



GUIDELINES for I.S.G.A. 4 Piece

GIRLS NATIONAL CHAMPIONSHIPS

& BOYS NATIONAL CHAMPIONSHIPS

for

Judges and 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 and skills for voluntary floor have 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. This will be at the discretion of the Head Judge or Technical Director. An explanation will be given to the coach.

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.

VOLUNTARY FLOOR - GENERAL:

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. All rolls must start and finish on two feet to count in the tariff, except when used in a tumble run, a walkout will be permitted.
7. Forgetting floor routine: Pauses for several seconds then continues deduct 0.4
8. Missing or invalid Tumble run deduct 0.5
9. Stepping out of floor area deduct 0.1 each time.
10. Touch of floor deduct 0.3
11. Fall deduct 0.5
12. Missing move. Deduct 0.3 from content, per move for less than 10 performed.
13. Girls are not allowed to perform somersaults and only one flic or aerial (cartwheel or walkover) is allowed.
14. Boys are allowed somersaults.

GIRLS 4 PIECE SET FLOOR – Under 9, 11 & 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

Forward roll and immediate straight jump:

1. Squat position not shown deduct 0.2
2. Back not straight in squat deduct 0.1 - 0.2
3. Arms not stretched out straight in front in squat deduct 0.1
4. If the roll is not on the shoulders i.e. head touches floor deduct 0.2
5. No straight jump deduct 0.7
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.
10. Steps on landing from jump deduct 0.1 per step.

Bonus 1: Handstand forward roll.

1. Straight stretched position with arms above head not shown deduct 0.2
2. Step or toe tap before handstand deduct 0.1
3. 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, straight jump.
4. If handstand falls back and the roll is not performed only the straight jump, deduct the value of the move 1.4

Bonus 2: Height in straight jump.

1. Lack of tension in jump deduct 0.1
2. Jump not upright deduct 0.1 – 0.2

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

Bonus: Control in spin.

1. 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.

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

Bonus: Jump lunge into the cartwheel.

1. Cartwheel not finished sideways deduct 0.1
2. Arms not finished diagonally high deduct 0.1

Turn on toes:

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

Chair balance:

1. If foot is lifted off and placed back on the floor before lifting again deduct 0.5 (a fall)
2. If right angles at both hip and knee are not shown deduct 0.1 for each.
3. If the chair balance is not held for 3 seconds deduct 0.1 for each second not held at the front and the back
4. If foot touches the floor between the forward chair balance and arabesque balance deduct 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 both balances deduct 0.1 - 0.5
7. Bent legs in arabesque deduct 0.1 - 0.2

Bonus: Straight Leg lift forward to 90°.

1. Leg below 90° at front deduct 0.1 - 0.3

Cartwheel ¼ turn inwards, star jump:

1. Deviation from straight line deduct 0.1 – 0.2
2. Lack of body tension deduct 0.1 – 0.2
3. A slight dish shape is required in the star jump. If arms are back deduct 0.1 - 0.3
4. Lack of control in star jump deduct 0.1 – 0.2

Bonus 1: Roundoff.

1. Jump lunge and round off. Extra steps before the jump lunge deduct 0.1 per step.

Bonus 2: Immediate star jump:

1. A slight dish shape is required in the star jump. If arms are back deduct 0.1 - 0.3
2. Lack of control in star jump deduct 0.1 – 0.2

Backward roll with bent legs to straddle:

1. Hands left on floor deduct 0.1 - 0.3
2. Stopping before finished position. The roll needs to flow with no pauses. Deduct 0.1 - 0.3.
3. No push on hands i.e. rolling over head deduct 0.1 – 0.3
4. Straddle stand position not shown deduct 0.1 - 0.2
5. Arms not finishing diagonally high deduct 0.1

Bonus: Straight legs in backward roll.

1. To receive the straight leg bonus, legs have to be **completely** straight throughout the roll to straddle stand.

Forward roll, immediate 180° high straight jump:

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 180° high straight jump is omitted deduct 0.7

Bonus 1: 360° high straight jump:

1. Lack of tension in jump deduct 0.1
2. Jump not upright deduct 0.1 – 0.2

Bonus 2: Secure landing after jump:

1. Leaning forward or backward deduct 0.1 – 0.2
2. Feet not together deduct 0.1

BOYS 4 PIECE SET FLOOR – Under 9, 11 & 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

Catleap, Cartwheel, 2nd cartwheel ¼ turn inwards:

1. If arms not diagonally high after first cartwheel deduct 0.2
2. If second cartwheel does not finish in a ¼ turn lunge deduct 0.3
3. If second cartwheel finishes facing wrong direction deduct 0.2
4. Deviation from straight line deduct 0.1 – 0.2
5. Lack of body tension deduct 0.1 – 0.2

Bonus 1: Immediate cartwheel after catleap.

1. The catleap must land on one foot and go immediately into the cartwheel.

Bonus 2: Immediate 2nd cartwheel.

1. The first cartwheel must land on one foot and go immediately into the second cartwheel.

Forward roll with straight legs:

1. Squat position not shown deduct 0.1
2. Back not straight in squat deduct 0.1
3. Stretched arms above head before squat position not shown deduct 0.1
4. Arms not stretched out straight in front in squat deduct 0.1
5. Legs not straight in roll deduct 0.1
6. If the roll is not on the shoulders i.e. head touches floor deduct 0.2
7. Arms not stretched and diagonally high above head on finishing deduct 0.1.

Bonus 1: Handstand forward roll.

1. Straight stretched position with arms above head not shown deduct 0.2
2. Step or toe tap before handstand deduct 0.1
3. 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.
4. If handstand falls back and the roll is not performed, deduct the value of the move 0.7

Bonus 2: Straight arm roll out of handstand.

1. Lack of body tension deduct 0.1

Backward roll to straddle stand:

1. Hands left on floor deduct 0.1 – 0.3
2. Stopping before finished position. The roll needs to flow with no pauses. Deduct 0.1 – 0.3.
3. No push on hands i.e. rolling over head deduct 0.1 – 0.3
4. If the roll is unsuccessful deduct 0.5 but the straddle stand position must be shown.
5. Straddle stand position not shown deduct 0.1 – 0.2
6. Arms not finishing diagonally high deduct 0.1

Bonus: Straight legs in backward roll.

2. To receive the straight leg bonus, legs have to be **completely** straight throughout the roll to straddle stand.

Teddy bear roll:

1. If legs are bent whilst lowering to floor deduct 0.1 – 0.2
2. If legs are bent during the roll deduct 0.1 – 0.2
3. If hands hold legs during roll deduct 0.2
4. Arms not parallel to legs during the roll deduct 0.1
5. Arms not above head in long sit deduct 0.1

Pike fold held for 3 secs:

1. If chest not on legs deduct 0.1 – 0.5
2. Hands not flat on mat by feet deduct 0.1
3. Deduct 0.1 for each second not held.

Dish position held for 3 secs.

1. Feet on floor deduct 0.1
2. Hands not over thighs deduct 0.1
3. Shoulders on floor deduct 0.1
4. Arched back deduct 0.1 – 0.3
5. If not held for 3 secs, deduct 0.1 for each second not held.

Bonus: Arms by ears.

1. Arms must remain by ears during dish position with the back **flat** on the floor.

Arch position held for 3 secs.

1. If feet, hands, arms or head touch the mat in the turn to the arch deduct 0.1 – 0.2
2. If legs or arms bend during the turn deduct 0.1 – 0.2
3. Arms not by ears in turn deduct 0.1
4. Arch held for 3 secs. Deduct 0.1 for each second arch is not held.
5. Lack of tension in arch deduct 0.1
6. Front support held for 3 secs. Deduct 0.1 for each second front support is not held.
7. If toes not turned under i.e. if they are pointed, deduct 0.1
8. Crouch position not shown or held for 3 secs. Deduct 0.1 for each second that the crouch is not held.
9. Back not straight in crouch position deduct 0.1
6. Arms not out forward in crouch position deduct 0.1

Bonus: Straight body pushed up to front support

1. Body remains straight throughout the push up.

Tucked Headstand:

1. Back not straight deduct 0.1
2. Feet not leaving or returning to floor together 0.1 – 0.2
3. If not held for 3 secs, deduct 0.1 for each second not held.
4. If headstand does not return to feet i.e. rolls out deduct 0.5

Bonus: Straight legs in headstand.

1. Legs have to remain straight throughout the headstand i.e. pike levered up to vertical.

Frog balance:

1. If thumbs do not face forward, the same direction as fingers deduct 0.3
2. If not held for 3 secs, deduct 0.1 for each second not held.
3. Arms not stretched and diagonally high above head on finishing deduct 0.1

Tuck jump then 180° high straight jump:

1. If knees are not to chest in tuck jump deduct 0.1 – 0.3
2. If back is not straight in the tuck jump deduct 0.1 – 0.2
3. If straight jump does not have arms high above the head deduct 0.1
4. If body is not straight in straight jump deduct 0.1 – 0.2
5. If jump not high deduct 0.1 – 0.2
6. If arms do not finish diagonally high after straight jump deduct 0.1

Bonus 1: 360° high straight jump.

1. Lack of tension in jump deduct 0.1
2. Jump not upright deduct 0.1 – 0.2

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

1. Leaning forward or backward deduct 0.1 – 0.2
2. Feet not together deduct 0.1

GIRLS 4 PIECE VOLUNTARY FLOOR – Under 9, 11 & 13:

1. No Somersaults are allowed.
2. Only one flic or aerial (cartwheel or walkover) is allowed.
3. Vocals or words in music deduct 0.2
4. Illegal banned music deduct 0.5
5. No music deduct 0.5
6. Over time or under time or music stopped early deduct 0.2
7. Finishing before or after the music deduct 0.2

GIRLS & BOYS 4 PIECE VOLUNTARY FLOOR:

MOVE	GUIDANCE
Front support	Hands must be shoulder width apart and beneath the shoulders. Fingers forward. Shoulders should be rounded. Arms and body must be straight. Head in line with the body. Hold for 3 seconds.
Front support jump to crouch, straight jump	See front support above. Arms straight above head in straight jump which must be stretched. 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 for 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. Leg position is optional. Tucked or straight. 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 straight and back of knees pushed into mat with toes pointed. Arms straight and squeezing the ears. Back and arms remain straight all the way down. The fold happens at the hips and not in the shoulders & upper back. Chest on knees with arms straight out in front. Hands flat on the floor by the 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.
Bridge	Hands directly under shoulders. Legs straight. Head between shoulders. Hold for 3 seconds.
Teddy bear roll (Circle roll)	180° only. Arms must be parallel to legs throughout.

MOVE	GUIDANCE
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.
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 for 1 second in each of the 3 split positions.
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 for 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 for 3 seconds. Body shape should be equilateral i.e. legs not lower or higher than torso.
Straddle Half Lever	Feet level or higher than hips. Hands flat on floor. Legs straight & toes pointed. Hold for 3 seconds.
Piked Half Lever	Feet level or higher than hips. Hands flat on floor. Hips remain between hands. Legs straight & toes pointed. Hold for 3 seconds.
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.
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.

MOVE	GUIDANCE
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 but will still count.
360° or 540° or 720° Spin	These will carry deductions if not all the way round but will still count.
Backward roll to straddle stand	Push on hands to lift hips.
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 before the arms 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 nd 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 nd 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 secs.
Russian Lever Straddled	Knees should be in line with the nose. Legs no wider than 90° Hold for 3 seconds.

BOYS 4 PIECE VOLUNTARY FLOOR:

MOVE	GUIDANCE
Dish held for 2 secs turn to arch held 2 secs or vice versa	Body must be in tension. Back must not be arched Hands, shoulders and feet must be off the floor. Arms must be by the ears. The shape of the body should be equilateral i.e. the arms and head not higher than the legs. During the turn the feet, hands, arms, or head must not touch the mat. Arms must cover the ears during the turn
Forward roll to stop in strong dish shape	See above for shape of dish. Dish shape held for 3 secs.

MOVE	GUIDANCE
Rocks x 3 in dish or arch shape	See above for shape of dish.
Rear support held 2 secs, turn to front support held 2 secs or vice versa	In both supports the hands must be shoulder width apart and beneath the shoulders. Straight arms. Body straight In back support the fingers should point towards the toes. In front support the fingers should be forward and the shoulders rounded. In both supports the head should be in line with the body. In the turn the body must remain straight and in tension throughout.
Press ups in front support x 3	Hands must be shoulder width apart and beneath the shoulders. Fingers forward. Shoulders should be rounded. Head in line with the body. Body must remain straight and in tension throughout the 3 press ups. The chest must be lowered almost to the floor in each press up. Arms must straighten after each press up.
Side support on one arm held 2 secs 180° turn to side support on the other arm held for 2 secs	Hand must face forward in the same direction that the body is facing. The arm in the air must be straight and out to the side. Body and legs must be in a straight line. During the turn, the body must remain in a straight line and in tension.
Frog balance	Thumbs must be facing forwards in the same direction as the fingers and not facing backwards. Legs must be pressed into the elbows. Feet must be off the floor. Held for 3 secs.
From long sit, touch toes and backward roll to straddle stand	Legs straight and back of knees pushed into mat with toes pointed. Back straight, arms up and straight, squeezing the ears. Aim to get chest onto thighs when touching toes. Push on the hands to lift the hips in the backward roll.
From kneeling, chest roll forwards and finish in a strong front support position held 3 secs	Show upright and stretched position in kneel. The roll should be smooth. In the front support the hands must be shoulder width apart and beneath the shoulders. Fingers forward. Shoulders should be rounded. Arms and body must be straight. Head in line with the body. Hold for 3 seconds.
'D' hold	Show upright and stretched position in kneel before arching back. Hands should hold heels. Hips should be high.
Russian lever balance in tucked position	Knees must touch chest in tuck. Held 3 secs.
Forward roll into straddle lever balance	Aim for straight legs in forward roll. In straddle lever, legs must be straight and toes pointed. Feet level or higher than hips. Hands flat on floor. Hold for 3 seconds.
Backward roll to handstand held for 2 secs	The handstand must be straight with an open shoulder angle. Lower to the floor with control.
From front support held 2 secs, straddle or pike cut to rear support held 2 secs	Look at front support above. Held 2 secs. Legs remain straight throughout. Look at rear support above.
From straddle sit, lower chest to floor, pull 'swim'/through to lie flat forwards, legs closed at the back	Legs remain straight throughout. Toes pointed.
Headspring	Good heel drive. Strong open shoulder angle through to stand. Head should stay between arms. Must show flight.
Handstand forward roll piked to stand	Show straight shape in handstand. Legs remain straight throughout.

TUMBLE RUN FOR GIRLS & BOYS:

1. The main difference between the girls and the boys Tumble Run is that the boys voluntary floor routine must start with a Tumble Run. The girls can have their Tumble Run anywhere in their routine. However if one of the moves in the girls Tumble Run has already been executed then it is a void move and does not count towards the three different moves required for the Tumble Run.
2. The Tumble run must be dynamic and accelerate. If it is not dynamic deduct 0.1
3. It must be diagonal. If not diagonal deduct 0.2
4. If it is not in a straight line deduct up to 0.3
5. If there is no tumble run, deduct 0.5
6. It must contain 3 different moves. Deduct 0.5 if only 2 different moves are performed.
7. The 3 different moves must be linked. Any break deduct 0.5.
8. There must be no extra steps between the moves. Deduct 0.1 per step.
9. If more than one leap or jump deduct 0.5. ***In the Tumble Run a jump half turn is considered as a rebound link and is not counted as a jump or a move.***

Some EXAMPLES of TUMBLE RUNS:

1. A few steps into forward roll (walkout), round off, tuck or star jump.
2. Run into catleap, cartwheel to finish sideways, cartwheel ¼ turn inwards to lunge.
3. Run into catleap, cartwheel to finish sideways, cartwheel ¼ turn inwards to finish feet together.
4. Cartwheel to finish sideways, cartwheel ¼ turn inwards to finish feet together, tuck jump or star jump.
5. Cartwheel ¼ turn inwards to finish feet together, jump half turn (accepted as a rebound link but is not a move or a jump), Forward roll, tuck jump or star jump.
6. Round off, jump half turn (accepted as a rebound link but is not a move or a jump), forward roll, tuck jump or star jump.
7. Round off, star or tuck Jump, jump half turn (accepted as a rebound link but is not a move or a jump), forward roll.
8. Round off, star or tuck jump, backward roll.
9. Cartwheel ¼ turn inwards to finish feet together, flic to land two feet together, Star jump.
10. Round off, flic to land two feet together, Star jump.

HEALTH & SAFETY:

Each competing school is reminded that they need their own competition risk assessment.

