



# **GUIDELINES for I.S.G.A. 5 Piece CHAMPIONSHIPS for JUDGES & COACHES**

The following information has been put together to give greater clarity to the judging points within the I.S.G.A. rules.

We hope the following comments will give coaches and gymnasts a clearer idea of what judges are looking for in the performance of gymnastic skills and to the extent judges will deduct from moves not performed correctly.

We recognise I.S.G.A. is a Schools Organisation and want to encourage gymnasts of all levels to enjoy the sport and for this reason judging is slightly more lenient than in some other competitions. We as judges would rather reward gymnasts for attempting the moves but will still be as strict as necessary on execution of the moves.

The set floor has been looked at in great detail and will hopefully give you more specific guidance as to how the moves are to be performed and what level of deductions are expected.

It is hoped that these guidelines will ensure all judges are aware of the expected level to which to deduct for the I.S.G.A. Championships and that the amount of queries that the master judge and others have to deal with during competitions will be greatly reduced.

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## GENERAL

1. Small faults: deduct 0.1 - 0.2.
2. Medium faults: deduct 0.3.
3. Large faults: deduct 0.4 - 0.5
4. Attempted moves will receive a deduction on execution ONLY.
5. Coaches **or other members of the team prompting their gymnasts**, deduct 0.3 for a small prompt, 0.5 for a larger prompt, up to a total of 1.00.
6. "Catch all" rule. This is to cover a circumstance that is not in the I.S.G.A. rules. The sanction is 0.3 deducted from the final score.

## SET FLOOR – GENERAL

1. In a number of cases the arms are specified. When not specified, the arms should be simple and in keeping with the agilities and not flamboyant or distracting. Any extra steps, shuffles, bounces, "flowery" arm or body movements deduct 0.1 - 0.3 each time.
2. Travelling in wrong direction deduct 0.3
3. Moves performed in the wrong order deduct 0.3
4. If a move is omitted, deduct the value of that move, unless it is performed later in the sequence which would then be deducted 0.3 for being performed in the wrong order.
5. If an incorrect move is performed deduct the value of the required move as it has not been performed.
6. If an incorrect move is performed and then the correct one done, deduct 0.5 for the incorrect move. The usual execution deductions will apply on the correct move only. Example: a Round off is performed instead of a cartwheel and then the cartwheel is performed.
7. In the case of a 2 element move eg. Round off star jump, if only the round off is performed, deduct half the value of the move (0.7) as only half of the move has been performed.

## SET FLOOR – Under 9, 10 & 11:

### Good Posture:

1. This should be straight and upright with arms at side, not back and chest pushed out. Hands optional but should also show tension. .
2. Held for 3 seconds.
3. Each second not held deduct 0.1
4. Poor posture and lack of tension deduct 0.1

### Handstand forward roll, split jump:

1. No split jump deduct 0.7
2. No handstand deduct 0.7
3. Step or toe tap before handstand deduct 0.1
4. If handstand falls back deduct 0.5 (= to a fall). A second attempt is not permitted deduct 0.2. Gymnast must then perform the forward roll, split jump.
5. If handstand falls back and the roll is not performed only the split jump, deduct the value of the move 1.4
6. Pause between roll and jump deduct 0.1 - 0.3
7. Jump not starting out of roll deduct 0.1 - 0.3
8. Any extra arm swing deduct 0.1 - 0.2
9. Arms not diagonally high above head on finishing deduct 0.1.

### 360° Spin:

1. "Step forward into 360° spin". Long pause or wait after step deduct 0.1
2. Spin reversed deduct 0.1
3. Toe not to knee deduct 0.1
4. Pose not held deduct 0.1
5. Arms not diagonally high in pose deduct 0.1
6. Foot not turned out in finishing position deduct 0.1
7. Finishing with a knee bend before showing the finished position deduct 0.1 - 0.3
8. To gain the bonus the spinning motion finishes whilst still on balance on one leg, then the free leg extends out horizontally in front before being lowered to the floor in a controlled manner.

## SET FLOOR – Under 9, 10 & 11 (continued)

### Cartwheel:

1. Jump, lunge and cartwheel. Extra steps before the jump lunge deduct 0.1 per step.
2. Arms not finished diagonally high deduct 0.1
3. Aerial Cartwheel deduct 0.1

### Turn on toes:

1. Not controlled and on toes ALL the way though deduct 0.1 - 0.3
2. Rushed deduct 0.1

### Leg lift:

1. If foot is lifted off and placed back on the floor before pointing the toe deduct 0.3
2. If the leg is not held for 3 seconds deduct 0.1 for each second not held at the front and the back
3. If foot touches the floor between the forward leg lift and arabesque balance deduct 0.5.
4. Leg below 90° at front deduct 0.1 - 0.3
5. The arms should be out at shoulder height. If back or above/below 45° from the horizontal deduct 0.1 - 0.2
6. Chest and head not upright in balances deduct 0.1 - 0.5
7. Bent legs deduct 0.1 - 0.2

### Roundoff Star Jump:

1. Jump lunge and round off. Extra steps before the jump lunge deduct 0.1 per step.
2. Pause before rebound deduct 0.1 - 0.3
3. A slight dish shape is required in the star jump. If arms are back deduct 0.1 - 0.3

### Backward roll:

1. Straddle stand position not shown deduct 0.1 - 0.2
2. Arms not finishing diagonally high deduct 0.1
3. Hands left on floor deduct 0.1 - 0.3
4. Stopping before finished position. The roll needs to flow with no pauses. Deduct 0.1 - 0.3.
5. If attempted handstand falls back deduct 0.5 (= to a fall). A second attempt is not permitted deduct 0.2. The straddle position must then be shown.
6. To receive the straight leg bonus, legs have to be **completely** straight throughout the roll.

### Forward roll, immediate high jump full turn:

1. Pause between jumping feet together and the forward roll deduct 0.1 - 0.3
2. Pause between the roll and the jump full turn, deduct 0.1 - 0.3
3. Jump not starting out of roll deduct 0.1 - 0.3
4. Extra arm swing deduct 0.1 - 0.3
5. Lack of height in jump deduct 0.1 - 0.2
6. If forward roll is performed but 360° high straight jump is omitted deduct 0.7

## SET FLOOR – Under 13, 15 & Over 13:

### Good Posture:

1. This should be straight and upright with arms at side, not back and chest pushed out. Hands optional but should also show tension. .
2. Held for 3 seconds.
3. Each second not held deduct 0.1
4. Poor posture and lack of tension deduct 0.1

### 540° Spin:

1. "Step forward into 540° spin". If there is a long pause or wait after step deduct 0.1
2. Spin reversed deduct 0.1
3. Toe not to knee deduct 0.1
4. Pose not held deduct 0.1
5. Arms not diagonally high in pose deduct 0.1
6. Foot not turned out in finishing position deduct 0.1
7. Finishing with a knee bend before showing the finished position deduct 0.1 - 0.3

### Backward roll to front support:

1. Front support position not held for 3 seconds. Deduct 0.1 for each second not held.
2. Hands shoulder width apart, shoulders above wrists, head in line with body, body straight, fingers forward and shoulders rounded.

## **SET FLOOR – Under 13, 15 & Over 13 (continued):**

### **180° High Straight Jump:**

1. If there is a pause between the squat in and the jump deduct 0.1 - 0.3
2. Extra arm swing deduct 0.1 - 0.2
3. Lack of height in jump deduct 0.1 - 0.3

### **Round off jump 180° to land on one foot, cartwheel ¼ turn inwards to lunge:**

1. Hurdle step (jump lunge) into round off. Extra steps before the hurdle step deduct 0.1 per step.
2. If there are any pauses between moves deduct 0.1 - 0.2.
3. Arms not finishing diagonally high above head deduct 0.1
4. Deviation from straight line deduct 0.1 - 0.3
5. If a cartwheel is performed instead of the round off jump 180° to land on one foot, followed by the cartwheel ¼ turn inwards to lunge, deduct 0.7 as only half the move has been performed. Execution deductions will then apply only to the cartwheel ¼ turn inwards to lunge.

### **Upright arabesque:**

1. Must be held for 3 seconds, deduct 0.1 for each second not held.
2. The arms must be out at shoulder height. If they are back or above/below 45° from the horizontal deduct 0.1 – 0.2
3. Chest and head not upright in balances deduct 0.1 - 0.5
4. Bent legs deduct 0.1 - 0.2

### **Forward roll into dish position:**

1. Dish must be held for 3 seconds. Deduct 0.1 for each second not held.
2. Arched back. Deduct 0.1 - 0.3
3. Hands, shoulders or feet not off the floor deduct 0.1 for each.
4. Arms not by ears deduct 0.1 - 0.3
5. After the squat position, the aim is to keep the legs straight throughout the roll.
6. Finish with body in tension. Lack of tension deduct 0.1
7. The shape of the body should be equilateral i.e. the arms and head not higher than the legs deduct 0.1 - 0.3

### **Free V-sit:**

1. Must be held for 3 seconds. Deduct 0.1 for each second not held.
2. Raise legs and torso without touching the floor.
3. Hold position with legs and back straight, arms stretched out straight in front but not touching legs.
4. The shape of the “V” should be equilateral deduct 0.1 - 0.3

### **Unsupported shoulder stand immediate 360° high straight jump:**

1. Shoulder stand must be held for 3 seconds. Deduct 0.1 for each second not held.
2. Legs not vertical deduct 0.1 - 0.5
3. Pause between the roll and the jump deduct 0.1 - 0.3
4. Jump not starting out of roll deduct 0.1 - 0.3
5. Extra arm swing deduct 0.1 - 0.2
6. Lack of height in jump deduct 0.1 - 0.2
7. Legs should be straight when rolling back into shoulder stand. Deduct 0.1 – 0.2 for bending legs.

### **Handstand forward roll, split jump:**

1. No split jump deduct 0.7
2. No handstand deduct 0.7
3. Step or toe tap before handstand deduct 0.1
4. If handstand falls back deduct 0.5 (= to a fall). A second attempt is not permitted deduct 0.2. The gymnast must then perform the forward roll, split jump.
5. If the handstand falls back and the roll is not performed, only the split jump, deduct the value of the move 1.4
6. Pause between roll and jump deduct 0.1 - 0.3
7. Jump not starting out of roll deduct 0.1 - 0.3
8. Any extra arm swing deduct 0.1 - 0.2
9. Arms not diagonally high above head on finishing deduct 0.1.

## VOLUNTARY FLOOR:

1. All moves must start stretched: deduct 0.1 - 0.3
2. All moves must finish stretched: deduct 0.1 - 0.3
3. All balances must be held for 3 seconds deduct 0.1 per second less than 3 seconds, plus the execution deductions. Except for handstand which needs to be held for 2 seconds.
4. Headstands: leg position and exit are optional but must not roll out.
5. I.S.G.A. headstands do not need to start from and return to feet. Unlike the BSGA rules.
6. Forgetting floor routine: Pauses for several seconds then continues deduct 0.4
7. Missing or invalid Tumble run deduct 0.5
8. Stepping out of floor area deduct 0.1 each time.
9. Touch of floor deduct 0.3
10. Fall deduct 0.5
11. Missing move. Deduct 0.3 from content, per move for less than 10 performed.
12. Vocals or words in music deduct 0.2
13. Illegal banned music deduct 0.5
14. No music deduct 0.5
15. Over time or under time or music stopped early deduct 0.2
16. Finishing before or after the music deduct 0.2

MOVE	GUIDANCE
Front support	Hands must be shoulder width apart. Straight arms. Head in line with body. Hands beneath shoulders. Body straight. Fingers forward. Shoulders rounded. Hold 3 seconds.
Front support jump to crouch, straight jump	See front support above. Arms straight. Legs should be tucked between arms in the crouch. Feet between hands.
Backward roll to front support	Head towards chest in roll. Shoulders rounded. Land in front support (see above). Hold for 2 seconds
Headstand	Head and hands should form a triangle. Leg position and exit are optional but must not roll out. Does not need to start from and return to feet. Hold 3 seconds.
Headstand with straight legs, pike to vertical	This headstand needs to start from feet, with no bounce into the skill to show strength to achieve the Intermediate bonus.
Headstand thrust or press to handstand	The headstand must be held for 3 seconds. The handstand does not need to be held, only shown.
Handstand pirouette 180° and 360°	Hand placements are optional. The number of hand placements are optional..
One handed Cartwheel	Free arm position is optional: Placed at the side or held out sideways
Cartwheel ¼ turn, finish feet together	Finish in slightly overbalanced position with chest rounded in, head towards the chest and arms optional.
Cartwheel ¼ turn finishing in a lunge	Finish with front knee bent (135°) and back leg straight.
Aerial Cartwheel	Must show good lift and height of the hips.
Pike Fold Sitting	Legs/knees and arms straight. Chest on knees. Arms straight out in front and hands by feet.
Japana	Legs at 90° Knees facing up and toes pointed. Back straight & flat. Fingers extended. Arms in line with flat back. Hold for 3 seconds.

<b>MOVE</b>	<b>GUIDANCE</b>
Bridge	Hands directly under shoulders. Legs straight. Head between shoulders. Hold for 3 seconds.
Splits 1 way	Both legs straight. Feet pointed. Front foot turned slightly out. Back leg turned under. Hips square. Arms optional. Hold for 3 seconds with hands off the floor. If hands touch the floor during the 3 seconds hold it will be = fall -0.5
Splits 2 ways	As for splits 1 way but must be held for 2 seconds in each of the 2 split positions.
Splits 3 ways	As for splits 1 way but must be held momentarily in each of the 3 split positions.
Teddy bear roll (Circle roll)	180° only. Arms must be parallel to legs throughout.
Y Balance	The foot can be held at the front or the back. Hold for 3 seconds.
Arabesque	For artistry purposes the chest is allowed to drop forward in the voluntary floor routine. However in the Set Floor routine the chest has to remain upright.
Supported shoulder stand	Hands placed on lower back. Body & legs straight. Hold for 3 seconds.
Unsupported shoulder stand	Hands placed parallel on floor below hips or above head. Body & legs straight. Hold for 3 seconds.
Supported V-sit	Legs may be bent and then extend or they may be raised straight. Legs must be straight in final position. Straight back. Arms back behind shoulders and hands flat on floor. Hold 3 seconds. Body shape should be equilateral i.e. legs not lower or higher than torso.
Free V-sit	Legs may be bent and then extend or they may be raised straight. Legs must be straight in final position. Straight back. Arms straight in front and must not touch legs. Hold 3 seconds. Body shape should be equilateral i.e. legs not lower or higher than torso.
Straddle Half Lever	Legs horizontal. Feet level or higher than hips. Hands flat on floor. Legs straight & toes pointed. Hold 3 seconds.
Piked Half Lever	Legs horizontal. Feet level or higher than hips. Hands flat on floor. Hips remain between hands. Legs straight & toes pointed. Hold 3 seconds.
Body wave	Start straight and arms up. Reach forward folding at hips and bending knees. Round chest and head in as shoulders travel down. As hands move down past hips, extend the hips and the knees and arch the body backwards. The arms continue to travel backwards and upwards as the shoulders rise back to the starting position.
Tuck Jump	Back straight. Knees come towards the chest.
Catleap	Body straight and upright. Both knees should lift above the hip height.
Stag Leap	Front leg bent with toes touching the knee of the back leg which is straight. Both legs bent is not accepted.

<b>MOVE</b>	<b>GUIDANCE</b>
W-Jump	One leg extended and at minimum parallel to the floor. Other leg bent sharply at knee. Knees together.
Split Leap or Jump	Must show 180° split in air.
Change leg Split Leap	Must show 180° split in air. The first leg must hit 45° before the change.
Straddle Jump	Legs should be parallel to the floor and equilateral in height off the floor.
Side Straddle leap	Legs should be parallel to the floor and equilateral in height off the floor.
Straddle Jump with 180° or 360° turn	Legs should be parallel to the floor and equilateral in height off the floor.
Ring Leap	180° splits must be shown in air. Back leg must be bent up towards head. Head and upper body arch back towards foot.
Sheep Jump	Back arched, head back, both feet should be in line with or above head.
All 180° or 360° or 540° jumps or leaps	These will carry deductions if not all the way round <b>but will still count.</b>
360° or 540° or 720° Spin	These will carry deductions if not all the way round <b>but will still count.</b>
Forward roll to straddle stand	Does not need to finish parallel to floor as per BSGA
Backward roll to straddle	Does not need to finish parallel to floor as per BSGA
Backward roll passing through handstand	Has to pass through a STRAIGHT handstand. Must show an open shoulder angle. Lower to the floor with control.
Backward Walkover	The front leg may start raised but there will be no deduction if it doesn't. However the front leg must be lifted forward and upwards <b>before</b> the reach backwards. Shoulder angle should be open. Splits should be shown in the air. The trailing leg should remain high as the shoulders lift. Finish standing tall.
Forward Walkover	Show splits in the air. Leading leg must remain straight. The 2 <sup>nd</sup> leg must remain lifted while the body returns to upright position. 2nd leg should lower slowly to the floor. Stand upright to finish.
One-handed Walkover	Show splits in the air. Leading leg must remain straight. The 2 <sup>nd</sup> leg must remain lifted while the body returns to upright position. 2nd leg should lower slowly to the floor. Stand upright to finish.
Aerial Walkover	The free leg is to be held off the floor on landing as in Forward Walkover.
Tic Toc	The free leg should hit 12 o'clock and not drop towards the floor.
Handspring	Good heel drive. Strong open shoulder angle through to stand. Head should stay between arms. Must show flight.
Russian Lever Piked	Gymnast should aim to touch knees to nose. Hold for 3 seconds .
Russian Lever Straddled	Knees should be in line with the nose. Legs no wider than 90° Hold for 3 seconds.

## **TUMBLE RUN:**

1. The Tumble run must be dynamic and accelerate. If it is not dynamic deduct 0.1
2. It must be diagonal. If not diagonal deduct 0.2
3. If it is not in a straight line deduct up to 0.3
4. If there is no tumble run, deduct 0.5
5. It must contain 3 different moves. Deduct 0.5 if only 2 different moves are performed.
6. There must be no extra steps between the moves. Deduct 0.1 per step.
7. If more than one leap or jump deduct 0.5
8. A Round off flic to 2 feet together followed by a second flic landing with 2 feet together counts only as two moves as the second flic is a repeated move deduct 0.5
9. A round off flic to 2 feet followed by a flic walkout counts as three moves.

## **Some EXAMPLES of TUMBLE RUNS:**

1. Catleap, Cartwheel to finish sideways, Cartwheel  $\frac{1}{4}$  turn inwards to lunge.
2. Catleap, Cartwheel to finish sideways, Cartwheel  $\frac{1}{4}$  turn inwards to finish feet together.
3. Cartwheel to finish sideways, Cartwheel  $\frac{1}{4}$  turn inwards to finish feet together, Tuck Jump or Star jump.
4. Cartwheel  $\frac{1}{4}$  turn inwards to finish feet together, Jump Half turn (accepted as a link but is not a move), Forward roll, Tuck jump or Star jump.
5. Round off, Jump Half turn (accepted as a link but is not a move), Forward roll, Tuck jump or Star jump.
6. Cartwheel  $\frac{1}{4}$  turn inwards to finish feet together, flic to land two feet together, Star jump.
7. Cartwheel  $\frac{1}{4}$  turn inwards to finish feet together, flic to land two feet together, flic to "walkout".
8. Round off, flic to land two feet together, Star jump.
9. Round off, flic to land two feet together, flic to "walkout".
10. Round off, flic to land two feet together, back somersault.
11. Handspring, Flyspring, Tuck jump or Star jump.
12. Handspring to step out, Handsping to two feet, Tuck jump or Star jump.