

THE 2016/2020 2 PIECE NATIONAL CHAMPIONSHIPS RULES

CONTENTS

GENERAL TO ALL OF THE THREE 2 PIECE CHAMPIONSHIPS	1
1.1 COMPETITION FORMAT	1
1.2 TEAMS	1
1.3 AFFILIATION.....	1
1.4 ELIGIBILITY	1
1.5 ENTRY FORMS	1
1.6 HOST SCHOOLS.....	1
1.7 SPECIAL PROVISION FOR VERY SMALL SCHOOLS	2
1.8 DISCLAIMER	2
1.9 GENERAL COMPETITION RULES	2
1.10 GENERAL VAULT NOTES	3
THE 2 PIECE NATIONAL CHAMPIONSHIPS FOR GIRLS and QUALIFIER.....	4
2.1. AGE GROUPS	4
2.2. ELIGIBILTY	4
2.3. THE QUALIFIER	4
2.4. RULES	4
2.5. SET FLOOR.....	5
2.6. TABLE: U9, U10 & U11 SET FLOOR	7
2.7. TABLE: U13, 15 & O13 SET FLOOR.....	8
2.8. VOLUNTARY VAULT	9
2.9. VOLUNTARY VAULT DEDUCTIONS.....	9
THE 2 PIECE NOVICE CHALLENGE CUP CHAMPIONSHIPS FOR UNDER 9 GIRLS	10
3.1. AGE GROUPS	10
3.2. ELIGIBILTY	10
3.3. RULES	10
3.4. VOLUNTARY VAULT	10
3.5. VOLUNTARY VAULT DEDUCTIONS.....	10
3.6. SET FLOOR UNDER 9 NOVICE CHALLENGE CUP.....	11
3.7. EVALUATION OF MARKS.....	11
3.8. TABLE: SET FLOOR NOVICE GIRLS.....	13
THE 2 PIECE NATIONAL CHAMPIONSHIPS FOR BOYS.....	14
4.1 AGE GROUPS	14
4.2 ELIGIBILTY	14
4.3 RULES	14
4.4 VOLUNTARY VAULT	14
4.5 VOLUNTARY VAULT DEDUCTIONS.....	14
4.6 SET FLOOR FOR BOYS	15
4.7 EVALUATION OF MARKS.....	15
4.8 TABLE: SET FLOOR FOR BOYS.....	17

GENERAL TO ALL OF THE THREE 2 PIECE CHAMPIONSHIPS

1.1 COMPETITION FORMAT

There will be three separate competitions running at the same time at the 2 Piece National Championships. Please note the three separate sections in these rules, under the different coloured headings:

- 1) [The 2 Piece National Championships for Girls and Qualifier.](#)
- 2) [The 2 Piece Novice Challenge Cup Championships for under 9 Girls.](#)
- 3) [The 2 Piece National Championships for Boys.](#)

Each gymnast will perform the following:

1. Individual Set Floor
2. Voluntary Vault

1.2 TEAMS

- a) A team may consist of 4, 5 or 6 gymnasts, from the same school. Where 6 gymnasts make up a team only 5 can perform on each apparatus with the top 4 scores on each discipline counting.
- b) In the Girls Championships it is possible to make up a team with up to two gymnasts who are under age in the U10, 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 gymnasts competing out of age. Gymnasts in the Under 9 age group have no lower limit. Girls competing in the Over 13 and Under 15 categories must be 13 years or over on 1st September that academic year.
- c) In the Boys Championships it is possible to make up a team who are under age. If necessary all members of the team can be under age. No boys over the age limit are allowed to compete in that team.
- d) Gymnasts are able to compete in a different age group at the 2 Piece Championships to the 5 Piece or the 4 Piece Championships in the same academic year.
- e) The scores will be added together to produce an Individual and a Team score.
- f) No school may enter more than the allotted six gymnasts.
- g) As this is a national competition 'B' teams are not eligible.
- 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 AFFILIATION

All competing schools must be affiliated to I.S.G.A. Affiliations are due from **1st June** 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. **Affiliation forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org A sample copy only can be found on the website.**

Those applying for Very Small School status need to fill in an additional form which is signed by the head teacher.

1.4 ELIGIBILITY

1. For details of eligibility for the [2 Piece National Championships for Girls and Qualifier](#) please see section 2:2 on page 4.
2. For details of eligibility for the [2 Piece Novice Challenge Cup Championships for under 9 Girls](#) please see section 3:2 on page 10.
3. For details of eligibility for the [2 Piece National Championships for Boys](#) please see section 4:2 on page 14.

1.5 ENTRY FORMS

Entry forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org A sample copy only can be found on the website.

1.6 HOST SCHOOLS

Host schools must consult and agree with the General Secretary at least one month before a competition, if possible, with the following information:

1. 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.
2. What the length of the run-up, within the customary parameters, will be for each vault.

1.7 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: <https://www.isgagymnastics.org/small-schools-form/> It is found on the Home page under "More Information". The form explains the criteria which must be applied. No other exemptions are permitted.

1.8 DISCLAIMER

Schools should download a disclaimer form from the I.S.G.A. website: <http://www.isgagymnastics.org/administration/annual-disclaimer/> 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.

1.9 GENERAL COMPETITION RULES

1. The team should be uniformly dressed, i.e. all dressed alike. Deduction 0.1 per gymnast.
GIRLS: Under 13, Under 15 and Over 13 teams may or may not wear matching gymnastics shorts over their leotards in the individual disciplines. A coach of a physically mature Under 11 gymnast may request from the Competition Secretary for this gymnast to wear shorts to protect her modesty. **BOYS:** 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 down their clothing e.g. leotard or shorts whilst being judged. Deduction 0.1. Underwear (including sports bras), if worn, should not show. Deduction 0.1. Coaches of female gymnasts must ensure that their gymnast's leotards fit correctly to preserve modesty. Deduction 0.1 per gymnast at each apparatus.
3. Strapping is allowed but should be as discreet as possible.
4. Hair should be tied back neatly for girls. If boy's hair is long, it must be tied back. Deduction for untidy hair 0.1 No jewellery, including small ear studs, or coloured nail varnish may be worn. Deduction 0.1
5. 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.
6. 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 years and is both an embarrassment and a safeguarding issue. Please note: The gymnast and her coach may have sanctions brought against them.
7. Teams must line up before the judging panel, at the start and end of each discipline.
8. Each gymnast must present to the judges at the start and finish of his/her individual floors and vaults. Deduction 0.1 each time.
9. The gymnast performs his/her Set Floor once only and has two attempts at 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.
10. There will be a timed warm up of at least 3 minutes per individual school on the 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 vault, with the older team starting first.
11. 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.
12. "Catch all" rule. This is to cover a circumstance that is not in the I.S.G.A. rules. It means that if there is a problem which is brought to the Technical Director or the Head Judge that is not specified in the rules but arises during a competition, the sanction would be up to 0.3 deducted from the final team score. This will be at the discretion of the Head Judge or the Technical Director. An explanation will be given to the coach.

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, 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.

1.10 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/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.
7. Please note: As is common practice in schools' gymnastics, vaulting apparatus cannot be chained to the floor.

THE 2 PIECE NATIONAL CHAMPIONSHIPS FOR GIRLS AND QUALIFIER

2.1. AGE GROUPS

Competitions shall be held in the following age groups:

- An under 9 competition: Under 9 on 1st September of current academic year *
- An under 10 competition: Under 10 on 1st September of current academic year *
- An under 11 competition: Under 11 on 1st September of current academic year *
- An under 13 competition: Under 13 on 1st September of current academic year *
- An under 15 competition: Under 15 and over 13 on 1st September of current academic year *
- An over 13 competition: Over 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.

2.2. ELIGIBILITY

- Under 10, under 11, under 13 and over 13 teams placed in the top 6 positions in the relevant age groups in the previous season's Premier 5 Piece Girls National Championships, with "relevance" being determined according to the 5 Piece eligibility criteria, are not eligible to compete in the 2 Piece Championships.
- Under 9 and under 15 teams have no restrictions. All under 9 and 15 teams are eligible and may need to qualify if they wish to compete in the Premier 5 Piece Girls National Championships. Qualification will be required if more than the allocated number of teams apply in the under 9 or under 15 age groups.

2.3. THE QUALIFIER

When necessary, the 2 Piece Championships for girls becomes a 2 tier competition. It is a Championship in its own right, but is also used as a qualifying competition for the 5 Piece Premier Championships in March, if more than the allocated number of teams apply in a particular age group.

Teams who do not intend to enter the Premier 5 Piece Competition may still enter the 2 Piece Championships.

All teams entering the Premier 5 Piece Championships will be allocated a place in the Championships unless the number of schools applying in that age group, exceeds the quota of teams allowed. Teams who do not have automatic entry will then be required to qualify. The qualifying process takes place at the I.S.G.A. 2 Piece Championships in the autumn.

In the event of a tie in the 2 Piece competition, where it may matter about placings when qualifying for the Girls' Premier 5 Piece Championships, the totals of the teams' top 4 vault scores will be compared. In the case of this being tied then the decision will go on the totals of the top 3 vault scores and so on.

Qualifying for the 5 Piece Championships:

Under 9 Championships: All teams have to qualify.

Under 10 Championships: The top 6 teams in the preceding under 9 Premier 5 Piece Championships automatically qualify. Everyone else will need to qualify if there are more than 16 entries.

Under 11 Championships: The top 10 teams in the preceding under 10 Premier 5 Piece Championships secure a place. Everyone else will need to qualify if there are more than 16 entries.

Under 13 Championships: The top 10 teams in the preceding under 13 Premier 5 Piece Championships secure a place. Everyone else will need to qualify if there are more than 16 entries.

Under 15 Championships: The top 6 teams in the preceding under 15 Premier 5 Piece Championships secure a place. Everyone else will need to qualify if there are more than 12 entries.

Over 13 Championships: The top 10 teams in the preceding over 13 Premier 5 Piece Championships secure a place. Everyone else will need to qualify if there are more than 16 entries.

2.4. RULES

Set Floor: As per the I.S.G.A. Premier 5 Piece Girls National Championships rules.

Voluntary Vault: As per the I.S.G.A. Premier 5 Piece Girls National Championships rules with the exceptions that no vault more difficult than a handspring may be performed and the tariffs are slightly upgraded.

VAULTS

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

TARIFF

7.50
9.50
9.50
10.00

2.5. SET FLOOR

INDIVIDUAL SET FLOOR FOR UNDER 9, 10 & 11

Show good upright posture for 3 seconds	
Handstand forward roll, immediate split jump	1.4
360° spin	1.0
Cartwheel	1.0
¼ turn backwards on toes	0.4
Forward horizontal leg lift and upright arabesque balance	1.4
Round off, immediate rebound star jump	1.4
Backward roll to straddle stand	1.0
Forward roll, immediate 360° high straight jump	1.4
	9.0
Bonuses	1.0
TOTAL	10.0

INDIVIDUAL SET FLOOR FOR UNDER 13, 15 & OVER 13

Show good upright posture for 3 seconds	
540° spin	0.8
Backward roll to front support	0.8
180° high straight jump	0.8
Round off, jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge	1.4
Upright arabesque	0.8
Forward roll into a dish position	0.8
Free V-sit position	0.8
Unsupported shoulder stand immediate 360° high straight jump	1.4
Handstand forward roll, immediate split jump	1.4
	9.0
Bonuses	1.0
TOTAL	10.0

NOTES FOR BOTH SET FLOORS:

1. The routine to be performed along a strip of mat approximately 2m wide.
2. Gymnasts are allowed to start from either end of the strip.
3. Missing elements – deduct the value of the move.
4. Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards to feet or if the bonus in the backward roll is attempted and the handstand falls backwards - Deduct 0.5 plus other deductions. See Guidelines.
5. There will be a deduction of 0.3 for a small prompt from coaches or gymnasts and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.

ARMS:

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. **Coaches:** Any extra steps, shuffles, bounces, 'flowery' arm or body movements which deviate from the text are deductible 0.1 - 0.3 each time.

HANDSTAND FORWARD ROLL SPLIT JUMP:

There is no voluntary step into the start of the handstand. From standing the leg is lifted immediately into the move. It is a move that must be linked and the forward roll is the linking factor.

If the gymnast performs the handstand forward roll but omits the split jump, deduct 0.7

If the gymnast performs the forward roll split jump but omits the handstand, deduct 0.7

If the handstand falls back down to the feet, i.e. no roll deduct 0.5 for a 'fall'. The gymnast must then perform a forward roll immediate split jump. **If there is no forward roll before the split jump** then the whole value of the move is forfeited 1.4

The split jump is immediate and starts as the gymnast is coming out of the roll. If the gymnast finishes the roll in a standing position before starting to execute the split jump, the jump has not begun out of the roll and will therefore incur deductions. There should only be one arm movement or swing, finishing with the arms diagonally high above the head.

FORWARD ROLL, IMMEDIATE 360° HIGH STRAIGHT JUMP:

The high straight jump is immediate and starts as the gymnast is coming out of the roll. If the gymnast finishes the roll in a standing position before starting to execute the 360° high straight jump, the jump has not begun out of the roll and will therefore incur deductions. If the gymnast performs the forward roll but omits the 360° high straight jump, deduct 0.7. There should only be one arm movement or swing.

NOTES FOR UNDER 9 & 11 SET FLOOR:

Backward Roll:

You can perform a backward roll with straight legs and you can put your hands down to touch on the mat and then put them by your ears on the mat with no deduction (i.e. 2 touches in the roll). A bonus will be given for keeping the legs straight throughout but there is no bonus available for touching only once.

A backward roll can be performed from standing or from a crouched position. Either is acceptable. If the roll is performed from crouch then the roll is on the back with hands going on the floor only once behind the head in order to achieve the push up to standing straddle. Performed from standing it may be performed with hands at the side or with an upward arm swing. From here it may drop straight to sit and backward roll or the hands may be placed briefly on the floor to gain control and then be placed behind the head to push from the floor. Both are acceptable and should not be penalised in any way. It is not a fall.

Forward Horizontal Leg Balance:

The gymnast should slide the foot forward to point the toe. The foot **must not** be lifted off the floor before pointing the toe as this may be classed as a fall. Alternatively the free leg may be lifted immediately into the balance position.

NOTES FOR UNDER 13 SET FLOOR:

Backward Roll to front support:

You can perform a backward roll with straight legs and you can put your hands down to touch on the mat and then put them by your ears on the mat with no deduction. (i.e. 2 touches in the roll). A bonus will be given for keeping the arms straight throughout but there is no bonus available for touching only once.

2.6. TABLE: U9, U10 & U11 SET FLOOR		DEDUCTIONS AND NOTES	BONUS
Stand showing good upright posture with tension for 3 secs		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Immediately lift into, <u>handstand forward roll</u> , <u>immediate split jump</u> The jump should start out of the roll finishing with arms diagonally high above head. There should be only one arm movement or swing from roll to jump. See page 4 for further specific deductions for this element.	1.4	Deduct 0.5 if the handstand falls backwards down to the feet. The handstand should not be repeated, but the roll and split jump must then be performed. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.2 for any extra arm swing. Deduct 0.1 if arms do not finish diagonally high above head.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
Step forward into <u>360° spin</u> on toes. Free leg high with toe to knee, finishing 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 *.
Join the back foot to the front, jump forwards into a lunge and <u>cartwheel</u> . Finish facing sideways with arms diagonally high.	1.0	Deduct 0.1 for an aerial cartwheel. Deduct 0.1 if arms do not finish diagonally high.	0.1 for flight into cartwheel.
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.	
Slide foot forward to point the toe on the floor and then lift a straight leg into a <u>forward horizontal leg balance</u> . Hold for 3 secs. Alternatively the free leg may be lifted immediately into the balance position. Lower held leg (but do not touch the floor) and take it to the back into an <u>upright arabesque balance</u> , Hold for 3 secs. The leg need only to be raised to 45° at the back. Lower leg to join feet.	1.4	Deduct 0.3 if the foot is lifted off the floor before pointing the toe. Deduct 0.5 if the foot touches the floor between forward leg lift and arabesque balances. Deduct 0.1 – 0.3 for leg below 90° 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. Deduct 0.1 – 0.2 for bent legs.	0.1 for forward leg lift above 90 degrees, held 3 seconds.
Jump forwards into a hurdle step and <u>round off</u> , <u>immediate rebound star jump</u> with controlled landing.	1.4	Dynamic but showing good shape, height and slight dish shape in the rebound, and controlled throughout.	0.1 for dynamics.
<u>Backward roll</u> to finish in <u>straddle stand</u> 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. If aiming for the handstand bonus, lift the hips high and show the handstand position with feet together, exit to straddle stand.	0.1 for straight legs throughout. 0.1 for lift to handstand, feet together.
From feet apart, jump feet together and immediately <u>forward roll</u> , <u>immediate 360° high straight jump</u> starting out of the roll, to finish with a secure landing. 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 – 0.3 for any extra arm swing. Deduct 0.1 – 0.2 for lack of height in jump.	0.1 for secure landing after 360° high straight jump.
Total of Content	9.0	Total of Bonuses	1.00

2.7. TABLE: U13, 15 & O13 SET FLOOR		DEDUCTIONS AND NOTES	BONUS
Stand showing good upright posture for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Step forward into <u>540° spin</u> on toes. Free leg, high with toe to knee, finishing 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.	0.8	Deduct 0.1 – 0.5 for not completing the 540° Deduct 0.1 if spin is reversed. Deduct 0.1 if pose is not held. Deduct 0.1 if foot not turned out in finished position. Deduct 0.1 if arms not diagonally high.	
Join the back foot to the front foot and bring arms to a parallel position above head. <u>Backward roll to front support</u> . Hold front support position for 3 seconds.	0.8	Deduct 0.1 for each second not held. Hands shoulder width apart, head in line with body, body straight, fingers forward and chest rounded.	0.1 for straight arms throughout.
Squat in and immediate <u>180° high straight jump</u> . The jump should start from the squat position. There should be only one arm movement or swing from squat position to jump.	0.8	Deduct 0.1 – 0.3 for pause between the squat in and the jump. Deduct 0.1 – 0.2 for extra arm swing. Deduct 0.1 – 0.3 for lack of height in jump. Aim for height in jump with a secure landing.	
Jump forwards into a hurdle step and <u>round off, jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge</u> . Finish with front knee bent (135°), back leg straight and arms diagonally high above head.	1.4	Deduct 0.1 – 0.2 for any pauses between the moves. Deduct 0.1 if arms do not finish diagonally high above head. Must be dynamic. Good height and shape in the 180° jump with arms above head. Finish facing the way you came from. Controlled throughout.	0.1 for dynamics. 0.1 for flight into cartwheel.
Join the back foot to the front foot and take the arms out to the side. Raise a leg to the back into an <u>upright arabesque</u> . The foot must not be pointed on the floor behind before lifting into the arabesque. The leg at the back needs to be raised to a minimum of 45°. Hold for 3 seconds.	0.8	Deduct 0.1 for each second not held. Deduct 0.1 – 0.2 if arms not at side i.e. back or above/below 45° from the horizontal. Deduct 0.1 – 0.2 for bent legs. Deduct 0.1 – 0.5 if chest and head not upright. Deduct 0.1 if the foot is pointed on the floor behind before lifting.	0.1 for leg at 90° at the back.
Join back foot to front foot. Show squat position with straight back and arms stretched out in front. <u>Forward roll into a dish position</u> . Arms by ears, hands, shoulders and feet off the floor and back should not arch. Hold for 3 seconds. Aim to roll with straight legs throughout. Finish with body in tension.	0.8	Deduct 0.1 for back not straight and 0.1 for arms not forward in crouch. Deduct 0.2 for squat position with straight back not shown. Deduct 0.1 for each second not held in the dish position. Deduct 0.1 – 0.3 for arched back in the dish position. Deduct 0.1 – 0.3 if arms are not by the ears. Deduct 0.1 for hands, shoulders or feet not off the floor.	
Raise legs and torso into a <u>free V-sit position</u> . Legs may be tucked while being raised or they may be kept straight. Hold for 3 seconds.	0.8	Deduct 0.1 for each second not held. Raise legs and torso without touching the floor. Hold position with legs and back straight and arms stretched out straight in front but not touching legs.	0.1 for lifting legs from dish up into free- v-sit without tuck position.
Lower straight legs onto floor into long sit position. Arms optional. Roll back with straight legs into an <u>unsupported shoulder stand</u> . Arms straight on floor by hips. Hold for 3 seconds. Roll down into an <u>immediate 360° high straight jump</u> . The jump should start out of the roll. There should be only one arm movement or swing from roll to jump.	1.4	Deduct 0.1 for each second not held. Deduct 0.1 – 0.2 for bending legs when rolling back into shoulder stand. Deduct 0.1 – 0.5 for legs not vertical. Deduct 0.1 – 0.3 for pause between roll and jump or 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 arms on floor above head in shoulder stand. 0.1 for secure landing.
<u>Handstand forward roll, immediate split jump</u> . The jump should start out of the roll finishing with arms diagonally high above head. There should be only one arm movement or swing from roll to jump. See page 4 for further specific deductions for this element.	1.4	Deduct 0.5 if the handstand falls backwards down to the feet. The handstand should not be repeated, but the roll and split jump must then be performed. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.2 for any extra arm swing. Deduct 0.1 if arms do not finish diagonally high above head.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
Total of Content	9.0	Total of Bonuses	1.00

2.8. VOLUNTARY VAULT

- The vaulting horse will be used widthways only.
- Two vaults to be performed from the list below. The vaults may be the same or different. Coaches may request the gymnast's first vault score, before the second vault.
- 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.

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position	7.50
Squat through vault	9.50
Straddle vault	9.50
Handspring vault	10.0

Height of Vault (as near as possible)

Under 9	90 cm
Under 10	90 cm
Under 11	100 cm
Under 13	110 cm
Under 15	110 cm
Over 13	110 cm

These are minimum vault heights. Gymnasts may vault higher if they choose.

2.9. 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 overall vault	up to 3.0
Landing deductions	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	0.1 each step (max. 0.5)
Fall on landing	0.5
Support from coach on either side of the vault	Void vault

So, for example, in a straddle vault, the judge will add up any deductions made and then take this figure away from the tariff of 9.50 to give a final score.

Safety mats may be used on top of the landing area if desired and if they are available, with no extra deductions.

THE 2 PIECE NOVICE CHALLENGE CUP CHAMPIONSHIPS FOR UNDER 9 GIRLS

This competition is for under 9 girls only. Schools may enter either: The 2 Piece National Championships under 9 or the 2 Piece Novice Challenge Cup under 9 Championships, but not both. Schools opting to take part in the 2 Piece Novice Challenge Cup competition will not be eligible to qualify for the Premier 5 Piece under 9 championships, but may enter the I.S.G.A. 4 Piece National Challenge Cup Championships.

3.1. AGE GROUPS

An under 9 competition: Under 9 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.

3.2. ELIGIBILITY

Open to any school who has not entered the under 9 Premier 5 Piece National Championships in that current academic year.

3.3. RULES

Set Floor: As per the I.S.G.A. 4 Piece National Challenge Cup Championships for Girls rules.

Voluntary Vault: As per the I.S.G.A. 4 Piece National Challenge Cup Championships for Girls rules.

3.4. VOLUNTARY VAULT

- The vault will be used with ways only.
- Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
- A safety mattress may be used on the top of the landing area if desired and available, with no extra deductions.
- 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.
- The higher score will count.
- 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 vault	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

3.5. 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
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

3.6. SET FLOOR UNDER 9 NOVICE CHALLENGE CUP

- 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.
- 8) There will be a deduction of 0.3 for a small prompt from coaches or gymnasts and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.

3.7. EVALUATION OF MARKS

Show good upright posture (3 seconds)	
Forward roll, immediate straight jump	1.4
360° spin	1.0
Cartwheel	1.0
¼ turn backwards on toes	0.4
Chair balance (3 seconds) to arabesque balance (3 seconds)	1.4
Cartwheel ¼ turn inwards to join feet, then star jump	1.4
Backward roll to straddle stand	1.0
Forward roll, 180° high straight jump	1.4
	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 upright posture with tension 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, landing feet together, 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.

3.8. TABLE: SET FLOOR NOVICE GIRLS		DEDUCTIONS AND NOTES	BONUS
1	Stand showing good upright posture, with tension, 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> , landing feet together, then <u>star jump.</u> Bonus 1: Jump lunge into a <u>round off</u> instead of cartwheel. Bonus 2: For star jump immediately 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

THE 2 PIECE NATIONAL CHAMPIONSHIPS FOR BOYS

4.1 AGE GROUPS

Competitions shall be held in the following age groups:

- An under 9 competition: Under 9 on 1st September of current academic year *
- An under 11 competition: Under 11 on 1st September of current academic year *
- 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.

4.2 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 to enter each age group.

4.3 RULES

Set Floor: As per the I.S.G.A. 4 Piece National Championships for Boys rules.

Voluntary Vault: As per the I.S.G.A. 4 Piece Boys National Championships for Boys rules.

4.4 VOLUNTARY VAULT

- The vault will be used with ways only.
- Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
- Two vaults to be performed from the list below.
- 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.
- 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.

HEIGHT OF VAULT	
Under 9	90 cm
Under 11	100 cm
Under 13	100 cm
These are minimum vault heights. Gymnasts may vault higher if they choose and the apparatus allows.	
TARIFF OF VAULT	
Squat on, immediate straight jump off from squat position	8.0
Squat through vault	9.5
Straddle vault	9.5
Handspring	10.0

4.5 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	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

4.6 SET FLOOR FOR BOYS

- 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.
- 8) There will be a deduction of 0.3 for a small prompt from coaches or gymnasts and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.

4.7 EVALUATION OF MARKS

Show good upright 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 upright posture with tension 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 ¼ 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 with the toes turned under. 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.

4.8 TABLE: SET FLOOR FOR BOYS		DEDUCTIONS AND NOTES	BONUS
Show good upright posture, with tension, arms by side - 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
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.
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 0.1 for 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.
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, from standing, throughout the backward roll to straddle stand.
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.	
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.	
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.
Raise straight arms to ears, unless the bonus has been attempted. 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> with the toes turned under. 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 toes not turned under i.e. pointed. 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.
<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.
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.	
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° high 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