

THE 2020-2024 GIRLS 4 PIECE CHALLENGE CUP CHAMPIONSHIPS RULES

CONTENTS

1.	GENERAL	1
1.1.	COMPETITION AGE GROUPS	1
1.2.	TEAMS	1
1.3.	COMPETITION FORMAT - FOR ALL AGE GROUPS	1
1.4.	ELIGIBILITY	1
1.5.	RESTRICTIONS.....	1
1.6.	AFFILIATION.....	2
1.7.	ENTRY FORMS	2
1.8.	HOST SCHOOLS.....	2
1.9.	SPECIAL PROVISION FOR VERY SMALL SCHOOLS	2
1.10.	DISCLAIMER.....	2
1.11.	PRIVACY POLICY.....	2
2.	GENERAL COMPETITION RULES	2
2.1.	GENERAL COMPETITION DEDUCTIONS	3
3.	GENERAL VAULT NOTES.....	4
4.	SET VAULT	4
4.1.	UNDER 9 SET VAULT: 30cm HIGH	4
4.2.	UNDER 11 SET VAULT: 60cm HIGH.....	4
4.3.	UNDER 13 SET VAULT: 90cm HIGH.....	5
4.4.	DEDUCTIONS FOR SET VAULT.....	5
5.	VOLUNTARY VAULT	6
5.1.	DEDUCTIONS FOR VOLUNTARY VAULT	6
6.	SET FLOOR	7
6.1.	EVALUATION OF MARKS - UNDER 9 & 11 SET FLOOR	7
6.2.	TABLE: UNDER 9 & 11 SET FLOOR GIRLS 4 PIECE	9
6.3.	TABLE: UNDER 13 SET FLOOR GIRLS 4 PIECE	10
6.4.	EVALUATION OF MARKS - UNDER 13 SET FLOOR.....	11
7.	VOLUNTARY FLOOR.....	11
7.1.	GENERAL.....	11
7.2.	MUSIC.....	12
7.3.	PROGRAMME ORDER	12
7.4.	CONTENT	12
7.5.	BONUSES	12
7.6.	COMPOSITION	12
7.7.	EVALUATION OF MARKS.....	13
7.8.	TUMBLE RUN.....	13
7.9.	DEDUCTIONS FOR VOLUNTARY FLOOR	14
8.	FLOOR CODE FOR I.S.G.A. GIRLS 4 PIECE.....	15
9.	BALANCE, STRENGTH AND FLEXIBILITY ELEMENTS FOR GIRLS 4 PIECE	16

1. GENERAL

1.1. COMPETITION AGE GROUPS

Competitions shall be held in the following age groups:

- a) An under 9 competition: Under 9 on 1st September of current academic year *
- b) An under 11 competition: Under 11 on 1st September of current academic year *
- c) An under 13 competition: **11 or 12 years** 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.

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. Girls in the Under 9 age group have no lower limit. **Girls in the Under 11 age group includes girls from Years 5 & 6.** It is possible to make up a team with up to two girls who are under age in the U11 age group. **Girls in the Under 13 age group must be 11 or 12 years on 1st September that academic year.** Very Small Schools may appeal in writing to the I.S.G.A. Chairman if they wish to include more than two girls competing out of age.
- b) Girls may not compete in the 4 Piece and the 5 Piece Championships in the same academic year. With the exception of a team who does not qualify for the 5 Piece, then competes in the 4 Piece but may be invited by the Competition Secretary and Chairman to fill an empty place in the 5 Piece draw, if a place became available. There are also exceptions for Very Small Schools, for whom there are special provisions explained in Section 1.9 on page 2.
- c) Girls are able to compete in a different age group at the 2 Piece Championships to the 4 Piece Championships in the same academic year.
- d) The scores will be added together to produce an Individual and a Team score.
- e) No school may enter more than the allotted six gymnasts.
- f) 'B' teams are not eligible.
- g) A school may not enter an individual except in an invitation All Stars Team if one is on offer.
- h) Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

1.3. COMPETITION FORMAT - FOR ALL AGE GROUPS

Each gymnast will perform the following:

1. Set Vault
2. Voluntary Vault
3. Individual Set Floor
4. Individual Voluntary Floor (to music)

1.4. ELIGIBILITY

The Girls 4 Piece Challenge Cup Championships is only open to the following:

1. New Schools.
2. Teams who do not qualify for the 5 Piece competition.
3. Schools choosing to enter the **Challenge Championships** in the 2 Piece competition earlier in the season.
4. Schools that were outside the top 10 in the relevant category at the previous year's 5 Piece competition, i.e. for the under 11s – the previous season's under 10s or for the under 13s the previous season's under 13s.
5. Other schools who believe their girls cannot achieve all the 5 Piece disciplines and only wish to compete in the lower level 4 Piece competition this year, provided that in the current season's 2 Piece competitions, if under 9s they did not finish in the top 8 places and if under 11s or under 13s they did not finish in one of the first 2 places amongst those seeking qualification for the 5 Piece.
6. **The Executive Committee reserve the right to veto an entry, if deemed unsuitable.** It is not an option to choose to compete in the 4 Piece competition if the date proves more convenient for a school or a coach, or if a coach wants to avoid making up a group routine.

1.5. RESTRICTIONS

No somersaults are allowed and **only one of either a flic or an aerial** (cartwheel or walkover) is allowed in the voluntary floor. **Not both. Deduction 0.5.**

1.6. 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 I.S.G.A. website.

1.7. 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 I.S.G.S.A. website. When submitting names for the programme, gymnasts must compete in programme order for their Voluntary Floor.

1.8. HOST SCHOOLS

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

1. What the exact measurements will be of the voluntary floor area i.e. 6 x 10 metres or 6 x 12 metres.
2. The exact height, as near as possible to the minimum height prescribed, the voluntary vaults and the set vaults will be for each age group. Measurements to be taken **vertically** from the floor to the vault top in a straight line.
3. What the length of the run-up, within the customary parameters, will be for each vault.

1.9. 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. **Your school's status needs to be confirmed by the I.S.G.A. Chairman before applying to enter any competition.**

1.10. DISCLAIMER

A disclaimer form will be emailed to each school from the I.S.G.A. Administrator. The coach and their Head Teacher are required to sign and return a copy of this disclaimer, by post to the General Secretary, when they first return a competition entry form. The disclaimer is valid for one academic year. **No school will be allowed to compete in a competition without a returned disclaimer form.** Schools can also download a disclaimer form from the I.S.G.A. website: <http://www.isgagymnastics.org/administration/annual-disclaimer/>

1.11. PRIVACY POLICY

Please be aware of I.S.G.A.'s Privacy Policy with regards to personal data. In particular data regarding gymnasts' information. This can be found in section 5 of the I.S.G.A. Privacy Policy. When signing up to an I.S.G.A. event you agree that I.S.G.A. may process your and your gymnasts' data, for example date of birth, for administration purposes for the event. They retain personal data only for a legitimate and lawful reason and only for as long as is necessary.

Your pupils' names will appear in the programme and in scores/results of the competition and the results displayed on the I.S.G.A. website. They may be photographed or their name announced at the competition. If a parent requests anonymity for a competitor, the onus will be on the school's teacher/coach to request this in writing beforehand from the Host Organiser and the Competition Secretary. They must also ensure that this is adhered to throughout the event. This Privacy Policy can be found on the I.S.G.A. website: <https://www.isgagymnastics.org/wp-content/uploads/2018/05/ISGA-Final-Privacy-Policy-Word.pdf>

2. GENERAL COMPETITION RULES

1. The team should be uniformly dressed, **in matching leotards**. Deduction 0.1 per gymnast **per apparatus**. Under 13 gymnasts only, may or may not wear matching gymnastics shorts over their leotards. A coach of a physically mature Under 11 gymnast may request for this gymnast to wear shorts to protect her modesty. **That coach may also request for the whole of that Under 11 team to wear shorts if the coach felt it was important for that one gymnast not to feel conspicuous.**
2. Leggings for religious reasons are allowed but must be black and worn over their leotard. String bracelets for religious reasons must be covered by skin coloured tape or a matching sweat band. Deduction 0.1.

3. Gymnasts should not pull down their clothing e.g. leotard whilst being judged. Deduction 0.1
Underwear (including sports bras), if worn, should not show. Deduction 0.1. Coaches must ensure that their gymnast's leotards fit correctly to preserve modesty. Deduction 0.3 from gymnast's final score.
4. Bandages and supports are allowed but should be skin coloured. Deduction 0.1
5. Hair should be tied back neatly. Deduction for untidy hair 0.1. No jewellery in any form, including small ear studs may be worn. Deduction 0.1. If ear studs are not able to be removed, they must be covered by skin coloured tape. Deduction 0.1. No long nails or nail varnish. Deduction 0.1
6. All teachers and coaches are required to wear professional attire. No long, coloured nails or jewellery, of any type, 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 receive a deduction of up to 0.3 which will be deducted from the final score of each of the coach's teams.
7. 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. The gymnast and her coach may have sanctions brought against them. Please see 'Catch all' rule No. 16 below.
8. Teams must line up before the judging panel, at the start and end of each discipline.
9. Each gymnast must present to the judges at the start and finish of her individual floors and vaults. Deduction 0.1 each time.
10. Gymnasts may perform in any order on the Set Vault, Voluntary Vault and Set Floor but must compete in programme order for the Voluntary Floor. The gymnast's number must be shown or given to the judges before competing.
11. The gymnast performs her Set Floor and Voluntary Floor once only and has two attempts at both the Set Vault and 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.
12. There will be a timed warm-up of at least 3 minutes per school on the voluntary floor and 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 will warm up first and compete first. There will also be a timed warm-up of at least 3 minutes for each school on each vault discipline, with the voluntary vault team warming up first and competing first if the run-up is shared.
13. If a school pulls out of a competition, after the competition draw has been published, without a good reason, the entry fee for each team withdrawn will be forfeited. 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.
14. The judge's decision will be final and no video evidence will be considered under any circumstances.
15. No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.
16. '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 0.5 deducted from where appropriate. This will be at the discretion of the Head Judge and/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 and five gymnasts on one 6 x 10 metre or 6 x 12 metre voluntary floor area), 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 minute warm-up. If time is taken to practise these specific short warm-up periods at school, gymnasts will feel more prepared for the competition.

2.1. GENERAL COMPETITION DEDUCTIONS

General deductions	
Teams not uniformly dressed 0.1 per gymnast, per apparatus	Jewellery of any form 0.1
Clothing pulled down 0.1 each time	String bracelets not covered 0.1
Visible underwear 0.1	Untidy hair 0.1
Indecent leotards 0.3 from gymnast's final score	Long nails or coloured nail varnish 0.1
Bandages or supports not skin coloured 0.1	Failure to present 0.1 each time
Coach not properly attired 0.3 from the team's total	'Catch all' rule up to 0.5

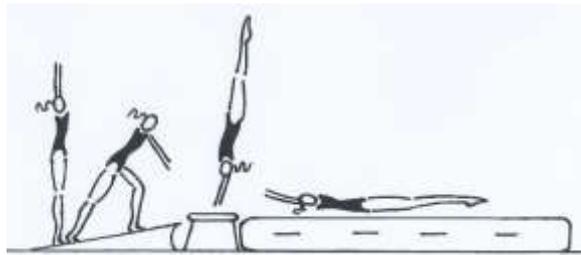
3. GENERAL VAULT NOTES

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. A gymnast is allowed ONE 'run out' per vault, provided that she 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.
4. Schools may NOT bring their own springboard, and may not move any springboard from a piece of apparatus.
5. The gymnast may have 2 attempts at the vault and the higher score counts.
6. Each gymnast must present to the judges at the start and at the finish of each vault. Deduction 0.1 each time.
7. As is common practice in schools' gymnastics, vaulting apparatus cannot be chained to the floor.
8. All Vault deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5, Extra-large = 0.8 or Major = 1.0.
9. See also General Competition Deductions 2.1 on page 3.

4. SET VAULT

- a) The Set Vault will be marked out of 10.00.
- b) A vault box will be used in front of the safety mats as shown in the diagram.
- c) An agility mat may be used to avoid a gap between vault and safety mats.
- d) Depending on the style of the vaulting box, it may be necessary to place it on top of a mat or mats, to achieve the correct height.
- e) Hands must be placed on the vaulting box area. Deduction 0.5.
- f) LANDING SHAPE: A shallow dish, heels, head and arms off the mat, arms next to ears, as open as possible. LANDING TENSION: Looking at the tightness of the position and holding it for 3 seconds.
- g) See also Deductions for Set Vault No. 4.4 on page 5 and General Vault Notes No. 3 above.

4.1. UNDER 9 SET VAULT: 30cm HIGH

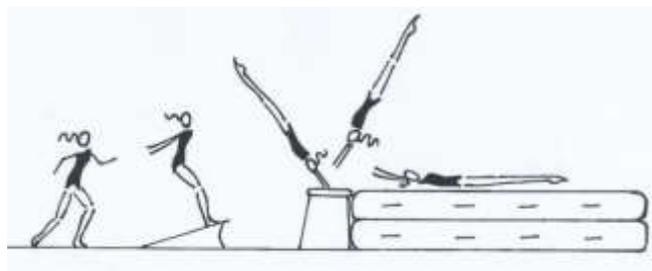


ARTIST'S IMPRESSION

Springboard, vaulting box top 30cm high and safety mat 30cm in height.

- a) Stand on lowest part of springboard. Taller gymnasts may start off the springboard. Show good upright posture with tension and arms stretched above the head. Not shown 0.3 deduction. Circle arms backward and down to hip level (not shown 0.5 deduction) and step forward into a lunge, placing foot on higher part of the springboard. Reach forward to place hands on the box top. Kick up into a handstand shape with tension and push through the shoulders, to land on back, in a dish shape on the safety mat.
- b) The aim is to show a good handstand shape and push through the shoulders (repulsion).
- c) Land in a dish shape showing good shape and tension throughout and hold for 3 seconds.

4.2. UNDER 11 SET VAULT: 60cm HIGH



ARTIST'S IMPRESSION

Springboard, vaulting box 60cm high and safety mats 60cm in height. Run-up will be a maximum of 6 metres ONLY. See Notes for Under 11 and Under 13 Set Vault on page 5.

5. VOLUNTARY VAULT

- The vault will be used widthways only.
- Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
- A safety mat 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. **Each vault has a different tariff.** The vaults may be the same or different. Coaches may request gymnast's first vault score, before the second vault is taken.
- Only the vaults indicated below may be performed. Any other vault will be a void vault.**
- Judges will add up any deductions made and then take this figure away from the tariff of the vault i.e. in a straddle vault the deductions would be deducted from 9.50 to give a final score. 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.
- Vault landing deductions will be up to a maximum of 0.8. A fall on landing will be a deduction of 1.0.**
- Below are the minimum vault heights. Gymnasts may vault higher if they choose.
- See also Deductions for Voluntary Vault No. 5.1 below and General Vault Notes 3 on page 4.**

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position	8.00
Squat through vault	9.50
Straddle vault	9.50
Handspring vault	10.00
HEIGHT OF VAULT (as near as possible)	
Under 9	90 cm
Under 11	100 cm
Under 13	110 cm

5.1. DEDUCTIONS FOR VOLUNTARY VAULT

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING - ALL VAULTS
SQUAT ON and IMMEDIATE STRAIGHT JUMP OFF			Extra step 0.1 each - max 0.5
Insufficient stretch 0.1 - 0.8	1 knee touching vault 0.5	Insufficient height 0.1 - 0.8	Large step (1m) or jump 0.3
Insufficient layout 0.1 - 0.8	2 knees touching vault 1.0	Insufficient length 0.1 - 0.8	Deep squat 0.1 - 0.3
	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Brush of hand on mat 0.1 - 0.3
	One hand off the vault 0.5		Extra arm swing 0.1 - 0.3
	Too long on apparatus 0.1 - 0.5		Loss of balance 0.1 - 0.3
SQUAT THROUGH VAULT			Under rotation leaning back 0.1
Insufficient stretch 0.1 - 0.8	Legs round the side 0.1 - 0.5	Insufficient height 0.1 - 0.8	Landing off the mat 0.5
Insufficient layout 0.1 - 0.8	One hand off the vault 0.5	Insufficient length 0.1 - 0.8	Fall against apparatus 0.5
	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Failure to land feet first 1.0
	Too long on apparatus 0.1 - 0.5		Not showing landing position 0.1 - 0.3
STRADDLE VAULT			Fall 1.0
Insufficient stretch 0.1 - 0.8	Legs not horizontal 0.1 - 0.5	Insufficient height 0.1 - 0.8	Maximum landing deductions without a fall 0.8
Insufficient layout 0.1 - 0.8	One hand off the vault 0.5	Insufficient length 0.1 - 0.8	
	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
	Too long on apparatus 0.1 - 0.5		
HANDSPRING VAULT			
Hip angle 0.1 - 0.5	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.8	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.8	
Insufficient stretch 0.1 - 0.5	Arms not by ears 0.1 - 0.3	Arms not by ears 0.1 - 0.3	
Arms not by ears 0.1 - 0.3	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
	One hand off the vault 0.5		
	Too long on apparatus 0.1 - 0.5		
	Arched back 0.1 - 0.3		
	Head touching vault 1.0		
THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:			
Bent arms 0.1 - 0.8		Bent legs 0.1 - 0.5	
Leg, knee or feet separation 0.1 - 0.3		Deviation from straight line 0.1 - 0.5	
Flexed feet 0.1		Poor body posture 0.1 - 0.3	
Poor body tension 0.1 - 0.5		Dynamics 0.1 - 0.3	
Support from coach on either side of the vault = Void vault			
ALL VAULT DEDUCTIONS ARE JUDGED AS: SMALL = 0.1, MEDIUM = 0.3, LARGE = 0.5, EXTRA LARGE = 0.8 or MAJOR = 1.0			
i.e. 0.1 – 0.3 = 0.1 or 0.3		0.1 – 0.5 = 0.1 or 0.3 or 0.5	
		0.1 – 0.8 = 0.1 or 0.3 or 0.5 or 0.8	

6. SET FLOOR

- 1) The Under 9 and 11 age groups have the same Set Floor routine. **The Under 13 age group has a different Set Floor. It is the same Under 13 Set Floor routine as in the 5 Piece Premier National Championships rules.**
- 2) The routine to be performed along a strip of mat approximately 2 metres wide.
- 3) There will be a 0.1 deduction for stepping off the strip (each time).
- 4) Gymnasts are allowed to start at either end of the strip.
- 5) Missing elements – deduct the value of the move.
- 6) **Elements performed in the incorrect order – deduct 0.5.**
- 7) Attempted moves will receive a deduction on execution only i.e. the bonus, handstand forward roll, falls backwards to feet, **or backward roll is unsuccessful** - Deduct 0.5 plus other deductions. **See notes for coaches and judges for Under 9 & 11 Set Floor on page 8 and notes for coaches and judges for Under 13 Set Floor on page 11.**
- 8) There will be a deduction of 0.3 for a small prompt from coaches, gymnasts **or others** and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.
- 9) Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
- 10) **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.**
- 11) **See also General Competition Deductions No. 2.1 on page 3.**

6.1. EVALUATION OF MARKS - UNDER 9 & 11 SET FLOOR

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	<u>1.4</u>
	9.0
	Bonuses
	<u>1.0</u>
	TOTAL
	10.0

The gymnast should walk on and off the floor area with good posture and 'Present' to the judge making eye contact.

1. Stand and show good upright posture with tension for 3 seconds.
2. **Lower to show a squat position with a straight back and arms stretched out in front.** Forward roll showing straight legs, before tucking them into an 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: **Do not lower to a squat position but show an upright straight** 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.

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 **pointed** behind on the floor (pose). Arms optional in spin, but should finish diagonally high.

Bonus: The free leg must, after the spin, extend out to at least 60° in front of the gymnast and then be lowered with control to the floor.
4. Join the back foot to the front foot. Step and lift leg into cartwheel finishing sideways, feet apart and arms diagonally high.

Bonus: A jump hurdle step with lunge into cartwheel. From standing with arms **above head**, 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 **that the gymnast does a cartwheel on**. Finish sideways with feet apart and arms diagonally high.
5. Rise up on toes, ¼ turn backwards on toes to face the way **the gymnast has** just come. Join back foot to front foot whilst still on toes, **only then lower the heels**. The turn must show control and body **extension and tension** throughout. **The arms stay diagonally high throughout the turn.**

6. **Lower arms to shoulder height and out to the side.** Lift a bent leg forward to horizontal making a right angle – chair balance. Hold for 3 seconds. Then take the held leg **down below the hips and straighten it at the back** into an upright arabesque balance with both legs straight. The leg need only be raised to 45° at the **back**. Hold for 3 seconds then lower to join feet. Arms **stay** out to the side **throughout**. The chest and head **remain** upright in the chair and the arabesque balance positions. The supporting leg should **remain straight throughout both balances**. The foot of the **raised leg** 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. **This leg should then be lowered at the front and taken out sideways to keep it straight whilst taking it to the back.**

7. Cartwheel ¼ turn inwards, landing feet together and then star jump. Should show good shape, height and slight dish shape in the star jump.

Bonus 1: A **jump hurdle step with lunge** into a round off is performed instead of a cartwheel. **From standing with arms above head, 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 that the gymnast does a round off from.

Bonus 2: If the star jump is immediately after the cartwheel or the round off.

8. From standing, lower to a squat **position placing hands by ears, palms up** and backward roll with a bent leg entry to straddle stand. The roll is on the back with hands going on the floor behind the head. **Aim to push hard on the hands to raise the hips as high as possible. Finish in a stretched position, feet apart and arms diagonally high. If the roll is unsuccessful, deduct 0.5. The roll must not be repeated but the straddle position with arms diagonally high must be shown.**

Bonus: From standing, straight legs to be used throughout the backward roll. **See notes below.**

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

Bonus 1: For an immediate 360° high straight jump instead of the 180° high straight jump.

Bonus 2: For a secure landing after the 180° or 360° high straight jump.

This routine has been designed as a 'development' floor routine towards the 5 Piece **Premier National Championships** set floor. The basic routine is marked out of 9.00. There are ten bonuses worth 0.1 each for the **gymnasts** to work towards. The bonus moves gradually bring the gymnast closer in line with the 5 Piece **Premier National** routine.

NOTES FOR COACHES AND JUDGES FOR UNDER 9 & 11 SET FLOOR:

Forward roll straight jump:

- If the gymnast performs the forward roll but omits the straight jump, deduct 0.7
- If the handstand bonus is attempted but falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll immediate straight jump. **If the handstand is repeated, deduct 0.3**
- It is a move that must be linked and the forward roll is the linking factor. If there is no forward roll before the straight jump then the whole value of the move is forfeited 1.4
- The 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 straight jump, the jump has not begun out of the roll and will incur deductions. There should be only one arm movement or swing, finishing with the arms diagonally high above the head.

Backward Roll:

- This is performed from a squat position with bent legs. 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 finish in straddle stand. **The bonus** starts from a standing position and legs must be kept straight throughout the roll. It may start 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.
- If the backward roll is unsuccessful, deduct 0.5. The roll must not be repeated but the stretched straddle stand position with feet apart and arms diagonally high must be shown. If the roll is repeated deduct 0.3.
- **The backward roll must not go up to handstand. Deduct 0.1.**

Forward roll, immediate 180° 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 180° (or 360° for the bonus) 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 180° high straight jump, deduct 0.7.
- There should be only one arm movement or swing. Deduct 0.1 – 0.3.

6.2. TABLE: UNDER 9 & 11 SET FLOOR GIRLS 4 PIECE		DEDUCTIONS	BONUSES
Stand showing good upright posture, with tension for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Show squat position with straight back and arms stretched out in front. <u>Forward roll and 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. See notes for coaches and judges on page 8.	1.4	Deduct 0.3 for squat position with straight back and arms stretched out in front not shown. Deduct 0.3 for upright straight position with arms stretched above head not shown in bonus. Deduct 0.5 if the handstand falls. The roll and straight jump must then be performed. Deduct 0.3 if the handstand is repeated. 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 for arms not finishing diagonally high above head.	0.1 for handstand forward roll. 0.1 for height in straight 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 floor (pose). Arms optional in spin, but should finish diagonally high.	1.0	Deduct 0.1 – 0.5 for not completing the 360°. Deduct 0.1 if spin is reversed. Deduct 0.1 for spin not on toes. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if front foot not turned out in finished position. Deduct 0.1 if back foot is not pointed behind on floor in a pose. Deduct 0.1 for arms not finishing diagonally high.	0.1 for extending the free leg out to at least 60° in front and lowering it with control.
Join the back foot to the front foot. Step and lift into a <u>cartwheel</u> . Finish facing sideways with arms diagonally high.	1.0	Deduct 0.1 – 0.3 for lack of extension and tension in cartwheel. Deduct 0.1 – 0.3 for deviation from straight line. Deduct 0.1 for arms not finishing diagonally high.	0.1 for jump hurdle step with lunge into cartwheel.
Up on toes <u>¼ turn backwards on toes</u> to face the way the gymnast has just come, join back foot to front foot on the toes and then lower heels. Arms must remain diagonally high.	0.4	Deduct 0.1 – 0.3 for lack of control and for lowering heels too early. Deduct 0.1 for lack of extension and tension. Deduct 0.1 for arms not diagonally high throughout the turn.	
Lower arms to shoulder height and out to the side. <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 - 0.5 if the foot touches the floor between the chair/straight leg forward and the arabesque balance. Deduct 0.1 – 0.3 if arms are not out to the side, i.e. back or above/below 10° from the horizontal. If bonus attempted: Deduct 0.1 – 0.5 for leg below 90°. Deduct 0.1 for leg below 45° in arabesque. Deduct 0.1 – 0.5 for chest and head not upright in both balances. Deduct 0.1 – 0.3 for bent legs and toes not pointed. Deduct 0.1 for each second not held	0.1 for horizontal straight leg lift forward to 90°, held 3 seconds.
<u>Cartwheel ¼ turn inwards</u> , landing feet together, then <u>star jump</u> .	1.4	Deduct 0.1 – 0.3 for lack of extension and tension in cartwheel. Deduct 0.1 – 0.5 for lack of repulsion in round off. Deduct 0.1 – 0.5 for loss of control and deviation from straight line. Deduct 0.1 – 0.3 for lack of height and good slight dish shape in star jump. Deduct 0.1 – 0.3 for uncontrolled landing in cartwheel/round off & star jump.	0.1 for a round off. 0.1 if star jump is immediately after the cartwheel/round off.
Lower to squat position and <u>backward roll with bent leg entry to straddle stand</u> . Finish in a stretched upright position with arms diagonally high above head. See notes for coaches and judges on page 8.	1.0	Deduct 0.1 – 0.5 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head. Deduct 0.1 for backward roll to handstand. Deduct 0.5 if roll is unsuccessful and falls backwards. A second attempt is not permitted, deduct 0.3 , but the straddle stand position must be shown. Deduct 0.1 if stretched straddle stand position is not shown. Deduct 0.1 for arms not finishing diagonally high.	0.1 from standing with straight legs throughout.
From feet apart, jump feet together and immediately <u>forward roll, immediate 180° 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. See notes for coaches and judges on page 8.	1.4	Deduct 0.1 – 0.3 for pause between jumping the feet together and the 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 – 0.3 for lack of height, extension and tension 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

6.3. TABLE: UNDER 13 SET FLOOR GIRLS 4 PIECE		DEDUCTIONS	BONUSES
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 floor (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 toe is not to knee in spin. Deduct 0.1 if spin is not on the toes. Deduct 0.1 if front foot is not turned out in finished position. Deduct 0.1 if back foot not pointed in a pose. Deduct 0.1 if arms not diagonally high.	
Join back foot to the front foot and bring arms to a parallel position above head. <u>Backward roll to front support.</u> This may be performed with bent or straight legs. Hold front support position for 3 seconds. See notes page 11.	0.8	Deduct 0.1 for hands not facing forward. Deduct 0.1 for chest not rounded. Deduct 0.1 for body not straight and head in line with body. Deduct 0.1 for hands not shoulder width apart. Deduct 0.1 for each second not held.	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 – 0.3 for extra arm swing. Deduct 0.1 - 0.3 for lack of height in jump. Deduct 0.1 for lack of stretch in jump. Deduct 0.1 – 0.3 for lack of secure landing.	
Jump forwards into a hurdle step with lunge and <u>round off, straight jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge.</u> Finish in a lunge with arms by the ears. Then pull arms back to finish diagonally high above the head and the chest upright, whilst remaining in a lunge with front knee bent (135°) and back leg straight. See notes for coaches and judges on page 11.	1.4	Deduct 0.3 if jump lunge forward into a hurdle step with lunge not shown. Deduct 0.1 – 0.3 for any pauses between the moves. Deduct 0.1 – 0.5 for lack of repulsion and rebound in round off. Deduct 0.1 – 0.3 for lack of height, stretch and tension in the 180° straight jump. Deduct 0.1 – 0.3 for lack of extension and tension in cartwheel. Deduct 0.1 – 0.5 for loss of control or deviation from straight line. Deduct 0.1 for lunge not shown. Deduct 0.1 for arms not finishing diagonally high.	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 – 0.3 if arms not at side i.e. back or above/below 10° from horizontal. Deduct 0.1 – 0.3 for bent legs and toes not pointed. Deduct 0.1 – 0.5 if chest and head not upright. Deduct 0.3 if the foot is pointed on the floor behind before lifting. Deduct 0.1 for each second the arabesque is not held. Deduct 0.1 for leg below 45°	0.1 for leg raised to 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 and hands and feet in alignment. Hands, shoulders and feet off the floor and back should not arch. Hold for 3 seconds.	0.8	Deduct 0.3 for squat position not shown. Deduct 0.1 for back not straight and 0.1 for arms not forward in squat 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 or hands and feet not in alignment. Deduct 0.1 for each of hands, shoulders or feet not off the floor. Deduct 0.1 for each second the dish position is not held.	
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 for the bonus. The back and legs must be straight. The arms must be low and straight but not touching the floor or the legs. The V shape must be equilateral. Hold for 3 seconds.	0.8	Deduct 0.3 - 0.5 for adjustment or loss of control i.e. hand or foot touching the floor on raising the legs and torso into the free V-sit. Deduct 0.1 – 0.3 for back or legs not straight in the V-sit. Deduct 0.1 – 0.3 for incorrect V-shape. Deduct 0.1 for arms not straight and low. Deduct 0.1 for arms touching legs. Deduct 0.1 for each second the V-sit is not held.	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 – 0.3 for bending legs when rolling back into shoulder stand. Deduct 0.3 - 0.5 for adjustment or loss of control going into the shoulder stand. Deduct 0.1 – 0.5 for legs not vertical. Deduct 0.1 for each second not held. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for lack of height in jump. Deduct 0.1 – 0.3 for lack of stretch and tension 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 5 for further specific deductions for this element. See notes for coaches and judges on page 11.	1.4	Deduct 0.3 if lifted toe touches the mat and is lifted again before the handstand. Deduct 0.5 if the handstand falls. The roll and split jump must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.3 for bent legs or toes not pointed. Deduct 0.1 – 0.5 for 180° split not shown in the jump. 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

6.4. EVALUATION OF MARKS - UNDER 13 SET FLOOR

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 COACHES AND JUDGES FOR UNDER 13 SET FLOOR:

Backward Roll to front support:

The backward roll may be performed with bent or straight legs. If legs are kept straight, the gymnast may put hands down to touch on the floor and then put them by ears on the floor 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.

Round off jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge: The arms should be by the ears on landing in the lunge. They are then pulled back to a high V position. At the same time the chest is pulled back to an upright position but the legs remain in a lunge with the front knee bent at 135° and the back leg straight.

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. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.3.
- 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. The gymnast must then perform a forward roll immediate split jump. **If the handstand is repeated, deduct 0.3.**
- **It is a move that must be linked and the forward roll is the linking factor.** 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 be only one arm movement or swing, finishing with the arms diagonally high above the head.

7. VOLUNTARY FLOOR

7.1. GENERAL

- The Voluntary Floor routine is performed on a 6 x 10 metre or 6 x 12 metre 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.
- The routine must be performed to music. The music and movement must be in harmony.
- 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 CD early.
- There will be a deduction of 0.3 for a small prompt from coaches, gymnasts or others and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.

7.2. MUSIC

- a) Good quality AUDIO CDs must be used for recording. One CD per gymnast is required i.e. 5 in total. Each box (or CD case) and CD must be clearly labelled with the gymnast's Name, School, Age Group and Competition Number.
- b) **The music must be instrumental and not vocal i.e. no words but it may have voice as an instrument. It may have up to an 8 beat introduction.**
- c) It is strongly advised that each school bring a set of back-up CDs for each competitor, or one CD per team with a clear playlist in competition order, or your own iPod system. These materials are permitted only for back-up and should not be given to the music steward unless your individual CD fails to play properly on the competition apparatus.
- d) It is forbidden to use music **or any derivatives or remixes** from: Andrew Lloyd Webber e.g. Variations, Cats, Phantom etc., Cirque du Soleil e.g. Alegria, Quidam, Luzia etc. or Walt Disney/Pixar e.g. Pirates of the Caribbean, Narnia or any Disney Classic. **Anyone using those pieces of music will have the music turned off during the gymnast's performance and they will have to continue without music. There is now a declaration on the entry form for the School's coach to complete, saying that they are accepting liability that the floor music being used by their gymnasts is not from any of the above forbidden music.**

7.3. 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. If a team competes out of order on the voluntary floor, the sanction is 1.00. This will be deducted from the final team score.

7.4. CONTENT

The content used to construct the floor routine, must be taken from the I.S.G.A. Code. See page 15. A routine must contain at least **ten different moves**. The ten moves may include any number of Elementary, Intermediate or Advanced moves. The value of the move may be lost unless it is performed safely and correctly. If no Intermediate moves or Advanced moves are included, then ten elementary moves must be performed. More than ten moves from the Code may be included in the routine, but no extra marks will be given. 0.3 of a mark will be deducted per move for less than ten performed.

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.

7.5. BONUSES

A gymnast is able to score 1.0 worth of bonuses 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 bonus. However it could receive execution deductions if not performed correctly. The Bonus rule applies to all age groups i.e. Under 9, 11 and 13.

7.6. 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, originality, musical interpretation, **the routine should be synchronised with the music and the gymnast should engage with the judges and the audience.**

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	<u>0.4</u>
TOTAL	2.5

7.7. 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	10.0

7.8. 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.

- a) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- b) A straight jump half turn to land on one foot is not in the I.S.G.A. code. It does NOT count as a move in the tumble run. It may be used as a rebound link without any 'connecting step' deductions. A round off, straight jump half turn immediate cartwheel is only 2 moves, as the jump half turn would have to land on one foot. It would require a 3rd move to meet the tumble run requirement. A straight jump half turn to land on two feet is in the I.S.G.A. code, so it is important to focus on the execution as it DOES count as a move in the tumble run, e.g. round off, straight jump half turn, forward roll. A forward roll to land on one foot (walkout) is also not in the I.S.G.A. code so does not count as a move in the tumble run.
- 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.
- e) There will be a deduction of 0.1 for deviation from a straight line in the tumble run.
- f) There will be a deduction of 0.1 if the tumble run is not performed on the diagonal.
- g) There will be a deduction of 0.1 if the tumble run is not dynamic or it does not accelerate.
- h) 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.
- i) A Tumble run does not have to include difficult moves e.g.
 1. Run into catleap, cartwheel, cartwheel ¼ turn to lunge.
 2. Run, catleap, cartwheel, round off.
 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, round off, straight jump half turn, forward roll.
 7. Run, round off, cartwheel ¼ turn to land feet together, immediate tuck or star jump.
 8. Run, round off, cartwheel, cartwheel ¼ turn to lunge.

NOTES FOR COACHES AND JUDGES FOR VOLUNTARY FLOOR:

- 1 All rolls must start and finish on two feet to count in the tariff.
- 2 Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
- 3 As front supports are linked to either a jump to squat straight jump, a backward roll or a back support, it is only required to be held for 2 seconds.
- 4 In the front support to back support a straight arm must be shown high in the air in the side position of the turn. This move may also be performed from back to front support. It need only be held for 2 seconds in each support
- 5 Static moves like bridges, splits, pike fold and japana must be held for 3 seconds.
- 6 Splits two ways need to be held for 2 seconds each way. Splits three ways needs to be held for 1 second each way.
- 7 Flics may be landed on either one or two feet, but must land on feet and not on other body parts.
- 8 **Backward roll to handstand:** A backward roll passing through handstand will be counted as a backward roll which is an Elementary move. A backward roll to handstand held 1 second is an Intermediate move and a strength element. A backward roll to handstand held 2 seconds is an Advanced move and a strength and balance element.
- 9 **Headstands:** Leg position and exit are optional but must not roll out. Deduct 0.5 for rolling out.
- 10 Any jumps and leaps which are not in the above code will be classed as links and therefore not count in the Content.
- 11 No somersaults are allowed and only one of either a flic or an aerial (cartwheel or walkover) is allowed. Not both. Deduction 0.5.

7.9. DEDUCTIONS FOR VOLUNTARY FLOOR

GENERAL DEDUCTIONS	
Music with vocals, i.e. words in the music 0.5	Stopping musical recording early 0.5
No music supplied 0.5	Finishing before or after the music 0.3
Music supplied but does not play or stops and is not the fault of the audio equipment 0.1	Over time or under time 0.1
EXECUTION PENALTIES for skills from the list in the table on page 15 and dance	
Small execution fault 0.1	Insufficient height in jumps/aerials 0.1 or 0.3
Medium execution fault 0.3	Insufficient flight in flight elements 0.1 or 0.3
Large execution fault 0.5	Insufficient tuck/pike/stretch 0.1 or 0.3
Incorrect body shape 0.1 or 0.3	Static skills not held for 3 seconds 0.1 for each second
Bent arms 0.1 or 0.3	Balances not held for 3 seconds 0.1 for each second
Bent legs 0.1 or 0.3	Handstand & front support not held 2 seconds 0.1 each second
Leg separation 0.1 or 0.3	Arm swings to maintain balance 0.1 – 0.3
Lack of split 0.1 or 0.3 or 0.5	Posture fault on landing 0.1 or 0.3
Feet not pointed 0.1	Touch of the floor i.e. with a hand or foot 0.1 or 0.3
Incomplete 360° spin within 45° - 0.1 or 0.3. Less than 45° the skill does not count	Adjustment/loss of control when entering a balance e.g. V-sit, headstand, straddle lever etc. 0.3 or 0.5
Incomplete 540° spin within 45° - 0.1 or 0.3 or 0.5. Less than 45° the skill will be downgraded to a 360° spin.	Loss of balance 0.1 or 0.3 or 0.5
Extra steps/hops on feet or hands 0.1 each time	Fall – actually falling over completely 1.0
DEDUCTIONS taken throughout the routine	
One foot outside of floor area 0.1 each time.	Small prompt from coaches/gymnasts/others 0.3 max 1.0
Two feet outside of floor area 0.3 each time.	Large prompt from coaches/gymnasts/others 0.5 max 1.0
Pauses 0.1 each time	
DEDUCTIONS taken at the end of the routine	
Poor posture throughout the routine.0.1 or 0.3	Missing tumble run 0.5
Missing move: 0.3 per move less than 10 performed	Deviation from a straight line in tumble run 0.1
Team competing out of order 1.0	Tumble run not performed on the diagonal 0.1
Somersault 0.5	Tumble run not dynamic or it does not accelerate 0.1
A flic and an aerial 0.5	
PLUS GENERAL COMPETITION DEDUCTIONS 2.1 found on page 3	

8. FLOOR CODE FOR I.S.G.A. GIRLS 4 PIECE

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 to handstand held 1 secs	Backward roll to handstand held 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
Backward roll to front support 2 secs	Backward roll to front support 2 secs, with straight arms	
Front support 3 secs, jump to squat and 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	Headstand push to handstand with straight legs. Exit optional	Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs
Handstand 2 secs	Handstand 180° pirouette. Optional hand moves & leg positions	Handstand 360° pirouette. Optional hand moves and leg positions
Handstand forward roll	Handstand 180° pirouette then the handstand held 2 secs	Handstand 360° pirouette then the handstand held 2 secs
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.	From straddle stand press to handstand (elephant lift)	Flyspring
Cartwheel ¼ turn inwards to finish feet together	Flic to land two feet together	Aerial Cartwheel
One-handed cartwheel – optional hand	Flic to 'walkout' i.e. landing first on one foot before the other	One-handed walkover (forward or backward)
Dive cartwheel		
Round off	Tinsica	Aerial walkover
Press up in front support x 1	Backward walkover	Valdez
Teddy bear roll (Circle roll) 180° only	Forward walkover	540° spin (1 ½)
Pike fold sitting 3 secs	360° spin on one foot	720° spin (double)
Splits 3 secs	Show splits two ways, 2 secs each way	Show splits all three ways, 1 sec each
Supported shoulder stand 3 secs	Unsupported shoulder stand, arms by hips 3 secs	Unsupported shoulder stand, arms above head 3 secs
V' sit with support 3 secs	'V' sit without support (free) – 3 secs	Russian lever balance piked or straddled 3 secs
Japana 3 secs	Straddle lever balance 3 secs	Straddle lever balance held 3 secs then 180° turn
Back support 2 secs turn to front support 2 secs. See notes 4 below.	Pike lever balance 3 secs	Straddle lever press to handstand - optional exit
Arabesque balance 3 secs body position optional	Tuck balance 3 secs	Straddle balance press to handstand. Straddle held 3 secs or handstand 2 secs
Chair balance 3 secs	"Y" balance 3 secs	
Bridge 3 sec	'W' jump	'W' jump with 180° turn
Star jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Tuck jump	Split leap	Change leg split leap
Split jump	Catleap with 360° turn	Catleap with 540° turn (1 ½)
Catleap with no turn, or 180° turn	Straddle jump	Ring leap
Stag leap or 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)

9. BALANCE, STRENGTH AND FLEXIBILITY ELEMENTS FOR GIRLS 4 PIECE

For use when constructing a voluntary floor routine. 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	Backward roll to front support 2 secs	Forward roll with straight legs together (i.e. pike)
Chair balance 3 secs	Backward roll to handstand held 1 secs	Backward roll to straight legs Together (i.e. pike)
Handstand 2 secs	Backward roll to handstand 180° pirouette	Japana 3 secs
Arabesque balance 3 secs. Body position optional	Handstand 180° or 360° pirouette. Optional hand moves & leg positions	Any walkovers
	Press up in front support x 1	Valdez
Headstand 3 secs. Legs and exit optional but must not roll out.	Headstand push to handstand with straight legs. Exit optional	
Headstand, with straight legs. Straddle levered up to vertical held 3 secs. Exit optional but must not roll out	Front support 2 secs turn to back support 2 secs (or vice versa). See notes page 14	Pike fold sitting 3 secs
	Straddle stand press to handstand	Tinsica
		Bridge 3 secs
		Split leap showing 180° split
		Straddle jump legs parallel to floor
THE MOVES BELOW SERVE TWO REQUIREMENTS		
Splits 3 secs		Splits 3 secs
'Y' balance 3 secs		'Y' balance 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 piked or straddled 3 secs	Russian lever balance either piked or straddled 3 secs	
Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs	Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs	
Headstand pike levered up to vertical with straight legs held for 3 secs.	Headstand pike levered up to vertical with straight legs held for 3 secs.	
Backward roll to handstand held 2 secs	Backward roll to handstand held 2 secs	
Handstand 180° or 360° pirouette then the handstand held 2 secs	Handstand 180° or 360° pirouette then the handstand held 2 secs	
Straddle lever balance press to handstand (optional exit) . Either hold the straddle balance for 3 secs or the handstand for 2 secs	Straddle lever balance press to handstand optional exit	Straddle lever balance press to handstand optional exit (moving through japana)

One move may count to serve two requirements. i.e. Performing splits held for 3 seconds will count as both a balance and a flexible move. Performing a straddle lever balance held for 3 seconds will count as both a balance and a strength move worth 0.2 (0.1 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 the full 0.3 for strength/flexibility/balance in the composition marks. See composition allocation for the Voluntary Floor No. 7.6 on page 12.