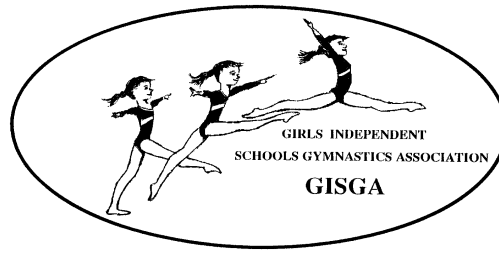


GIRLS' INDEPENDENT SCHOOLS GYMNASTICS ASSOCIATION



Spectators' Guide to GISGA's new 4 Piece Championships 2015

Venue: Haberdashers' Boys School, Elstree, Herts

Date: 18th January 2015

Host Organiser: Emily Burman

There are three categories:

- 1 New Schools: for under 11 girls' teams from new schools or schools who have not yet competed in the Premier 5 Piece Championships.
- 2 Small Schools: for under 11 girls' teams from schools with 15 girls or fewer in years 4, 5 and 6 who may or may not have competed in the Premier 5 Piece competition.
- 3 Boys Schools: for under 11 boys' teams in schools affiliated to GISGA.

A team may consist of up to six boys or girls from the same school. The top four scores on each of the four disciplines will count for the overall team score. The rules are the same for both girls and boys with the exception that the girls perform their voluntary floor sequences to music but the boys do not.

There are four disciplines:

- a) Set Floor – a sequence which each gymnast must perform in accordance with the set text along a mat 12m long and 2m wide.
- b) Voluntary floor – a sequence which the coach and gymnast create from the GISGA code of agilities, graded Elementary, Intermediate and Advanced. The pupils have to show a tumble run of three consecutive moves and for the boys you will see this at the start of the routine. Moves showing strength, flexibility and balance must be included plus two jumps or leaps. Ten moves are required and of those, two should be intermediate moves and one advanced. This sequence is also performed on a 12m x 2m mat strip.
- c) Set Vault – which is the Squat Through vault marked out of 10.00.
- d) Voluntary Vault – this is performed during the same rotation and at the same vault station immediately following the set vault. Gymnasts can choose from the following vaults: Squat On immediate Straight Jump Off which has a start value of 8.00, Through vault or Straddle over with a start value of 9.30 or a Handspring which is marked out of 10.00.

This competition is known as the '4 Piece' Championships. The girls' Premier 5 Piece competition has a team sequence involving four girls performing a synchronised sequence to music as its fifth discipline. The '2 Piece' championships consists of a set floor routine and voluntary vault. Taking part in the 4 Piece competition does not preclude a school from trying to qualify for the 5 Piece championships being held at Kent College nr Tunbridge Wells on the first weekend of March.