



### ISA Under 9 Girls Set Floor Sequence Video Clips

ISA coaches should note that whilst the video clips give a visual idea of how the sequence should be performed, it is only an aid. The text on page 9 of the ISA GIRLS Rules is CORRECT and should be at hand when watching the videos, especially when checking any arms and feet positions. The U9 set floor is a development sequence leading to the U11 set floor. The ISA set floor routines have been taken from the ISGA rules booklet and are identical.

However, ISA judges are asked to be more lenient in their marking as our competition incorporates both experienced and novice teams and the aim is to make the event an educational and enjoyable experience which coaches and gymnasts want to return to and improve their standard each year. To this end schools are encouraged to enter their U9 teams, so gaining experience and having at least 2 more years to compete.

At the ISGA Girls Premier 5 Piece event, where teams often have to qualify to enter, the same judges may be more stringent in their marking.

**Evaluation of the marks:** There are 8 components of the basic U9 sequence with values ranging from 0.4 to 1.40 marks, totalling 9.00 in all. These values are deducted if a move is missing.

**Bonuses:** A further 1.00 mark can be gained by performing 10 x bonus moves worth 0.1 each. Coaches should be aware that even if a bonus 0.1 is awarded for a positive attempt, it may accrue more execution deductions along the way.

#### **1A Basic U9 Set Floor Sequence Video Clip**

The student filmed is a very good gymnast and would score in the high 8's out of 9.00 for this basic routine. The ¼ turn backwards on toes is slightly too slow, due to difficult mat surface. As no bonuses are attempted this would be the final score.

#### **1B U9 Set Floor Sequence Video Clip with BONUSSES**

This sequence is filmed with bonuses being attempted. The school mats are dense and spongy making a spin very difficult to perform and balances difficult to hold, (unlike a carpet top mat area). In the ¼ turn backward on toes there is difficulty maintaining stability and as a result it is slow and the footwork is not clean. Despite the mats the high leg balance is maintained and the body kept upright moving from this hold into the arabesque balance.

An ISA judge should award 9 out of the 10 attempted bonuses.

Bonus

- 1) Handstand forward roll is shown.
- 2) Height in straight jump is shown  
( these bonuses have been performed to a degree that would actually earn bonus marks in the U11 sequence because the handstand is held 2 secs and the roll out is with straight arms. The slightly 'shrug' of the shoulder frame to ensure the handstand continues in the right direction after holding, but the elbows are not bent at all.
- 3) Spin – the bonus is not attempted. Unfortunately the free foot is not turned out on landing.
- 4) Jump lunge into the cartwheel is shown.
- 5) Straight leg lift forwards at 90 degrees, held for 3 secs is shown. (Good enough for an U11 bonus which has to be shown above 90 degrees for 3 secs.)
- 6) Jump lunge into a round-off is shown.
- 7) Star jump immediately after the round off is shown. (slightly off balance)
- 8) Straight legs throughout the backward roll to straddle stand shown. The technique of performing the roll with straight legs is shown, but incurs execution marks for a slight flexing of the knees as the legs lift off the mat.
- 9) 360 high straight jump is shown.
- 10) Secure landing after the jump is shown.

#### **1C U9 Set Floor Sequence with all BONUSSES Video Clip** (not yet available)