squat or stretched position not shown. Deduct 0.5 if the handstand (bonus) falls backwards down to the feet. The handstand should not be repeated, but the roll and straight jump must then be performed. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll, or extra arm swing. Deduct 0.1 if arms do not finish diagonally high above head.	0.1 for handstand forward roll. 0.1 for height in straight jump.
3	Step forward into <u>360° spin</u> on toes. Free leg to finish in front with foot turned out. Back foot extended with toe pointed behind on mat (pose). Arms optional in spin, but should finish diagonally high.	1.0 Deduct 0.1 if spin is reversed. Deduct 0.1 if pose is not held. Deduct 0.1 if arms do not finish diagonally high. Deduct 0.1 if foot not turned out in finished position. * To gain the bonus the free leg must, after the spin, extend out horizontally in front of the gymnast and then be lowered to the floor in a controlled manner.	0.1 for control in spin. See notes *.
4	Join the back foot to the front foot. Step and lift into a <u>cartwheel.</u> Bonus: Jump from two feet, landing on one foot (jump lunge) with the front leg leading immediately into cartwheel. Finish facing sideways with arms diagonally high.	1.0 Deduct 0.1 if arms do not finish diagonally high	0.1 for jump lunge into cartwheel.
5	Up on toes <u>¼ turn backwards on toes</u> to face the way you have just come, join back foot to front foot on toes. Lower heels.	0.4 Turn must show control and body tension throughout.	
6	<u>Chair balance</u> (lift a bent leg forwards to horizontal making a right angle). Hold for 3 seconds. Then take held leg to the rear into an <u>upright arabesque balance.</u> Both legs straight, hold for 3 seconds. Lower to join feet. The leg need only be raised to 45° at the rear.	1.4 Deduct 0.3 if the foot touches the floor between the chair/straight leg forward and the arabesque balances. Deduct 0.1 – 0.2 if arms are not out to the side, i.e. back or above/below 45° from the horizontal. Deduct 0.1 – 0.5 for chest and head not upright in balances.	0.1 for straight leg lift forward to 90°, held 3 secs.
7	<u>Cartwheel ¼ turn inwards,</u> join feet then <u>star jump.</u> Bonus 1: Jump lunge into a <u>round off</u> instead of cartwheel. Bonus 2: For star jump <u>immediately</u> after the cartwheel or round off.	1.4 Dynamic but showing good shape, height and slight dish shape in the star jump and controlled throughout.	0.1 for round off. 0.1 if star jump is immediately after the cartwheel/round off.
8	<u>Backward roll with bent leg entry to straddle stand.</u> Finish with arms diagonally high above head.	1.0 Deduct 0.1 for arms not finishing diagonally high. Deduct 0.1 – 0.2 if straddle stand position is not shown. Deduct 0.5 if roll is unsuccessful and falls backwards. A second attempt is not permitted but the straddle stand position must be shown.	0.1 for straight legs throughout
9	Jump feet together and immediately <u>forward roll,</u> followed by an <u>immediate 180° high straight jump.</u> The jump must start out of the roll. Only one arm movement or swing allowed from roll to jump.	1.4 Deduct 0.1 – 0.3 for any pause between jumping the feet together and the forward roll. Deduct 0.1 – 0.3 for pause between the roll and the jump or the jump not starting out of roll. Deduct 0.1 – 0.2 for any extra arm swing Deduct 0.1 – 0.2 for lack of height in jump	0.1 for 360° high straight jump. 0.1 for secure landing after 180° or 360° straight jump.
Total of Content		9.0	Total of bonuses
			1.00

7. VOLUNTARY FLOOR

7.1. GENERAL

- a) The Voluntary Floor routine is performed on a 6 x 10 metre or 6 x 12 metre mat area. Floor work must use the entire body and should contain acrobatic elements artistically performed, movements and linkages combining liveliness, poise, balance, variations of moves, change of pace, musical interpretation and must use the floor area as fully as possible.
- b) The routine must be performed to music. The music and movement must be in harmony. The music must be instrumental and not vocal i.e. no words. It may have up to an 8 beat introduction.
- c) The duration of the routine should be between 50 - 70 secs. The routine is timed from the gymnast's first movement until her last movement. The gymnast must finish with the end of the music. Coaches or musical operator will not be allowed to stop the CD early.

7.2. MUSIC

Good quality AUDIO CDs must be used for recording. One CD per gymnast is required i.e. 5 in total. Each box or CD case and CD must be clearly labelled with the gymnast's Name, School, Age Group and Competition Number (if known).

It is strongly advised that each school bring a set of back-up CDs for each competitor or one CD per team with a clear playlist in competition order, or your own iPod system. These materials are permitted only for back-up and should not be given to the music steward unless your individual CD fails to play properly on the competition apparatus.

It is forbidden to use music from Walt Disney, Andrew Lloyd Webber and Cirque du Soleil. British Gymnastics, who have lost a court ruling, have issued a warning to all competition organisers to turn off any of the above music if any attempt is made to play them. (Using music at one competition unchallenged does not mean it is legal, just that it was not detected).

7.3. PROGRAMME ORDER

All gymnasts must compete in programme order on the voluntary floor. Coaches should bear this in mind when listing their gymnast's names on the entry form as this will be their voluntary floor order.

7.4. CONTENT

The content used to construct the floor routine should be taken from the I.S.G.A. Code found on page 11. 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. No somersaults are allowed and only one flic is allowed in the voluntary floor routine.

7.5. 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. This includes moves used in the tumble run. If a move which has already been performed earlier in the routine is then repeated in the tumble run, it would not be counted and the judge would deem the tumble run invalid as it does not have the required three elements (deduction 0.5). A way to reduce the likelihood of this problem occurring would be to place the tumble run relatively early in the routine.

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.

7.6. TUMBLE RUN

The routine must include a diagonal gymnastic tumble run, 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 ¼ turn to lunge
 3. Run cartwheel, cartwheel ¼ 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.

7.7. COMPOSITION

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

Marks for composition will be allocated as follows:

Use of the floor & different levels	0.4
Variety of moves	0.2
Links and dance	0.6
Strength/flexibility/balance moves	0.3
Patterns and pathways	0.3
Musical interpretation	0.3
Originality, dynamics, overall impression	<u>0.4</u>
TOTAL	2.5

7.8. EVALUATION OF MARKS

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

7.9. DEDUCTIONS

For vocals, i.e. words in the music	0.2
Illegal banned music	0.5
For no music used	0.5
For over time or under time	0.2
For stopping musical recording early	0.2
Finishing before or after the music	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

7.10. NOTES TO COACHES WHEN CONSTRUCTING INDIVIDUAL FLOOR ROUTINES

1. More than ten moves from the Code may be included in the routine, but no extra marks will be given.
2. 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.
3. If an advanced move is used as a substitute for an intermediate move it will still only be worth 0.3. Higher tariffed moves may replace lower tariffed moves, but not the reverse.
4. Repetition of moves is allowed, but a repeated move will not count towards the content and may lose marks for execution.
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 GIRLS

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	
Backward roll	Backward roll passing through handstand	Backward roll to handstand 180° pirouette, step down exit
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)	
Backward roll to front support	Backward roll to front support with straight arms	
Front support jump to crouch – straight upward jump	Headstand with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out.	
Headstand – 3 secs. Legs and exit optional, but must not roll out.	From headstand held 3 secs – thrust or press to handstand.	
Handstand – 2 secs	Handstand 180° pirouette. Optional hand moves & leg positions.	Handstand 360° pirouette. Optional hand moves and leg positions.
Handstand forward roll	From straddle stand press to handstand (elephant lift)	
Cartwheel – to finish sideways	Handspring to step out	Handspring to 2 feet
Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), back leg straight.		Flyspring
Cartwheel ¼ turn inwards to finish feet together	Flic to land two feet together.	
One-handed cartwheel – optional hand	Flic to 'walkout' i.e. landing first on one foot before the other.	Aerial cartwheel
Dive cartwheel	Tinsica	
Round off		
Teddy bear roll (Circle roll) 180° only		
Pike fold sitting	Backward walkover	Aerial walkover
Japana	Forward walkover	One-handed walkover (forward or backward)
Bridge	Tic Toc (FWO to BWO retaining hands on floor – finish in arabesque)	
Splits	Show splits two ways	Show splits all three ways
Supported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	Valdez
'V' sit with support 3 secs	'V' sit without support (free) – 3 secs	
Straddle half lever 3 secs	Straddle lever 3 secs then 180° turn	Straddle half lever press to handstand optional exit
Piked half lever 3 secs		Russian lever piked or straddled 3 secs
Tuck balance 3 secs	"Y" balance held for 3 secs	
Arabesque balance 3 secs Body position optional	360° spin	540° spin (1 ½)
Body wave		Sheep Jump
Star jump	'W' jump	'W' jump with 180° turn
Tuck jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Split jump	Split leap	Change leg split leap
Catleap with no turn, or 180° turn	Catleap with 360° turn	Catleap with 540° turn (1 ½)
Stag leap or jump	Straddle jump	Ring leap
	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. Splits 2-ways needs to be held for 2 seconds each way. Splits 3-ways needs to be held 1 second each way.
5. Flics may be landed on either one or two feet, but must land on feet and no other body parts.
6. Headstands: Leg position and exit are optional but they are not allowed to roll out.

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

For use when constructing a voluntary floor routine from the floor code. 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
Supported shoulder stand		Forward roll with straight legs together (i.e. pike)
Unsupported shoulder stand	Unsupported shoulder stand	Backward roll to straight legs together
Handstand	Backward roll to front support	*Japana
Any arabesque balance	Backward roll passing through handstand	Any walkovers
Any headstand		Valdez
	From headstand held 3 secs thrust or push to handstand	Tic toc
	Straddle stand press to handstand	Tinsica
	Flic	*Pike fold sitting
	Handspring	*Bridge
		Split leap or straddle leap
		*Splits
Straddle balance press to handstand (optional exit) Either the straddle balance or the handstand must be held for 3 secs	Straddle balance press to handstand optional exit	Straddle balance press to handstand optional exit (moving through japana)
Splits		*Splits
'Y' balance		'Y' balance
Free 'V' sit - unsupported	* Free 'V' sit - unsupported	
Tuck balance	* Tuck balance	
Pike balance	*Pike balance	
Straddle balance	*Straddle balance	
Russian lever balance either piked or straddled	*Russian lever either piked or straddled	
180° or 360° pirouette in handstand – must show handstand held for 2 secs before the pirouette	180° or 360° pirouette in handstand – must show handstand held for 2 secs before the pirouette	
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 splits and 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 10 composition allocation for Voluntary floor).