



## The 17th ISA National Gymnastics Championships for Girls

### 2020 Rules

**Age Groups:** there will be competitions in the following age groups:-

- a An Under 9 competition for Girls U9 on 1<sup>st</sup> Sept of current year\*
- b An Under 11 competition for Girls U11 on 1<sup>st</sup> Sept of current year\*

(\*i.e. midnight on 31<sup>st</sup> August.) eg. Girls with their 9<sup>th</sup> birthday on or after 1<sup>st</sup> Sept 2019. are under 9's. Girls having their 9<sup>th</sup> 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 girls, 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 in matching leotards.

Gymnasts should not pull down their leotard whilst being judged. Underwear (including sports bras), if worn, should not show. Hair should be tied back neatly. Jewellery and coloured nail varnish must not be worn. Strapping is allowed but should be as discreet as possible.

Coaches/teachers are required to wear smart professional attire suitable for a national gymnastics 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 the 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 coming 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.

# GIRLS' 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.

## GIRLS' 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	1.0
Total	10.0

## GIRLS' VOLUNTARY VAULT

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. The higher score will count.

The gymnast may perform a Through vault for both her 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

## GENERAL SET FLOOR NOTES FOR BOTH AGE GROUPS

1. The routine to be performed along a mat strip approx. 2m wide. No deductions for stepping off the mat.
2. Gymnasts are allowed to start from either end of the strip.
3. The gymnast should walk on and off the mat with good posture and 'present' to the judge with eye contact.
4. Each element to be marked on a deduction basis. Small faults up to 0.2, Medium up to 0.3, Large up to 0.5.
5. Moves performed in the wrong order deduct 0.3
6. 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.
7. Attempted moves will receive a deduction on execution only i.e. handstand forward roll, falls backwards to feet - deduct 0.5. plus other deductions if necessary.
8. Travelling in the wrong direction deduct 0.3
9. If an incorrect move is performed deduct the value of the required move which has not been performed.
10. If an incorrect move is performed and then the correct one is done, deduct 0.5 for incorrect move. eg. a round off performed instead of a cartwheel, then the cartwheel performed.
11. When only half of a move is shown in the case of a 2 element move (ie round off star jump) deduct half the value of the move (0.7) eg a round off performed but no star jump.
12. There will be a deduction of 0.3 for a small prompt from coaches/ gymnasts/spectators and a deduction of 0.5 for a large prompt up to the maximum total of 1.0

### INDIVIDUAL SET FLOOR - UNDER 11 GIRLS ONLY

a. Evaluation of Marks:-	Show good posture 3 secs		1.4
	Handstand forward roll, split jump		1.4
	Full 360 spin		1.0
	Jump lunge cartwheel		1.0
	Turn on toes		0.4
	Forward leg lift and Arabesque balance		1.4
	Round Off, rebound star jump		1.4
	Backward roll to straddle stand		1.0
	Forward roll, straight 360 jump		<u>1.4</u>
			<u>9.0</u>
	Bonuses		<u>1.0</u>
	Total		<u>10.0</u>

#### 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.** Stand with arms by side showing **good UPRIGHT POSTURE** for 3 sec. Tension in the body must be shown. Deduct 0.1 for every second not held.

Show a straight stretch position with arms above head before lifting straight leg upward and forward and lunge into **HANDSTAND FORWARD ROLL, IMMEDIATE SPLIT JUMP.** The jump starts out of the roll and finishes with arms diagonally high. It is a move that must be linked and the forward roll is the linking factor. There should be only one arm movement/swing from roll to jump. If the handstand falls back to feet deduct 0.5 for a 'fall'. **Do not repeat** the handstand. The forward roll immediate split jump must now be performed. If the roll is finished in a upright position before starting the jump starts or there is a pause before the jump, deduct between 0.1 - 0.3.

If the handstand forward roll is performed but the split jump omitted – deduct 0.7.

If the forward roll split jump is performed but the handstand omitted – deduct 0.7

If there is no linking forward roll then the value of the whole move 1.4 is lost

**BONUS x 3** - a) Holding the handstand for 2 secs before rolling out.

b) Handstand forward roll showing straight arms when rolling out.

c) Good height shown in the split jump.

Step forward to show **360 SPIN ON TOES.** The free leg which starts at the back comes forwards and circles the front leg at knee height, finishing the move with the foot in front of the grounded foot with the toe turned outwards on the mat. The now grounded 'back' foot extends with the top of the toes pointed behind on the mat (known as a 'pose'). Arms are optional in the spin but must finish diagonally high.

**BONUS** - as the spins ends the free front leg extends out horizontally in front and is then lowered with control.

## U11 SET FLOOR NOTES CONTINUED

Join back foot to the front foot. **Jump forwards into a LUNGE CARTWHEEL.** (from standing, bend knees, lean forward, weight over toes, swing arms upwards and forwards jumping forwards to land on one foot and then the second one in front of the first in a lunge with upper body leaning forwards and arms covering ears. The front foot should be the one used to cartwheel from. Finish facing sideways with arms diagonally high.

**BONUS** – showing flight into the cartwheel.

**¼ TURN BACKWARDS ON TOES** – rise up on toes. ¼ turn backwards on toes to face the way you have just come from. Join back foot to front foot whilst still on toes, lower to heels. The turn must show control and body tension throughout. Arm optional.

Slide one foot forward to point the toe on the floor then lift / or alternately lift a straight leg immediately into a **FORWARDS HORIZONTAL LEG BALANCE.** (once the foot starts to lift from the floor do not put it down again throughout the move as this will count as a 'fall' and will be deducted by 0.5.) Hold for 3 secs. Take this leg now to the rear into an **UPRIGHT ARABESQUE BALANCE.** Hold for 3 secs. Back leg need only be raised to 45 degrees at the back. Arms should be out to the side and not behind the body. Head and chest should be upright throughout.

**BONUS** – leg lifted above 90 degrees held for 3 secs.

Jump forwards into a **LUNGE ROUND OFF, IMMEDIATE REBOUND STAR JUMP.** Show good shape, height and a slight dish shape in the rebound. The landing should be controlled and on balance.

**BONUS** – for the move being dynamic throughout.

**BACKWARDS ROLL TO FINISH IN STRADDLE STAND** with arms diagonally high. The 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 a rounded back with hands going on the floor only once behind the head in order to achieve the push up to standing straddle.

Performed with straight legs: from standing, the body pikes forwards keeping the legs straight throughout, putting hands down to touch the floor briefly to gain control and then immediately behind the head to push from the floor. Both are acceptable and should not be penalised in any way. It is not a fall. There is no bonus for touching only once.

**BONUS** x 2 a) performing the roll with straight legs throughout the move.  
b) Backward roll to handstand. Lifting hips high and showing upright handstand position with feet together, exit to straddle stand with arms diagonally high. If handstand is unsuccessful and falls backwards deduct 0.5 for a 'fall'. **Do not repeat the move**, but show the straddle stand position.

From standing feet apart, jump feet together and go straight into a **STRETCHED FORWARD ROLL, IMMEDIATE 360° HIGH STRAIGHT JUMP.** The high straight jump 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° jump, the jump has not begun out of the roll and will therefore incur deductions. 0.1 – 0.3. 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.

**BONUS** – for secure landing after 360 degrees high straight jump. (ie no movement of feet on landing)

**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.

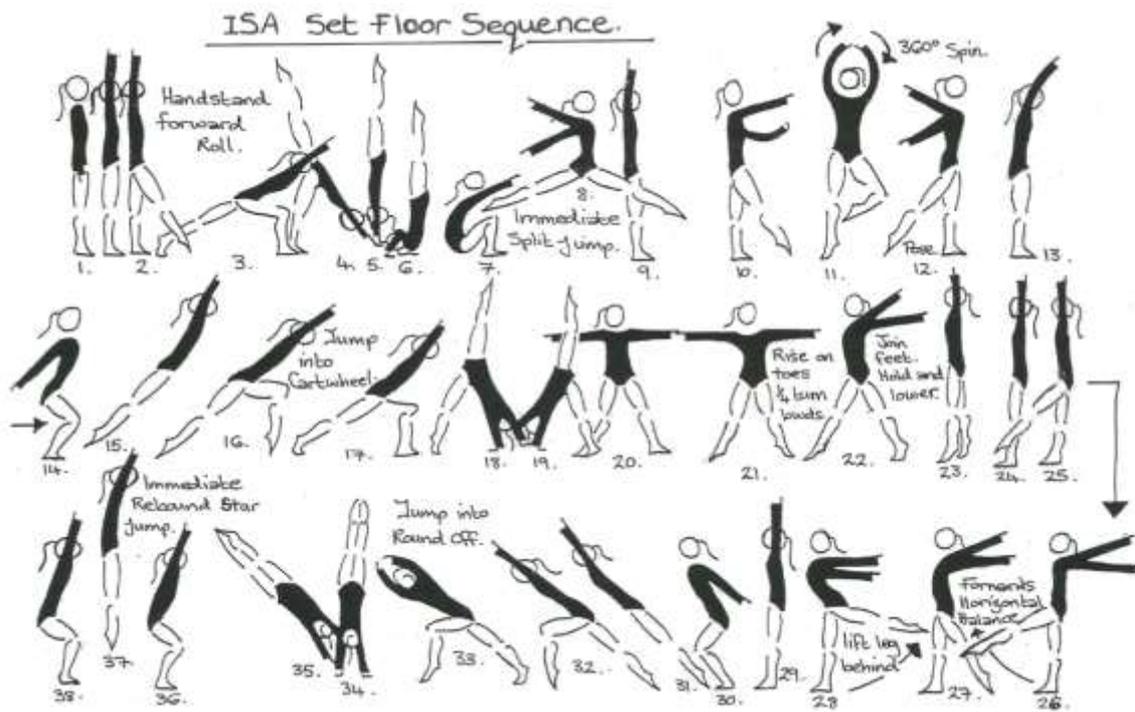
**Any extra steps, shuffles, bounces, 'flowery' arm or body movements** which deviate from the text are deductible 0.1 - 0.3 each time.

## SET FLOOR TEXT - UNDER 11 GIRLS

	SET FLOOR SEQUENCE TEXT UNDER 11 GIRLS		NOTES AND DEDUCTIONS	BONUS
1	Stand showing good <u>upright posture</u> and tension for 3 seconds		Deduct 0.1 for poor posture and lack of tension Deduct 0.1 for each second not held	
2 - 9	Immediately lift into, <u>handstand forward roll, immediate-split jump</u> starting out of the roll, to finish in a standing position, arms above head. There should be only one arm movement or swing from roll to jump finishing with arms above head	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 extra arm swing, Deduct 0.1 if arms do not finish diagonally high above head	0.1 for handstand held 2secs 0.1 for straight arm roll. 0.1 for height in jump.
9 - 12	Step forward into <u>360° spin on toes</u> . Free leg, high with toe to knee, finishing in front with foot turned out. Back foot extended with toes 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 to the front of the gymnast and then be lowered to the floor in a controlled manner.	0.1 for control in spin. See notes *
13 - 20	Join the back foot to the front, jump forwards into a <u>lunge and cartwheel</u> . Finish facing sideways, arms finish 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.
21 - 24	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.	
25 - 29	Slide foot forward to point the toe on the floor and then lift a straight leg into a <u>forwards horizontal balance</u> . Hold for 3 seconds. Alternatively the free leg may be lifted immediately into the balance position. Lower held leg (but do not touch the floor) and take to the rear into an <u>upright arabesque balance</u> . Hold for 3 seconds. The leg need only to be raised to 45 degrees at the rear. Lower 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 touched the floor between the forward and arabesque balances. Deduct 0.1 - 0.3 for leg below 90 degrees Deduct 0.1 - 0.2 if arms are not out to the side, ie back or above/below 45 degrees 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 for 3 seconds.
30 - 38	Jump forwards into a hurdle step (lunge) and <u>round off, immediate rebound high 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
39 - 43	<u>Backward roll</u> to finish in <u>straddle stand</u> with arms diagonally high above head.	1.0	Deduct 0.1 for arm 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 a 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.
44 - 52	From feet apart, <u>jump feet together</u> and immediately forward roll, <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 the 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 degrees high straight jump.
	Total of Content	9.0	Total of Bonuses	1.00

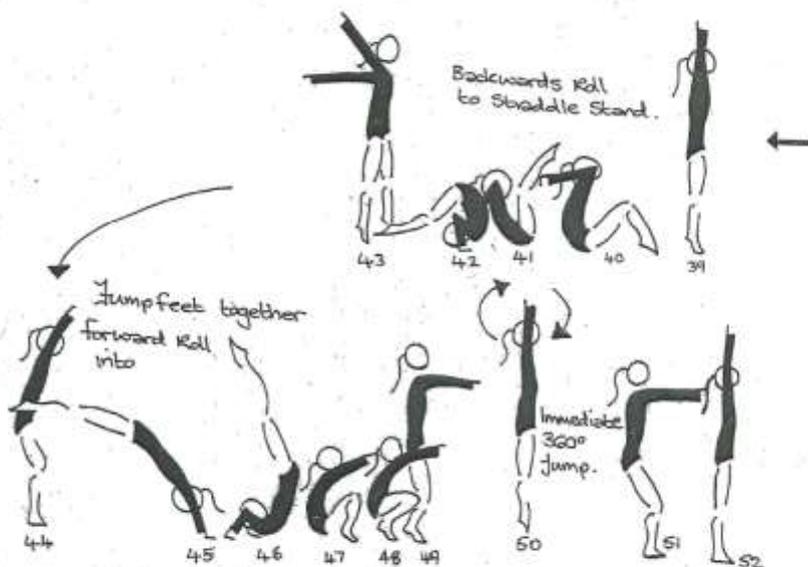
UNDER 11 GIRLS SET FLOOR SEQUENCE ONLY

Start here: Nos 1 - 38 below ↓



Sequence finishes here! Nos 39 – 52 ↓

ISA SET FLOOR Sequence contd



Illustrated by Helen Le Marie.

## INDIVIDUAL SET FLOOR - UNDER 9 GIRLS ONLY

See table page on page 9.

There are no diagrams for this set floor

- 1) To be performed along a strip of mat approximately 2 metres wide.
- 2) Girls are allowed to start at either end of the mat strip.
- 3) Girls should walk on and off the mat with good posture and 'Present' to the judge making eye contact.
- 4) The gymnast must present to the judge at both the start and finish of her sequence.
- 5) Missing elements - deduct the value of the move.
- 6) Attempted moves will receive a deduction on execution only.
- 7) There will be a 0.3 deduction for a small prompt from coaches, gymnasts or spectators and a deduction of 0.5 for a larger prompt, up to a maximum total of 1.0

### Evaluation of Marks

	Stand showing good upright posture (3 secs)	
1	Forward roll immediate straight jump	1.4
2	360 Spin	1.0
3	Cartwheel	1.0
4	¼ turn backwards on toes	0.4
5	Chair balance (3 secs), to arabesque balance (3 secs)	1.4
6	Cartwheel ¼ turn inwards to join feet, then star jump	1.4
7	Backward roll to straddle stand	1.0
8	Forward roll, 180 half turn high straight jump	1.4
		<u>9.0</u>
	10 x bonuses can be gained at 0.1 each =	<u>1.0</u>
	Final	10.0

### THE U9 SET FLOOR FOR GIRLS

This has been designed as a 'development' floor sequence towards the Under 11 girls 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 U11 sequence.

### 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 extension and tension for 3 seconds.
- 1 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 the roll to jump. Finish stretched with arms diagonally high and feet together.

**Bonus 1:** Show a straight, stretched position with arms 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 with arms diagonally high and feet together.

**Bonus: 2** For **height** in straight jump.

- 2 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 1:** 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.

U9 Set floor for girls notes continued

4. Join the back foot to the front foot. Step and lift leg into cartwheel finishing sideways, feet apart and arms diagonally high

**Bonus 1:** Jump from two feet, landing on one foot (Jump lunge: from standing with arms in front, bend knees and swing arms down and slightly behind the 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 forwards 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 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 1:** For a horizontal straight leg lifted in front to at least 90 degrees and held for 3 seconds instead of the chair 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 a 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 the 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 forwards 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 1:** 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 by her ears with no deduction. (ie 2 touches in the roll).

9. From feet apart, jump feet together and immediate forward roll, followed by an immediate 180° half turning straight high 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 degrees 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.

.....

GIRLS UNDER 9 SET FLOOR ONLY		NOTES AND DEDUCTIONS	BONUSES
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> <b>Bonus:</b> 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> <b>Bonus:</b> 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> , land feet together, then <u>star jump.</u> <b>Bonus 1:</b> Jump lunge into a <u>round off</u> instead of cartwheel. <b>Bonus 2:</b> For star jump <u>immediately</u> 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	<b>Jump feet together</b> 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.
<b>Total of Content</b>		<b>9.0</b>	<b>Total of bonuses</b>
			<b>1.00</b>

## VOLUNTARY FLOOR FOR GIRLS OF ALL AGES

- a) The Voluntary Floor routine is performed on a minimum 10 x 10 metre mat area. No deductions for coming off the mat area. 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, musical interpretation and must use the floor area as fully as possible.
- b) The routine must be performed to music. The music and movement must be in harmony. The music must be instrumental and not vocal i.e. no words. It may have up to an 8 beat introduction.
- c) The duration of the routine should be between 50 - 70 secs. The routine is timed from the gymnast's first movement until her last movement. The gymnast must finish with the end of the music. Coaches or musical operator will not be allowed to stop the music early.
- d) There will be a 0.3 deduction for a small prompt from coaches, gymnasts or spectators and a deduction of 0.5 for a larger prompt, up to a maximum total of 1.0

### MUSIC

**THE MUSIC FOR THE VOLUNTARY FLOOR ROUTINES WILL BE PLAYED VIA COMPUTER. Please email or send a fully named mp3 copy of each gymnast's music so that it can be setup on a play list before the day to: Louise Hudson [lhudson@adcotechool.co.uk](mailto:lhudson@adcotechool.co.uk)**

If you are unable to provide music electronically please notify Louise. The quality may not be as good with CD's. However every school will also need to bring a set of back-up CDs for each gymnast.

**It is forbidden to use music from Walt Disney, Andrew Lloyd Webber and Cirque du Soleil. British Gymnastics, who have lost a court ruling, have issued a warning to all competition organisers to turn off any of the above music if any attempt is made to play them. (Using music at one competition unchallenged does not mean it is legal, just that it was not detected).**

### PROGRAMME ORDER

All gymnasts must compete in programme order on the voluntary floor. Coaches should bear this in mind when listing their gymnast's names on the entry form as this will be their voluntary floor order.

### CONTENT

The content used to construct the floor routine should be taken from the ISA code found on page 11. A routine must contain at least **ten different moves**. The ten moves may include any number of Elementary, Intermediate or Advanced 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. 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. Repeated moves will not be counted towards the Content but could receive execution deductions if not performed correctly. 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. This includes moves used in the tumble run.

### 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 include a diagonal 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.

- i) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- ii) If a move which has already been performed earlier in the routine is then repeated in the tumble run, it would not be counted and the judge would deem the tumble run invalid as it does not have the required three elements (deduction 0.5). A way to reduce the likelihood of this problem occurring would be to place the tumble run relatively early in the routine.
- iii) 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.

- iv) No more than one jump or leap may be included and if used it will count as one of the 10 moves.
- v) A Tumble run does not have to include difficult moves: eg
  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.
- vi) There will be a deduction of 0.5 if there is no tumble run.

## COMPOSITION

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

**Marks for composition will be allocated as follows:**

Use of the floor & different levels	0.4
Variety of moves	0.2
Links and dance	0.6
Strength/flexibility/balance moves	0.3
Patterns and pathways	0.3
Musical interpretation	0.3
Originality, dynamics, overall impression	0.4
<b>TOTAL</b>	<b>2.5</b>

## EVALUATION OF MARKS

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

## DEDUCTIONS

For vocals, i.e. words in the music	0.2
Illegal banned music	0.5
For no music used	0.5
For over time or under time	0.2
For stopping musical recording early	0.2
Finishing before or after the music	0.2
For missing tumble run	0.5
For stepping out of the floor area	0.1 each time
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

### NOTES TO COACHES WHEN CONSTRUCTING INDIVIDUAL FLOOR ROUTINES

1. More than ten moves from the Code may be included in the routine, but no extra marks will be given.
2. 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.
3. 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.
4. Repetition of moves is allowed, but a repeated move will not count towards the content and may lose marks for execution.
5. Judges prefer quality rather than quantity.
6. The aim of the tumble run is to be dynamic and it should accelerate. It does not have to include a flic.

## ISA VOLUNTARY FLOOR CODE FOR GIRLS OF ALL AGE GROUPS

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	
Backward roll	Backward roll passing through handstand	Backward roll to handstand 180° pirouette, step down exit
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)	
Backward roll to front support 2 secs	Backward roll to front support 2 secs with straight arms	
Front support 3 secs jump to crouch - straight upward jump	Headstand with straight legs. Pike levered up to vertical - 3 secs. Exit optional but must not roll out.	
Headstand - 3 secs. Legs and exit optional, but must not roll out.	From headstand held 3 secs - thrust or press to handstand.	
Handstand - 2 secs	Handstand 180° pirouette. Optional hand moves & leg positions.	Handstand 360° pirouette. Optional hand moves and leg positions.
Handstand forward roll	From straddle stand press to handstand (elephant lift)	
Cartwheel - to finish sideways	Handspring to step out	Handspring to 2 feet
Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), back leg straight.		Flyspring
Cartwheel ¼ turn inwards to finish feet together	Flic to land two feet together.	
One-handed cartwheel - optional hand	Flic to 'walkout' i.e. landing first on one foot before the other.	Aerial cartwheel
Dive cartwheel	Tinsica	Any back somersault (shape optional)
Round off		Any front somersault (shape optional)
Teddy bear roll (Circle roll) 180° only		
Pike fold sitting 3 secs	Backward walkover	Aerial walkover
Japana 3 secs	Forward walkover	One-handed walkover (forward or backward)
Bridge 3 secs	Tic Toc (FWO to BWO retaining hands on floor - finish in arabesque)	
Splits 3 secs	Show splits two ways 2 secs each	Show splits all three ways 1 sec each
Supported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	Valdez
'V' sit with support 3 secs	'V' sit without support (free) - 3 secs	
Straddle lever balance 3 secs	Straddle lever balance 3 secs then 180° turn	Straddle lever balance press to handstand optional exit
Piked lever balance 3 secs		Russian lever balance piked or straddled 3 secs
Tuck balance 3 secs	"Y" balance held for 3 secs	
Arabesque balance 3 secs Body position optional	360° spin	540° spin (1 ½)
Body wave		Sheep Jump
Star jump	'W' jump	'W' jump with 180° turn
Tuck jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Split jump	Split leap	Change leg split leap
Catleap with no turn, or 180° turn	Catleap with 360° turn	Catleap with 540° turn (1 ½)
Stag leap or jump	Straddle jump	Ring leap
	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)

### NOTES:

- 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. (Coaches: if your school competes in the ISGA 5 PIECE competition, a roll walkout is PROHIBITED).
- Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
- Static moves like bridges, splits, pike fold and japana must be held for 3 seconds.
- Front support must be held for 3 secs. Backward roll to front support must be held for 2 secs. Backward roll to front support, jump to crouch and upward jump - front support must be held for 3 secs.
- Splits 2-ways needs to be held for 2 seconds each way. Splits 3-ways needs to be held 1 second each way.
- Flics may be landed on either one or two feet, but must land on feet and no other body parts.
- Headstands: Leg position and exit are optional but they are not allowed to roll out. Deduct 0.5 for rolling out.
- Any jumps & leaps not on the above code will be classed as links and therefore not counted in the Content.

## BALANCE, STRENGTH AND FLEXIBILITY MOVES FOR GIRLS

For use when constructing a voluntary floor routine from the floor code. Composition marks are gained by including a **strength move, a balance move and a flexibility move** as part of the 10 moves. The chart below is designed to guide you as to which moves are acceptable.

BALANCE	STRENGTH	FLEXIBILITY
Supported shoulder stand 3 secs		Forward roll with straight legs together (i.e. pike)
Handstand 2 secs	Backward roll to front support 2 secs	Backward roll to straight legs together
Any arabesque balance 3 secs	Backward roll passing through handstand	*Japana 3 secs
Any headstand 3 secs		Any walkovers
	From headstand held 3 secs thrust or push to handstand	Valdez
	Straddle stand press to handstand	Tic toc
	Flic	Tinsica
	Handspring	*Pike fold sitting 3 secs
		*Bridge 3 secs
		Split leap or straddle leap
<b>Straddle lever balance press to handstand (optional exit)</b> Either hold the straddle lever balance for 3 secs or the handstand for 2 secs	<b>Straddle lever balance press to handstand optional exit</b>	<b>Straddle lever balance press to handstand optional exit (moving through japana)</b>
<b>Splits 3 secs</b>		<b>*Splits 3 secs</b>
<b>'Y' balance 3 secs</b>		<b>'Y' balance 3 secs</b>
<b>Unsupported shoulder stand 3 secs</b>	<b>Unsupported shoulder stand 3 secs</b>	
<b>Free 'V' sit – unsupported 3 secs</b>	<b>* Free 'V' sit – unsupported 3 secs</b>	
<b>Tuck balance 3 secs</b>	<b>* Tuck balance 3 secs</b>	
<b>Pike lever balance 3 secs</b>	<b>*Pike lever balance 3 secs</b>	
<b>Straddle lever balance 3 secs</b>	<b>*Straddle lever balance 3 secs</b>	
<b>Russian lever balance either piked or straddled 3 secs</b>	<b>*Russian lever balance either piked or straddled 3 secs</b>	
<b>180° or 360° pirouette in handstand – must show handstand held for 2 secs before the pirouette</b>	<b>180° or 360° pirouette in handstand – must show handstand held for 2 secs before the pirouette</b>	
<b>Backward roll to handstand 180° pirouette – must show handstand held for 2 secs after the pirouette</b>	<b>Backward roll to handstand 180° pirouette</b>	

**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 in the case of splits and Y balance either a flexible element or a balance.

**One move may count to serve two requirements.** i.e. performing a straddle balance held for 3 seconds will count as both a balance 0.1 and strength move 0.1.

Straddle 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 0.3 strength/flexibility/balance moves composition marks. (See page 10 composition allocation for Voluntary floor).

## GIRLS GROUP SEQUENCE FOR ALL AGES

**Separate Competition. This discipline is not part of the ISA Girls Team Championships.**

- a) The Group Routine is a separate competition for the Under 9, and U11, age groups. The marks are not
- b) counted towards the overall team total.
- c) Each team of four girls will present in unison a synchronised group routine on a 10 x 10 metre floor area. The gymnasts must not step out of this floor area during the routine. All girls must attempt each move and all of the routine. All gymnasts must show the same position as each other at the start and finish of the routine.
- d) The exercise must contain twelve gymnastic moves only taken from the ISA code, each of which may be joined to the next, for the purpose of continuity and flow, by simple links. Any move can be repeated, but once only, provided the total number of moves does not exceed twelve.
- e) There should be no obvious communication between members, and noises (clicking, clapping, stamping, thumping, thigh slapping etc.) are not allowed. Deliberate physical contact is not allowed - gymnasts must not touch each other during the routine.
- f) Synchronised work does not include movements in canon. No movements in canon are permitted.
- g) Music should be 50 - 90 secs in length and instrumental, not vocal i.e. no words. An introduction of up to 8 beats is allowed. As with the voluntary floor, the team must finish their routine with the music. The CD will not be turned off early
- h) Coaches must give a list of moves (as worded in the code), and their tariffs, in the order that they will be performed, to the judging panel before the routine takes place.
- i) There will be no deduction for left or right bias in the group routine.
- j) Each team will have a five minute warm-up on the floor area before lining up in front of the judging panel and then marching on to perform.

### CONTENT

The minimum to obtain the full tariff of 4.0 marks is 10 elementary moves and 2 intermediate moves. Routines may be over-tariffed and can include advanced moves but cannot gain any more than the allocated 4.0 marks.

In the group routine the intermediate and advanced moves are worth 0.5

10 x elementary moves @ 0.3 each	3.0
2 x intermediate moves @ 0.5 each	<u>1.0</u>
TOTAL	4.0

This will give the team the maximum tariff of 4.0 for content. Should a team not be able to produce a routine with intermediate or advanced moves, they will lose in difficulty only, e.g. it is possible for a team to have a routine with 12 elementary moves which will score a tariff of 3.00 marks.

### BREAKDOWN OF MARKS

Synchronisation	12.0
Composition	12.0
Execution	12.0
Content	<u>4.0</u>
TOTAL	40.0

### COMPOSITION

To gain full composition marks the gymnasts need to demonstrate good use of the floor, different levels, links, dance, leaps, jumps, turns, interesting pathways, use of forwards, backwards and sideways movements, show a variety of moves including balance, strength and flexibility, dynamic moves, musical interpretation, and originality.

Marks for composition will be allocated as follows:

Use of the floor by team and each individual	1.0
Use of the different levels ( <i>at least two moves at each level, high medium, low</i> )	1.0
Variety of moves	1.0
Links, dance and expressive use of arms, hands, head and free foot	3.0
Patterns and pathways	3.0
Combination of gymnasts. 4 separately, 4 together, 2+2, 2+2 (different partners), 3+1	1.0
Musical interpretation and variety of speed	1.0
Overall Impression - interesting and entertaining	1.0
TOTAL	12.0

## **GIRLS GROUP SEQUENCE FOR ALL AGES - continued**

**Separate Competition. This discipline is not part of the ISA Girls Team Championships**

### **DEDUCTIONS**

Stepping out of the floor area	0.1 each time
Failure by all of the girls to attempt each move and all of the routine	0.5 plus the value of the move
Less than or more than 12 moves	0.3 per move
Obvious communication between gymnasts	0.1 per gymnast
Deliberate contact	0.1 per person touching
Movement in canon	0.4 on each occasion
Music with vocals i.e. words in the music	0.2
No music	0.5
Illegal banned music	0.5
Over or under time	0.2
Music turned off early	0.2
Finishing before or after the music	0.2
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
Collision	up to 0.5
Team not uniformly dressed	up to 0.4

### **GUIDELINES FOR CONSTRUCTING AND JUDGING THE GROUP ROUTINE**

**Use of Floor:** Use the whole floor by the group and each individual

**Levels:** Show high, medium and low levels with at least two different moves at each level.

**Variety:** Include a variety of moves from the code including those showing flexibility, strength, balance, control, dynamics, flight, and using forwards, sideways and backwards movement.

**Dance and Links:** Be aware of the whole body when using dance and links - hands, arms, head, and feet. Use a variety of dance steps, turns, waves, leaps and jumps etc.

**Patterns and pathways:** Use as many different patterns and pathways as possible, i.e. lines, diagonals, circles, squares, oblongs, arrowhead, curves, zigzags, figure of 8 etc. Travel to make a new shape and travelling in a shape. Changes of direction.

**Combinations of gymnasts:** a) Show 4 girls spread out separately i.e. in four corners or sides of the mat. b) Show 4 girls working closer together in a group. c) Show 2 girls working together and the other 2 working together separately. d) Show the 2 and 2 combination again with different partners. e) Show a combination of 3 girls together and one girl working separately. Ideally work in a pair or trio not just pass each other briefly.

**Musical Interpretation and speed:** The music should not be background entertainment but be interpreted by the group in their work, showing flow, rhythm and harmony.

**Overall Impression:** It must be interesting and entertaining. Elements of surprise such as movements that change pattern shape as well as performing another function. Use unexpected changes of speed or direction. Dynamics can be achieved, for example, through showing speed, flight and energy.

#### Disclaimer

Adcote School, The Independent Schools Association (ISA), and competition organisers regret that they cannot accept legal liability for any accident, injury or damage during any of the competitions. It is incumbent upon all teachers, coaches and parents to check with their school that they are adequately insured.

Adcote School, The Independent Schools Association (ISA), and competition organisers regret that they cannot accept liability for loss or damage howsoever caused to the personal property of anyone attending this competition.

If any item is of significant value, schools and parents are advised to check the cover that may be in place under existing policies, for example, Household Insurance, and if in doubt, to effect specific insurance to cover the items in question for the duration of this event. It is suggested that this should cover travel to and from the venue.