



The 17th ISA National Gymnastics Championships for Boys 2020 Rules

AGE GROUPS: there will be competitions in the following age groups:-

- a An Under 9 competition for Boys U9 on 1st Sept of current year*
- b An Under 11 competition for Boys U11 on 1st Sept of current year*

(*i.e. midnight on 31st August.) eg. Boys with their 9th birthday on or after 1st Sept 2019 are under 9's. Boys having their 9th birthday on or before 31 August 2019 are Under 11's and this is regardless of which academic year their school has placed them in. An U9 gymnast may compete as an U11 in an U11 team, but may not compete in two age group teams in the same academic year.

TEAMS:

A team may consist of up to six boys, from the same school.
As this is a National competition 'B' teams are not eligible.
The top four scores on each discipline will count.
A team may consist of four or five members only, if desired.
No school may enter more than the allotted six gymnasts in an age group.
A school may not enter an individual.
Once a team has started its first discipline, no reserve may take part.
The scores will be added together to produce individual and team totals.

COMPETITION FORMAT - for both age groups.

Each gymnast will perform the following four disciplines which will be added together for the overall team result.

1. Set Vault.
2. Voluntary Vault.
3. Set Floor
4. Voluntary Floor

GENERAL COMPETITION NOTES AND DEDUCTIONS

The team should be uniformly dressed, i.e. all dressed alike: same coloured leotards and shorts, or PE shirt which must remain tucked into shorts. **No boys gymnastics trousers permitted** for floor and vault work.

Gymnasts should not pull at their clothing whilst being judged. Underwear, should not show. Hair should be tied back if long. Jewellery including studs must not be worn. Any strapping should be discreet.

Coaches/teachers are required to wear smart 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.

Teams must line up and 'Present' before the judging panel, after warming up at the start of each discipline. Each gymnast must present to the judges at the start and finish of all individual disciplines.

The gymnast performs the set floor and voluntary floor once and has two attempts only at both the set vault and voluntary vault, unless, in the judge's opinion there has been outside interference. Gymnasts exiting from floor sequences part-way through a sequence will not be permitted to start again.

In both set and voluntary floor work gymnasts will not be penalised for stepping off the competition mat.

WARM-UPS

There will be a timed warm up of 3 minutes per individual school on the voluntary floor and set floor and vault. When the apparatus is shared, the older age group team always warms up for the first 3 minutes. The older age group will also compete first unless they have fewer than six gymnasts, in which case the team with the most gymnasts starts first.

As teams only have a warm-up of 3 minutes before being judged and the mat areas are limited, (i.e. up to six gymnasts on one 2 x 12 metre wide 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.

BOYS' VAULT FOR ALL AGES

GENERAL VAULT NOTES

1. The vault will be used widthways only. A vaulting horse will be provided.
2. Each school should have a member of staff capable of physically supporting their gymnasts at the vault if required and able to alter the height of the horse if desired.
3. A gymnast vaulting before receiving the Judge's signal - void vault.
4. Physical support from a coach for safety reasons when a gymnast is being judged - 1.0 Deduction.
5. A gymnast is allowed one 'run-out' per vault, providing the springboard, mat or vault has not been touched. If the apparatus is touched, the vault is deemed to have been taken.
6. Springboards: Schools may not bring their own springboard. A springboard will be provided at each vault station and should not be removed.
7. A safety mat may be used on top of a landing area if desired or available, with no extra deductions.
8. Please note: As is common practice in schools' gymnastics, the vaulting apparatus cannot be chained to the floor.
9. There is only one vault rotation, which will include both Set and Voluntary vault disciplines. The whole team will perform the Set Through vault first. They will then perform their Voluntary vault. Pupils performing the same vault may have one further warm-up vault before competing again, if required. Those performing a different Voluntary vault may have two warm-up vaults before performing.

VAULT HEIGHTS	Under 11 - 100cms
	Under 9 - 90cms

These are minimum vault heights. Gymnasts may vault higher if the apparatus allows.
The U9 exact height may depend on the apparatus at the venue.

BOYS' SET VAULT - THROUGH VAULT TARIFF: 9.50

Two attempts at this vault are allowed. The higher score will count.
The aim is for the gymnast to show a layout position in first flight and repulsion off the horse to give height and length in the second flight and a safe controlled landing.
The gymnast should aim to vault with the springboard further back from the horse when confident enough to do so.

EVALUATION OF MARKS

Take off and flight on	2.5
Repulsion from the vault	1.0
Flight Off (length)	2.5
Shape of overall vault	3.0
Landing	<u>1.0</u>
Total	10.0

BOYS' VOLUNTARY VAULT

Two vaults to be performed from the list below.
The vaults may be the same or different. Coaches may request a gymnast's first vault score, before the second vault. The higher score will count.
The gymnast may perform a Through vault for both their Set and Voluntary disciplines.

VAULTS

	<u>Tariff</u>
Squat on, immediate straight jump off from squat position	8.00
Through Vault	9.50
Straddle Vault	9.50
Handspring	10.00

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

BOYS GENERAL SET FLOOR SEQUENCE NOTES

- 1) The routine to be performed along a strip of mat approx. 2m wide. No deductions for stepping off the mat
- 2) Gymnasts are allowed to start at either end of the strip.
- 3) Elements marked on a deduction basis ie. small fault up to 0.2, medium up to 0.3, large up to 0.5
- 4) Moves performed in the wrong order deduct 0.3.
- 5) Missing elements - deduct the value of the move, unless it is performed later which would then incur 0.3 deduction for being in the wrong order.
- 6) Attempted moves will receive a deduction on execution only, ie handstand forward roll falls backwards to feet deduct 0.5 plus other deductions if necessary.
- 7) Travelling in the wrong direction deduct 0.3
- 8) If an incorrect move is performed deduct the value of the required move which has not been performed.
- 9) If an incorrect move is performed and then the correct one is done, deduct 0.5 for incorrect move.
- 10) When only half, a third, or two thirds of a move is shown in the case of a 2 or 3 element move deduct half or a third or two thirds of the value. eg missing front support in a 1.20 value in a three part move - deduct 0.4
- 11) There will be a deduction of 0.3 for a small prompt from coaches, gymnasts or spectators and 0.5 and a deduction of 0.5 for a large prompt up to a maximum total of 1.0
- 12) The gymnast needs to present to the judge at the both the beginning and end of the routine.

BOYS' SET FLOOR SEQUENCE FOR ALL AGES

Show good upright posture with tension (3 seconds)	
Catleap, 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

NOTES FOR COACHES AND JUDGES

1. Having marched on to the mat with good posture and 'presented to the Judge, stand and show good upright posture, arms by sides, with extension and tension throughout the body for 3 seconds. Deduct 0.1 for each second not held.

- 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 first 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.

If handstands falls back to feet, deduct 0.5, the forward roll must then be completed with good amplitude.

- 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 to keep knees straight 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.

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BOYS SET FLOOR SEQUENCE		DEDUCTIONS AND NOTES		BONUS
1	Show good upright posture, arms by side - 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
2	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.
3	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 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.
4	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 throughout the backward roll to straddle stand.
5	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.	
6	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.	
7	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.
8	Raise 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, 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.
9	<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.
10	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.	
11	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° 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

BOYS' VOLUNTARY FLOOR FOR ALL AGES

GENERAL

- a) The Voluntary Floor routine is performed on a 2 metres mat strip. There is no deduction for coming off the mat strip. Floor work must use the entire body and should contain acrobatic elements artistically performed, movements and linkages combining liveliness, poise, balance, variations of moves, change of pace and must use the floor strip as fully as possible.
- b) Boys perform the Voluntary Floor routine without music.
- c) The duration of the exercise should be between 50 - 70 secs. The exercise is timed from the gymnast's first movement until his last movement.
- d) There will be a deduction of 0.3 for a small prompt to the gymnast from coaches, gymnasts or spectators and a deduction of 0.5 for large prompts, up to a maximum total of 1.0.

CONTENT

The content used to construct the floor routine should be taken from the ISA floor code. The routine must contain at least **ten different moves (worth 0.3 each)**. The ten moves may include any number of Elementary, Intermediate or Advanced moves. Repeated moves will not be counted towards the Content but could receive execution deductions if not performed correctly. 0.3 of a mark will be deducted per move for less than ten performed. More than ten moves from the Code may be included in the routine, but no extra marks will be given.

Where a gymnastic move is used more than once in a routine, only its first performance will be counted as one of the required moves. If no Intermediate moves or Advanced moves are included, then ten Elementary moves must be performed. The value of the move may be lost unless it is performed safely and correctly.

BONUS

A gymnast is able to score 1.0 worth of bonus by including 2 Intermediate moves worth 0.5 each. Additional Intermediate or Advanced moves may be included but will not score any higher than the 1.0 bonus and they could receive execution deductions if not performed correctly. An Advanced move can replace an Intermediate move. However they could receive execution deductions if not performed correctly. The Bonus rule applies to both age groups.

TUMBLE RUN

The routine must start with a gymnastic tumble run, with a minimum of three different moves from the code (i.e. no repeated moves) and no connecting steps. The aim of the tumble run is to be dynamic and it should accelerate.

- a) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- b) A half turn jump to one or two feet does not count as a move **or a jump** in the tumble run, but may be used as a **rebound link** without any 'connecting step' deductions.
- c) No more than one jump or leap may be included and if used it will count as one of the 10 moves.
- d) There will be a deduction of 0.5 if there is no tumble run and a deduction of 0.3 if the tumble run is not at the start of the routine.
- e) Tumble run does not have to include difficult moves e.g.
 1. A few steps into forward roll (walkout), round off, tuck or star jump.
 2. Run into catleap, cartwheel, cartwheel ¼ turn to lunge
 3. Run cartwheel, cartwheel ¼ turn to land feet together, immediate tuck or star jump
 4. Run Cartwheel, round off, tuck or star jump
 5. Run Round off, tuck or star jump, backward roll
 6. Run catleap, cartwheel, round off.

COMPOSITION

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

MARKS FOR COMPOSITION WILL BE ALLOCATED AS FOLLOWS:

Use of the floor & different levels	0.4
Variety of moves	0.3
Links	0.4
Strength/flexibility/balance moves	0.6
Variety of Tempo	0.3
Originality, dynamics, overall impression	<u>0.5</u>
TOTAL	<u>2.5</u>

EVALUATION OF MARKS

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

DEDUCTIONS

For over time or under time	0.2
For missing tumble run	0.5
For stepping off of the floor strip	No deduction
For small execution faults	up to 0.2
For medium execution faults	0.3
For large execution faults	0.4 - 0.5
Touch of floor	0.3
For a fall	0.5
For missing move	0.3 per move for less than ten performed

CHECK LIST

To aid the judges, coaches are required to fill in a voluntary floor checklist for each individual boy gymnast. All the checklists for each team must be stapled together in programme order with the first gymnast to compete on the top and given in to the judging panel before the start of the round. If a move is performed out of order the gymnast will not be penalised. Extra moves performed will be counted but a move omitted will not be counted. Moves that are not correctly executed will not be credited to the gymnast. If a boy has more than 10 moves in the routine all moves must be written on the list in the order they are being performed.

GUIDANCE NOTES TO COACHES - when constructing individual floor routines

1. The routine must start with a diagonal gymnastic Tumble Run.
2. More than ten moves from the Code may be included in the routine, but no extra marks will be given.
3. If no Intermediate moves or Advanced moves are included, then ten Elementary moves have to be performed. The value of the move may be lost unless it is performed safely and correctly.
4. If an advanced move is used as a substitute for an intermediate move it will still only be worth 0.5. Higher tariffed moves may replace lower tariffed moves, but not the reverse
5. Repetition of moves is allowed, but a repeated move will not count towards the content and may lose execution marks.
6. Judges prefer quality rather than quantity.
7. The aim of the tumble run is to be dynamic and it should accelerate. It does not have to include a flic.

ISA BOYS' FLOOR CODE FOR ALL AGES

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	Forward roll into straddle lever balance hold 3 secs
Backward roll	Backward roll passing through handstand	Backward roll to handstand hold for 2 secs
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)	Backward roll to handstand 180° pirouette, step down exit
Forward roll to stop in strong dish shape	Backward roll to front support hold 2 secs	
Dish 2 secs turn to arch 2secs or vice versa	Handspring to one foot	Handspring to two feet
Rocks x 3 in either dish or arch shape		Flyspring
Front support 3 secs jump to crouch – straight upward jump		
Rear support 2 secs, turn to Front support 2 secs or vice versa	From long sit, touch toes and backward Roll to straddle stand. Legs straight throughout	From front support 2 secs, straddle or pike Cut to rear support 2 secs
Press-ups in front support x 3	From kneeling, chest roll forwards and Finish in a strong front support position hold 3 secs	From straddle sit, lower chest to floor, pull to swim' / through to lie flat forwards, legs closed at the back
Side support on one arm 2 secs 180 turn to side support on other arm 2 secs	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hip high)	Headspring
Frog balance 3 secs	Headstand, with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out – deduct 0.5	From headstand – thrust or press to handstand
Headstand – 3 secs. Legs and exit optional but must not roll out – deduct 0.5	Handstand 180° pirouette. Optional hand moves & leg positions	Handstand 360° pirouette. Optional hand moves and leg positions.
Handstand 2 secs		From straddle stand press to handstand
Handstand forward roll		Handstand forward roll piked to stand
Cartwheel – to finish sideways		Flic to land two feet together
Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), rear leg straight.		Flic to 'walkout' i.e. landing first on one foot before the other
Cartwheel ¼ turn inwards to finish feet together	One-handed cartwheel – 2 nd hand down	Any back somersault (shape optional)
One-handed cartwheel – optional hand		Any front somersault (shape optional)
Dive cartwheel		Aerial cartwheel
Round off		Aerial walkover
Circle roll (180° only)		Backward walkover
Pike fold sitting		Forward walkover
Japana 3 secs		Tic Toc (FWO to BWO retaining hands on floor – finish in arabesque)
Bridge 3 secs		Splits 3 secs
Supported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	Valdez
'V' sit with support 3 secs	"V" sit without support 3 secs	One-handed walkover (forward or backward)
Straddle lever balance 3 secs	Straddle lever balance 3 secs then 180° turn	Straddle lever balance press to handstand (elephant lift) optional exit
Piked lever balance 3 secs	Russian lever balance in tucked position	Russian lever balance or straddled 3 secs
Tuck balance 3 secs	"Y" balance held for 3 secs	
Arabesque balance 3 secs Body position optional	360° spin on one foot	540° Spin (1 ½) or 720° spin (double)
Star jump	'W' jump	'W' jump with 180° turn
Tuck jump	Tuck jump with 180° turn	Tuck jump with 360° turn
	Catleap with 360° turn	Catleap with 540° turn (1 ½)
Catleap with no turn, or 180° turn	Stag leap or jump	
	Straddle jump	
	Side straddle leap	Straddle jump with 180° turn
Straight jump with 180° turn	Straight jump with 360° turn	Straight jump with 540° turn (1 ½)

- 1 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.**
- 2 Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
- 3 Static moves like bridges, splits, pike fold and japana must be held for 3 seconds
- 4 Front support must be held for 3secs. Backward roll to front support must be held for 2 secs. In Backward roll to front support, jump to crouch and straight upward jump - the front support must be held for 3 secs.
- 5 Flics may be landed on either one or two feet, but must land on feet and no other body parts.
- 6 Headstands: Leg position and exit is optional but they are not allowed to roll out - deduction 0.5 for rolling out.

BALANCE, STRENGTH AND FLEXIBLE MOVES FOR BOYS

BALANCE	STRENGTH	FLEXIBILITY
Forward roll into straddle lever balance hold 3 secs	Forward roll into straddle lever balance hold 3 secs	Forward roll with straight legs together (i.e. pike)
Backward roll to handstand hold for 2 secs	Backward roll to handstand hold for 2 secs	Backward roll to straight legs together (i.e. pike)
	Backward roll passing through handstand	From long sit, touch toes and backward Roll to straddle stand. Legs straight throughout
	Backward roll to front support 2 secs	*Japana 3 secs
Headstand with straight legs. Piked levered up to vertical - 3 secs. Exit optional but must not roll out.	*Headstand, with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out – deduct 0.5	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hip high)
Any headstand 3 secs	From headstand – thrust or press to handstand	Any walkovers
Handstand held for 2 secs		Valdez
Side support on one arm 2 secs 180 turn to side support on other arm 2 secs	Straddle stand press to handstand	Tic toc
Any arabesque balance 3 secs	Flic	Split leap or straddle leap
		*Pike fold sitting 3 secs
	Handspring	*Bridge 3 secs
	Headspring	Handstand forward roll, pike to stand
Supported or unsupported shoulder stand 3 secs	From kneeling, chest roll to strong front support position hold 3 secs	From straddle sit, lower chest to floor, Pull 'swim' / through to lie flat forwards, legs closed at the back
Front Support hold 3 secs. Press-ups in front support x 3	Front Support hold 3 secs. Press-ups in front support x 3	
Dish 2 secs turn to Arch 2 secs or vice versa	*Dish 2 secs turn to Arch 2 secs or vice versa	
Rear support held 2 secs turn to front support 2 secs – or vice versa	*Rear support held 2 secs turn to front support 2 secs - or vice versa	
	*From front support 2 secs , straddle or pike cut to rear support 2 secs	*From front support 2 secs , straddle or pike cut to rear support 2 secs
Frog Balance 3 secs	* Frog Balance 3 secs	
Straddle lever balance press to handstand (optional exit). Either hold straddle lever balance 3 secs or handstand for 2 secs	Straddle lever balance press to handstand optional exit	Straddle lever balance press to handstand optional exit (moving through japana)
'Y' balance 3 secs		*'Y' balance 3 secs
Splits 3 secs		*Splits 3 secs
Unsupported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	
Free 'V' sit – unsupported 3 secs	*Free 'V' sit – unsupported 3 secs	
Tuck balance 3 secs	*Tuck balance 3 secs	
Pike lever balance 3 secs	*Pike lever balance 3 secs	
Straddle lever balance 3 secs	* Straddle lever balance 3 secs	
*Russian lever balance either tucked, piked or straddled 3 secs	*Russian lever balance either tucked, piked or straddled 3 secs	
180° or 360° pirouette in handstand. – must show handstand held for 2 secs	*180° or 360° pirouette in handstand – must show handstand held for 2 secs	
Backward roll to handstand 180° pirouette. Must show handstand held for 2 secs after the pirouette	Backward roll to handstand 180° pirouette	

Composition marks are gained by including a **strength move**, a **balance move** and a **flexibility move** as part of the 10 moves. The chart above is designed to guide you as to which moves are acceptable.

All static balances must be held for 3 seconds except for handstand which is to be held for 2 seconds.
All moves marked with a * must also be held for 3 seconds

Moves shown on the above table in bold can be used either as a strength element or balance element or flexible element or a balance, or flexible and strength.

One move may count to serve two requirements. i.e. performing a straddle balance held for 3 seconds will count as both a balance and strength moves worth 0.4 (0.2 each).

Straddle lever balance press to handstand with an optional exit actually **fulfils all three requirements**. However for this competition it **may only count for two of the three requirements** and therefore a second move would be required to gain all three elements strength/flexibility/balance worth 0.6 in composition. (see page 7 composition marks for voluntary floor).