

THE COVID GIRLS & BOYS 2 PIECE SETS & PAIR ROUTINE CHAMPIONSHIPS RULES

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1. GENERAL RULES FOR ALL THREE COVID 2 PIECE SETS CHAMPIONSHIPS

1.1 COMPETITION FORMAT

There will be three separate competitions running at the same time at the COVID 2 Piece Sets Championships (Set Vault and Set Floor) and at the COVID 2 Piece Sets and Pair Routine Championships (Set Vault, Set Floor and Pair Routine). The three separate sections plus the Pair routine are highlighted in these rules by different coloured headings:

- 1) [The COVID Girls 2 Piece Sets and Pair Routine Gold and Silver Championships.](#)
- 2) [The COVID Girls 2 Piece Sets and Pair Routine Bronze Championships.](#)
- 3) [The COVID Boys 2 Piece Sets and Pair Routine Championships.](#)
- 4) [The COVID Girls \(Gold, Silver and Bronze\) and Boys Pair Routine.](#)

For the COVID 2 Piece Sets Championships each team will perform the following:

1. Individual Set Floor – 6 gymnasts.
2. Set Vault – 6 gymnasts.

For the COVID 2 Piece Sets and Pair Routine Championships each team will perform the following:

1. Individual Set Floor – 6 gymnasts.
2. Set Vault – 6 gymnasts.
3. Pair Routine – 6 gymnasts – 3 pairs.

1.2 TEAMS

- a) A team may consist of 4, 5 or 6 gymnasts, from the same school. All 6 gymnasts may perform on each apparatus with the top 4 scores on each discipline counting.
- b) **In the Girls Championships:** Girls in the Under 9 age group have no lower limit. It is possible to make up a team with up to two gymnasts who are under age in the U10 and U11 age groups only. Very Small Schools may appeal in writing to the I.S.G.A. Chairman if they wish to include more than two gymnasts competing out of age. Girls competing in the Under 13 age group must be 11 or 12 years old on 1st September that academic year. Girls competing in the Under 15 or Over 13 age groups must be 13 years or over on 1st September that academic year.
- c) **In the Boys Championships:** It is possible, in any age group, to make up a team who are under age. If necessary all members of the team can be under age. No boys over the age limit are allowed to compete in that team.
- d) 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 **except in the Practice competition where there is an opportunity for extra gymnasts to participate on this occasion to make it as inclusive as possible, as 'Novices'**.
- f) It is possible to enter different gymnasts in the Practice competition as to in the 2 Piece Sets Championships.
- g) 'B' teams are not eligible.
- h) Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

1.3 AFFILIATION

Affiliations are due from 1st June each year, to allow schools to submit their fees and be allocated a **School affiliation number**. The affiliation number must be quoted on all entry forms otherwise the entry is invalid.

Affiliation forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org

A sample copy only can be found on the website.

1.4 ELIGIBILITY

1. For details of eligibility for [The COVID Girls 2 Piece Sets and Pair Routine Gold and Silver Championships](#), see No. 2:2 and 2.3 on page 3.
2. For details of eligibility for [The COVID Girls 2 Piece Sets and Pair Routine Bronze Championships](#), see No. 3:2 on page 9. The organiser reserves the right to promote any Bronze applicants who have been extremely successful at the Girls 4 Piece Challenge Championships in the past.
3. For details of eligibility for [The COVID Boys 2 Piece Sets and Pair Routine Championships](#), see No. 4:2 on page 17.

1.5 ENTRY FORMS

Entry forms can be obtained from the General Secretary by emailing: administrator@isgagymnastics.org

A sample copy only can be found on the I.S.G.A. website.

1.6 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.

1.7 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/>

1.8 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>

1.9 GENERAL COMPETITION RULES

1. The team should be uniformly dressed in matching leotards. Deduction 0.1 per gymnast per apparatus.
GIRLS: Under 13, Under 15 and Over 13 gymnasts may or may not wear matching gymnastics shorts over their leotards. Under 9, Under 10 and Under 11 gymnasts may not wear shorts. A coach of a physically mature Under 11 gymnast may request from the Competition Secretary for this gymnast to wear shorts to protect her modesty. 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.
BOYS: Either matching leotards and shorts or PE shirt which must remain tucked into shorts. **No boys' gymnastics trousers are permitted for floor and vault work.** Any boy wearing trousers will be asked to remove them and replace them with shorts, before they are allowed to compete.
1. 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.
2. Bandages and supports are allowed but should be skin coloured. Deduction 0.1.
3. 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.
4. Hair should be tied back neatly. Deduction for untidy hair 0.1. No jewellery in any form, including small ear studs. Deduction 0.1. If ear studs are not able to be removed, they must be covered with skin coloured tape. No long nails or nail varnish. Deduction 0.1
5. 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.
6. Teams must line up before the judging panel, at the start and end of each discipline.
7. Each gymnast must present to the judges at the start and finish of his/her individual floor and vault.
8. Gymnasts may perform in any order on the Set Vault and on the Set Floor but must perform in programme order for the Pair Routine.
9. The gymnast's number must be shown to the judge before competing.
10. The gymnast performs his/her Set Floor and Pair Routine only once and has two attempts at the Set 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.
11. If a school pulls out of a competition, after the competition draw has been published, without good reason, the entry fee for each team withdrawn will be forfeited.
12. The judge's decision will be final and no video evidence will be considered under any circumstances.
13. No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.

14. '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.

1.10 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

2. THE COVID GIRLS 2 PIECE SETS GOLD AND SILVER CHAMPIONSHIPS

Schools may enter **only one** of either the COVID Girls 2 Piece Sets and Pair Routine Gold Championships OR the COVID Girls 2 Piece Sets and Pair Routine Silver Championships OR the COVID Girls 2 Piece Sets and Pair Routine Bronze Championships.

2.1. AGE GROUPS

Competitions shall be held in the following age groups:

- An under 9 competition: Under 9 on 1st September of current academic year *
- An under 10 competition: Under 10 on 1st September of current academic year *
- An under 11 competition: Under 11 on 1st September of current academic year *
- An under 13 competition: 11 or 12 years old on 1st September of current academic year *
- An under 15 competition: 13 or 14 years old on 1st September of current academic year *
- An over 13 competition: Over 13 on 1st September of current academic year *

*i.e. midnight on 31st August.

Pupils who are being taught in classes lower or higher than their chronological age at their school for any reason, must compete in their correct age group as shown above.

2.2. ELIGIBILITY FOR THE GOLD CHAMPIONSHIPS

Schools whose teams have been in the medals in the past 3 years at the 5 Piece Premier National Championships will be automatically placed in the Gold Section. Any other school wanting to compete to the 5 Piece Premier National Championships rules and would like to participate in the Gold Section may apply.

2.3. ELIGIBILITY FOR THE SILVER CHAMPIONSHIPS

Schools who wish to compete to the 5 Piece Premier National Championships rules and were not in the medals in the past 3 years at the 5 Piece Premier National Championships may enter the Silver Section.

2.4. RULES

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

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

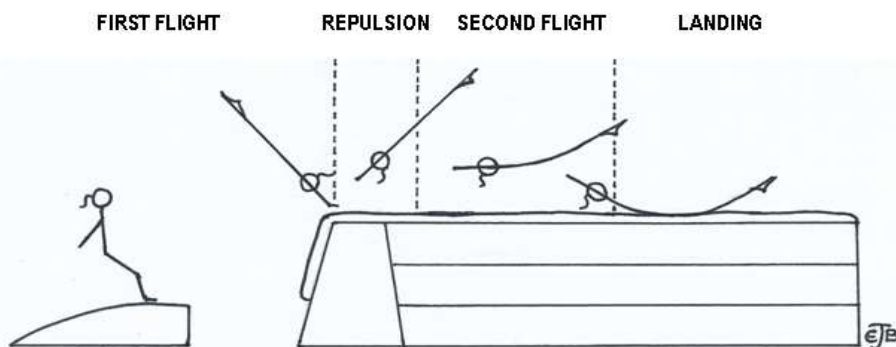
PAIR ROUTINE: Based on the I.S.G.A. Girls 4 Piece Challenge Championships Voluntary Floor rules.

2.5. SET VAULT

GENERAL VAULT NOTES

- If a gymnast vaults before receiving the judge's signal, the vault is void.
- A coach should step in if needed for safety reasons but must understand that it will void the vault.
- A gymnast is allowed ONE 'run out' per vault, provided that he/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.
- The gymnast may have 2 attempts at the vault and the higher score counts.
- Each gymnast must present to the judges at the start and at the finish of each vault. Deduction 0.1 each time.
- All Vault deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5, Extra Large = 0.8 or Major = 1.0.
- See also General Competition Deductions No. 1.10 above.

HANDSPRING FLATBACK - ONTO A PLATFORM WITH SAFETY MATS



ARTIST'S IMPRESSION

- The Set Vault is marked out of 10.00.
- A vault will be used in front of the safety mats as shown in the diagram.
- The vault shall be covered with an agility mat to avoid a gap between vault and safety mats.
- The maximum combined height of the total vault plus any agility mat shall be as close to the correct height as possible.
- An arm swing **MUST** be shown prior to landing on the springboard. Deduction 0.3.
- The arms **MUST NOT** be already up when feet make contact with the springboard. Deduction 0.3.
- Hands must be placed on the vaulting box area and not further along on the landing mat. Deduction 0.5.
- 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.
- Heights are approximate as the agility mat might alter the exact heights.
- See Deductions for Set Vault below.

AGE GROUP	HEIGHT (maximum)
Under 9	70 - 75 cm
Under 10	85 - 90 cm
Under 11	100 cm

AGE GROUP	HEIGHT (maximum)
Under 13	110 cm
Under 15	110 cm
Over 13	110 cm

2.6. DEDUCTIONS FOR SET VAULT

TAKE OFF from BOARD	REPULSION	SECOND FLIGHT	LANDING – DISH SHAPE
Lack of arm swing 0.3	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.8	Shallow dish not shown 0.1 - 0.5
Arms already up on jump onto board 0.3	Staggered hand position 0.1 - 0.3	Insufficient length 0.1 - 0.5	Arch in back 0.1 - 0.3
FIRST FLIGHT	Walking on hands 0.1 per step	Insufficient stretch 0.1 - 0.5	Arms not off mat 0.1
Hip angle 0.1 - 0.5	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Head not off mat 0.1
Arched body 0.1 - 0.3	Arms not by ears 0.1 - 0.3		Feet not off mat 0.1
Insufficient stretch 0.1-0.5	Hands not placed on vaulting box area 0.5		Arms not by ears 0.1 - 0.3
	Failure to pass through vertical 0.1		Hands and feet not in alignment 0.1
	Head touching vault 1.0		Dish not held for 3 secs. 0.1 - 0.3
	Too long on apparatus 0.1 - 0.5		Falling off the mat 0.5

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 any time during 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

2.7. SET FLOOR FOR THE GOLD AND SILVER CHAMPIONSHIPS

SET FLOOR FOR UNDER 9, 10 & 11

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

SET FLOOR FOR UNDER 13, 15 & OVER 13

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

2.8. DEDUCTIONS AND NOTES FOR THE GOLD AND SILVER SET FLOOR

- The routine to be performed along a strip of mat approximately 2m wide.
- There will be a deduction of 0.1 for stepping off the strip (each time).
- Gymnasts are allowed to start from either end of the strip.
- Missing elements – deduct the value of the move and elements performed in the incorrect order – deduct 0.5.
- Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards to feet or if the bonus in the backward roll is attempted and the handstand falls backwards - deduct 0.5. See Notes below.
- 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.
- Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
- All Set Floor deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5 or Major = 1.0.
- A fall is a deduction of 1.0 but only when the gymnast falls over completely. A touch of the floor i.e. with a hand or foot is 0.1 or 0.3. Adjustment/loss of control when entering a balance e.g. V-sit or shoulder stand 0.3 or 0.5.**
- 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.
- See also General Competition Deductions 1.10 on page 3.

NOTES FOR COACHES AND JUDGES FOR BOTH SET FLOORS:

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.

NOTES FOR UNDER 9, 10 & 11 SET FLOOR:

Backward Roll: The gymnast may perform a backward roll with straight legs and she may put her hands down to touch on the floor and then put them by her ears on the floor with no deduction (i.e. 2 touches in the roll). A bonus will be given for keeping the legs straight throughout but there is no bonus available for touching only once.

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

Forward Horizontal Leg Balance: The gymnast should slide the foot forward to point the toe. The foot **must not** be lifted off the floor before pointing the toe, deduct 0.3. Alternatively the free leg may be lifted immediately into the balance position.

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

NOTES FOR UNDER 13, 15 & OVER 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.

2.9. TABLE: U9, U10 & U11 SET FLOOR		DEDUCTIONS	BONUSES
Stand showing good upright posture with tension for 3 secs.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Immediately lift into, <u>handstand forward roll</u> , <u>immediate split jump</u> . The jump should start out of the roll finishing with arms diagonally high above head. There should be only one arm movement or swing from roll to jump. See notes for coaches and judges on page 6.	1.4	Deduct 0.3 if lifted toe touches floor 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 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 bent legs or toes not pointed in handstand or jump. Deduct 0.1 – 0.5 for 180° split not shown in the jump. Deduct 0.1 for arms not finishing diagonally high above head.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
Step forward into <u>360° spin</u> on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot extended with toe pointed behind on floor (pose). Arms optional in spin, but should finish diagonally high. Bonus: 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.	1.0	Deduct 0.1 – 0.5 for not completing the 360°. Deduct 0.1 if spin is reversed. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if the 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 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 horizontal in front and lowering it with control.
Join the back foot to the front, jump forwards into a hurdle step with lunge and <u>cartwheel</u> . Finish facing sideways with arms diagonally high.	1.0	Deduct 0.3 for jump forward into a hurdle step with lunge not shown. Deduct 0.1 – 0.3 for lack of extension and tension. Deduct 0.1–0.3 for deviation from straight line. Deduct 0.1 for an aerial cartwheel. Deduct 0.1 for arms not finishing diagonally high.	0.1 for flight 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 toes then lower the 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.	
Lower arms to shoulder height and out to the side. Slide foot forward to point the toe on the floor and then lift a straight leg into a <u>forward horizontal leg balance</u> . Hold for 3 secs. Alternatively the free leg may be lifted immediately into the balance position. Lower held leg (but do not touch the floor) and take it to the back into an <u>upright arabesque balance</u> . Hold for 3 seconds. The leg need only be raised to 45° at the back. Lower leg to join feet. See notes on page 6.	1.4	Deduct 0.3 if the foot is lifted off the floor before pointing the toe. Deduct 0.3 – 0.5 if the foot touches the floor between forward leg lift and arabesque. Deduct 0.1 – 0.5 for leg below 90° in the forward horizontal leg lift. Deduct 0.1 for leg below 45° in arabesque. Deduct 0.1 – 0.3 if arms are not out to the side, i.e. Back or above/below 10° from the horizontal. Deduct 0.1 – 0.3 for bent legs and toes not pointed. Deduct 0.1 – 0.5 for chest and head not upright in balances. Deduct 0.1 for each second not held.	0.1 for forward leg lift above 90°, held for 3 seconds.
Jump forwards into a hurdle step with lunge and <u>round off</u> , <u>immediate rebound star jump</u> with controlled landing.	1.4	Deduct 0.3 for jump forward into a hurdle step with lunge not shown. Deduct 0.1 – 0.5 for lack of repulsion in round off. Deduct 0.1 – 0.3 for lack of height and good slight dish shape in star jump. Deduct 0.1 – 0.5 for loss of control in the rebound & deviation from straight line. Deduct 0.1 – 0.3 for uncontrolled landing.	0.1 for dynamics.
<u>Backward roll</u> to finish in <u>straddle stand</u> with arms diagonally high above head. If aiming for the handstand bonus, lift the hips high and show the handstand position with feet together then lower legs to straddle stand . See notes on page 6.	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 0.5 if handstand bonus is attempted but is unsuccessful. A second attempt is not permitted, deduct 0.3, but the straddle stand position must be shown. Deduct 0.1 if straddle stand position is not shown. Deduct 0.1 for lack of extension and stretch in handstand if bonus is attempted. Deduct 0.1 for arms not finishing diagonally high.	0.1 for straight legs throughout. 0.1 for lift to handstand with feet together then lower legs to straddle stand .
From feet apart, jump feet together and immediately <u>forward roll</u> , <u>immediate 360° high straight jump</u> starting out of the roll, to finish with a secure landing. Only one arm movement or swing allowed from roll to jump. See notes on page 6.	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 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 secure landing after 360° high straight jump.
Total of Content	9.0	Total of Bonuses	1.00

2.10. TABLE: U13, 15 & O13 SET FLOOR		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 the back foot to the front foot and take 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 on page 6.	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 round off, <u>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 in high V, with chest upright, whilst remaining in a lunge with front knee bent (135°) and back leg straight. See notes on page 6.	1.4	Deduct 0.3 if jump lunge forward into a hurdle step 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 notes for coaches and judges on page 6.	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 handstand is repeated. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for pause between roll and jump and jump not starting out of the roll. Deduct 0.1–0.3 for bent legs. 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

3. THE COVID GIRLS 2 PIECE SETS BRONZE CHAMPIONSHIPS

Schools may enter **only one** of either the COVID Girls 2 Piece Sets and Pair Routine Gold Championships OR the COVID Girls 2 Piece Sets and Pair Routine Silver Championships OR the COVID Girls 2 Piece Sets and Pair Routine Bronze Championships.

3.1. AGE GROUPS

Competitions shall be held in the following age groups as long as the numbers warrant a competition in that age group:

- a) An under 9 competition: Under 9 on 1st September of current academic year *
- b) An under 10 competition: Under 10 on 1st September of current academic year *
- c) An under 11 competition: Under 11 on 1st September of current academic year *
- d) An under 13 competition: 11 or 12 years old on 1st September of current academic year *
- e) An under 15 competition: 13 or 14 years old on 1st September of current academic year *
- f) An over 13 competition: Over 13 on 1st September of current academic year *

*i.e. midnight on 31st August.

Pupils who are being taught in classes lower or higher than their chronological age at their school for any reason, must compete in their correct age group as shown above.

3.2. ELIGIBILITY FOR THE BRONZE CHAMPIONSHIPS

Schools who wish to compete to the 4 Piece Challenge Championships rules and were not in the medals in the past 3 years at the 5 Piece Premier Championships may enter the Bronze Section.

The organiser reserves the right to promote any Bronze applicants who have been extremely successful at the Girls 4 Piece Challenge Championships in the past.

3.3. RULES

SET FLOOR: For Under 9, 10 & 11 age groups as per the I.S.G.A. Girls 4 Piece Challenge Cup Championships rules.

For the Under 13, 15 and Over 13 age groups as per the new I.S.G.A. Girls 4 Piece Challenge Championships rules.

SET VAULT: For Under 9, 10, 11, 13, 15 and Over 13 age groups as per the I.S.G.A. Girls 4 Piece Challenge Cup Championships.

PAIR ROUTINE: Based on the I.S.G.A. Girls 4 Piece Challenge Championships Voluntary Floor rules.

3.4. SET VAULT

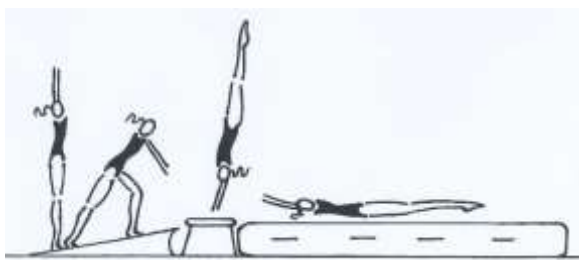
GENERAL VAULT NOTES

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 he/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. The gymnast may have 2 attempts at the vault and the higher score counts.
5. Each gymnast must present to the judges at the start and at the finish of each vault. Deduction 0.1 each time.
6. All Vault deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5, Extra Large = 0.8 or Major = 1.0.
7. See also General Competition Deductions No. 1.10 on page 3.

SET VAULT NOTES

- 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 Deductions for Set Vault No. 3.8 on page 11.

3.5. UNDER 9 SET VAULT: 30CM HIGH

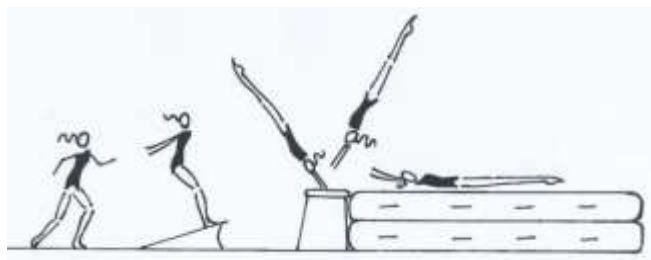


ARTIST'S IMPRESSION

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

- 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.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
- Land in a dish shape showing good shape and tension throughout and hold for 3 seconds.

3.6. 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 13, 15 and Over 13 Set Vault below.

3.7. UNDER 13, 15 & OVER 13 SET VAULT: 90CM HIGH



ARTIST'S IMPRESSION

Springboard, vaulting box 90cm high and safety mats 90cm in height. Run up will be a **maximum of 9 metres ONLY**.

NOTES FOR UNDER 11 and UNDER 13, 15 and OVER 13 SET VAULT:

- Run and jump to 2 feet on the springboard, with an arm swing and into a handstand shape with hands placed on the box top. Push through the shoulders to land on back, in a dish shape showing good tension.
- An arm swing **MUST** be shown prior to landing on the springboard. Deduction 0.3.
- The arms **MUST NOT** be already up when feet make contact with the springboard. Deduction 0.3.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
- Land in a dish shape showing good shape and tension throughout and hold for 3 seconds.

3.8. DEDUCTIONS FOR SET VAULT

TAKE OFF from BOARD	REPULSION	SECOND FLIGHT	LANDING – DISH SHAPE
UNDER 9	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.8	Shallow dish not shown 0.1 - 0.5
Stretched upright position not shown 0.3	Staggered hand position 0.1-0.3	Insufficient length 0.1 - 0.5	Arch in back 0.1 - 0.3
Backward arm circle not shown 0.5	Walking on hands 0.1 per step	Insufficient stretch 0.1- 0.5	Arms not off mat 0.1
UNDER 11 & 13	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Head not off mat 0.1
Lack of arm swing 0.3	Arms not by ears 0.1 - 0.3		Feet not off mat 0.1
Arms already up on jump onto board 0.3	Hands not placed on vaulting box area 0.5		Hands and feet not in alignment 0.1
FIRST FLIGHT	Failure to pass through vertical 0.1		Arms not by ears 0.1 - 0.3
Hip angle 0.1 - 0.5	Head touching vault 1.0		Dish not held 3 secs. 0.1 - 0.3
Arched body 0.1 - 0.3	Too long on apparatus 0.1 - 0.5		Falling off the mat 0.5
Insufficient stretch 0.1-0.5			
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 any time during 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			

3.9. SET FLOOR FOR 2 PIECE BRONZE CHAMPIONSHIPS

SET FLOOR FOR UNDER 9, 10 & 11

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

SET FLOOR FOR UNDER 13, 15 & OVER 13

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

3.10. DEDUCTIONS AND NOTES FOR THE BRONZE SET FLOOR

- 1) The routine to be performed along a strip of mat approximately 2 metres wide.
- 2) There will be a 0.1 deduction for stepping off the strip (each time).
- 3) Gymnasts are allowed to start at either end of the strip.
- 4) Missing elements – deduct the value of the move and elements performed in the incorrect order – deduct 0.5.
- 5) Attempted moves will receive a deduction on execution only i.e. the handstand forward roll, falls backwards to feet, or backward roll is unsuccessful - Deduct 0.5 plus other deductions. See notes for coaches and judges on page 13 for Under 9, 10 and 11 and page 14 for Under 13, 15 and Over 14.
- 6) 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) Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
- 8) All Set Floor deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5 or Major = 1.0.
- 9) A fall is a deduction of 1.0 but only when the gymnast falls over completely. A touch of the floor i.e. with a hand or foot is 0.1 or 0.3. Adjustment/loss of control when entering a balance e.g. V-sit or shoulder stand 0.3 or 0.5.
- 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 1.10 on page 3.
- 12) The table for the Girls 2 Piece Under 9, 10, and 11 Challenge Championships Set Floor, can be found at No. 3.11 on page 15 and the Table for the Girls 2 Piece Under 13, 15 and Over 13 Challenge Championships Set Floor can be found at No. 3.12 on page 16.

NOTES FOR UNDER 9, 10 & 11 BRONZE SET FLOOR

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.

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. See notes for coaches and judges on page 13.

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 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. See notes for coaches and judges on page 13.

Bonus: From standing, straight legs to be used throughout the backward roll.

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. See notes for coaches and judges on page 13.

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.

NOTES FOR COACHES AND JUDGES FOR UNDER 9, 10 & 11 BRONZE 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.

NOTES FOR COACHES AND JUDGES FOR UNDER 13, 15 & OVER 13 BRONZE SET FLOOR

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.

Upright posture before the 360° Spin:

After presenting to the judge, the gymnast turns to face outwards before showing good upright posture for 3 seconds before stepping forward into a 360° spin. If attempting the bonus 540° spin, after presenting to the judge, the gymnast faces down the mats before showing good upright posture for 3 seconds before stepping forward into a 540° spin.

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).

180° High and 360° straight jump:

The arms start down by side. There should be only one arm movement or swing from the side up to above the head in the jump. Arms are then brought down on the landing to finish low and out in front.

If attempting the bonus of squat in and immediate 180° jump there must also be only one arm movement or swing. Deduct 0.1 - 0.3. If attempting the bonus of shoulder stand immediate 360° jump there must also be only one arm movement or swing. Deduct 0.1 - 0.3.

Round off jump 180° to land on two feet. 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.

Supported V-sit position:

A 0.1 bonus will be given for a free V-sit instead of a supported V-sit. A 0.2 bonus will be given for lifting from the dish position straight up into the free V-sit position, keeping legs straight throughout.

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.

3.11.TABLE: UNDER 9, 10 & 11 BRONZE SET FLOOR		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 13.	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 if spin is not on the 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. Chair balance (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. 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 If bonus attempted: Deduct 0.1 – 0.5 for leg below 90°.	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 13.	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 a 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 13.	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

3.12. TABLE: UNDER 13, 15 & OVER 13 SET FLOOR		DEDUCTIONS	BONUSES
Stand showing good upright posture for 3 seconds. See notes for coaches and judges on page 14.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Start facing outwards. 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.	0.8	Deduct 0.1 – 0.5 for not completing the 360°. 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.	0.1 for a 540° spin. Start facing down the mats.
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 14.	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.	
Squat in and stand with arms by side. <u>180° high straight jump</u> raising straight arms above head in jump. There should be only one arm movement or swing from the side up to above the head in the jump. See notes page 14.	0.8	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 any extra arm swing. Deduct 0.1 – 0.3 for lack of secure landing.	0.1 for a squat in and immediate 180° high straight jump.
Jump forwards into a hurdle step with lunge and <u>round off, straight jump 180° to land on two feet</u> . Cartwheel <u>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 14.	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 landing the straight jump 180° on one foot and going immediately into the 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°	
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.	
Bend knees and raise torso into a tucked position, toes on floor, arms straight in front of body, low but not touching the floor or the legs. Lower hands or finger tips onto the floor and extend legs into a <u>supported V-sit position</u> . The back and legs must be straight. The V shape must be equilateral. Hold for 3 seconds. See notes for coaches and judges on page 14.	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 tucked position or free V-sit if attempting the bonus. 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 a free V-sit from tucked position OR 0.2 for lifting straight legs from dish up into free V-sit.
Lower straight legs onto floor into long sit position. Arms optional. Roll back with straight legs into a <u>supported shoulder stand</u> . Hold for 3 seconds. Roll down and stand with arms by side. <u>360° high straight jump</u> raising straight arms above head in jump. There should be only one arm movement or swing from the side up to above the head in the jump. See notes page 14.	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 lack of height in jump. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for lack of stretch and tension in jump.	0.1 for unsupported shoulder stand, arms straight on floor by hips. 0.1 for immediate 360° high straight jump.
Handstand forward roll, immediate <u>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 14.	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/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

4. THE COVID BOYS 2 PIECE SETS CHAMPIONSHIPS

4.1 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 14 competition: Under 13 on 1st September of current academic year *

*i.e. midnight on 31st August.

Pupils who are being taught in classes lower or higher than their chronological age at their school for any reason, must compete in their correct age group as shown above.

It is possible, in any age group, to make up a team who are under age. If necessary all members of the team can be under age. No boys over the age limit are allowed to compete in that team.

4.2 ELIGIBILITY

All schools are encouraged to enter a team in each of the three age groups. Currently there is no limit on the number of schools allowed to enter each age group.

4.3 RULES

SET FLOOR: As per the I.S.G.A. Boys 4 Piece National Championships rules.

SET VAULT: As per the I.S.G.A. Boys 4 Piece National Championships rules.

PAIR ROUTINE: Based on the I.S.G.A. Boys 4 Piece Championships Voluntary Floor rules.

4.4 SET VAULT

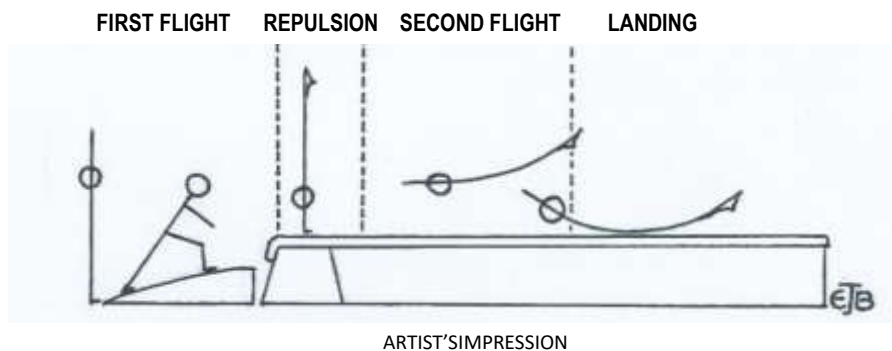
GENERAL VAULT NOTES

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 he/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. The gymnast may have 2 attempts at the vault and the higher score counts.
5. Each gymnast must present to the judges at the start and at the finish of each vault. Deduction 0.1 each time.
6. All Vault deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5, Extra Large = 0.8 or Major = 1.0.
7. See also General Competition Deductions No. 1.10 on page 3.

SET VAULT NOTES

1. The Set Vault will be marked out of 10.00.
2. A vault box will be used in front of the safety mats as shown in the diagram.
3. An agility mat may be used to avoid a gap between vault and safety mats.
4. 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.
5. Hands must be placed on the vaulting box area. Deduction 0.5.
6. **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.

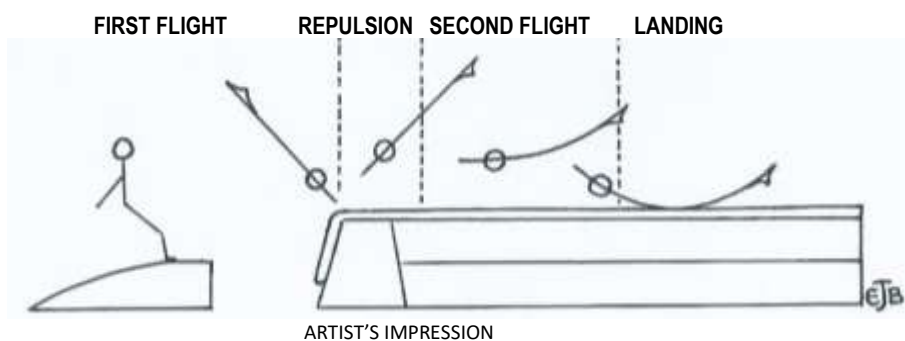
4.5 UNDER 9 SET VAULT: 30CM HIGH



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

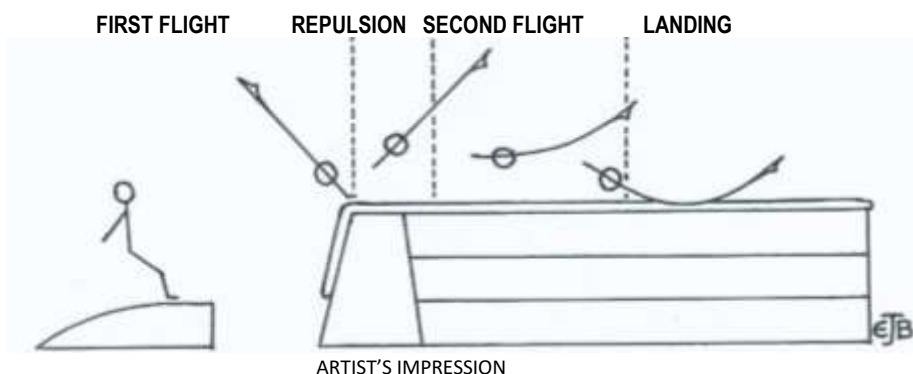
- Stand on lowest part of springboard. Taller gymnasts may start off the springboard. Show good upright posture with tension and arms stretched above the head. Not shown 0.3 deduction. Circle arms backward and down to hip level (not shown 0.5 deduction) and step forward into a lunge, placing foot on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

4.6 UNDER 11 SET VAULT: 60CM HIGH



Springboard, vaulting box 60cm high and safety mats 60cm in height. Run-up will be a maximum of 6 metres ONLY. See Notes below.

4.7 UNDER 14 SET VAULT: 90CM HIGH



Springboard, vaulting box 90cm high and safety mats 90cm in height. Run up will be a maximum of 9 metres ONLY.

NOTES FOR UNDER 11 and UNDER 14 SET VAULT:

- Run and jump to 2 feet on the springboard, with an arm swing and into a handstand shape with hands placed on the box top. Push through the shoulders to land on back, in a dish shape showing good tension.
- An arm swing MUST be shown prior to landing on the springboard. Deduction 0.3.
- The arms MUST NOT be already up when feet make contact with the springboard. Deduction 0.3.
- The aim is to show a good handstand shape and push through the shoulders (repulsion).
- Land in a dish shape showing good shape and tension throughout and hold for 3 seconds.

4.8 DEDUCTIONS FOR SET VAULT

TAKE OFF from BOARD	REPULSION	SECOND FLIGHT	LANDING – DISH SHAPE
UNDER 9	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.8	Shallow dish not shown 0.1 - 0.5
Stretched upright position not shown 0.3	Staggered hand position 0.1 - 0.3	Insufficient length 0.1 - 0.5	Arch in back 0.1 - 0.3
Backward arm circle not shown 0.5	Walking on hands 0.1 per step	Insufficient stretch 0.1 - 0.5	Arms not off mat 0.1
UNDER 11 & 14	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Head not off mat 0.1
Lack of arm swing 0.3	Arms not by ears 0.1 - 0.3		Feet not off mat 0.1
Arms already up on jump onto board 0.3	Hands not placed on vaulting box area 0.5		Hands and feet not in alignment 0.1
FIRST FLIGHT	Failure to pass through vertical 0.1		Arms not by ears 0.1 - 0.3
Hip angle 0.1 - 0.5	Head touching vault 1.0		Dish not held for 3 secs. 0.1 - 0.3
Arched body 0.1 - 0.3	Too long on apparatus 0.1 - 0.5		Falling off the mat 0.5
Insufficient stretch 0.1-0.5			
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 any time during 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			

4.9 SET FLOOR FOR 2 PIECE BOYS CHAMPIONSHIPS

Show good upright posture (3 seconds)	
Catleap, cartwheel, cartwheel ¼ turn inwards to lunge	1.6
Forward roll, immediate straight jump	1.2
Backward roll to straddle stand	0.6
Circle roll	0.6
Pike Fold	0.6
Dish position	0.6
Arch position, Front support position, jump to crouch	1.4
Tucked headstand	0.6
Frog balance	0.6
Tuck jump, 180° high straight jump	1.2
	9.0
Bonuses	1.0
TOTAL	10.0

4.10 DEDUCTIONS AND NOTES FOR THE BOYS SET FLOOR

1. The routine to be performed along a strip of mat approximately 2 metres wide.
2. There will be a 0.1 deduction for stepping off the strip (each time).
3. Gymnasts are allowed to start at either end of the strip.
4. Missing elements – deduct the value of the move.
5. Elements performed in the incorrect order – deduct 0.5.
6. Attempted moves will receive a deduction for execution only i.e. the bonus handstand forward roll falls backwards to feet, or the backward roll is unsuccessful - Deduct 0.5 plus other deductions. See notes for coaches and judges for Set Floor on page 21.
7. 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.
8. Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
9. 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.
10. See also General Competition Deductions No. 1.10 on page 3.

NOTES FOR BOYS SET FLOOR

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. Step catleap, landing with feet apart, one foot before and in front of the other. Join feet together by bringing the back foot to front foot. Lift arms high in the air and lift the leading leg into a cartwheel finishing sideways with arms diagonally high. Keeping arms high, lift leading leg again into a second cartwheel finishing ¼ turn inwards to lunge to face the way the gymnast started. Finish with arms diagonally high.
Bonus 1: For the catleap landing on one foot and going immediately into the first cartwheel.
Bonus 2: For the first cartwheel going immediately into the second cartwheel i.e. landing on one foot, keeping arms high and then immediately reach into the second cartwheel finishing ¼ turn inwards.
3. Close back foot to front foot. **Lower to show a squat position with a straight back and arms stretched out in front.** Forward roll showing straight legs, before tucking them in to 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 only be one arm movement or swing from roll to jump.** Finish stretched with arms diagonally high and feet together. See notes for coaches and judges on page 17.
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.
4. From standing, lower to a squat position 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. 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 above head. If the roll is unsuccessful, deduct 0.5. The roll must not be repeated - deduction 0.3. But the stretched straddle position with feet apart and arms diagonally high must be shown. See notes for coaches and judges on page 17.
Bonus: From standing, straight legs to be used throughout the backward roll. The gymnast can put his hands down to touch the floor and then put them by his ears on the floor with no deduction. (i.e. 2 touches in the roll).
5. Slide legs outwards and lower to straddle sit without bending knees. Hands are allowed to touch the floor between the legs when lowering body from straddle stand to straddle sit, if desired, without any deductions. Teddy bear roll (circle roll) 180° only. Arms start parallel to legs, hands should not hold legs. Legs must remain straight throughout the roll. Close legs to long sit with arms above head.
6. With arms high, stretch forwards into pike fold, with hands placed flat on the floor by the feet and hold for 3 seconds.

7. Sit up and lower back into a dish position with hands over thighs. Hold for 3 seconds with tension. Raise arms above head before turning over.
Bonus: Dish position with arms by ears. Instead of placing hands on thighs, take arms upwards and backwards so that the ears are covered by the arms. The back must remain flat on the floor. Hold for 3 seconds with tension.
8. Turn over to show an arch position without allowing feet, arms or head to touch the floor. Keep the arms covering the ears during the turn into the arch position. Hold the arch shape for 3 seconds with tension. Lower the arms and legs to the floor and push up into a front support position with the toes turned under and hold for 3 seconds. Jump to squat and balance for 3 seconds showing a straight back and arms stretched out in front.
Bonus: Push up to front support with a straight body.
9. Reach forward into a tucked headstand. The body should remain tucked and show a straight back. Hold for 3 seconds. Feet should leave the floor together and return to the floor together and into a squat position. Do not roll over forwards (deduction 0.5).
Bonus: For straight legs lifting to headstand i.e. pike levered up to vertical. Hold for 3 seconds and return to squat position.
10. From squat position, open knees outwards and place hands on the floor. Press legs into elbows, lean forwards slightly and take feet off the floor into a frog balance. Thumbs must be facing forwards in the same direction as the fingers and not facing backwards (deduction 0.3). Hold for 3 seconds. Return to feet and stand with arms diagonally high above head.
11. **Take arms down to the side.** Step forward to join the feet together and into a tuck jump. Arms swing upwards and forwards, knees towards chest, back straight, finish move with arms above head. Step forward to join the feet together again and into a 180° high straight jump. Arms swing down then up above head during the jump and finish diagonally high.
Bonus 1: For a 360° high straight jump instead of the 180° jump.
Bonus 2: For a secure landing after the 180° or 360° high straight jump.

NOTES FOR COACHES AND JUDGES FOR BOYS SET FLOOR:

Forward roll straight jump:

- If the gymnast performs the forward roll but omits the straight jump, deduct 0.6
- If the bonus handstand forward roll is attempted but the straight jump is omitted, deduct 0.6
- If the bonus handstand 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 1.2
- 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. Deduct 0.1 - 0.3. There should be only one arm movement or swing, deduct 0.1 - 0.3. 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.

4.11 TABLE: BOYS SET FLOOR		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.	
Step <u>catleap</u> , landing with one foot in front of the other. Join back foot to front foot. Lift arms high and lift leading leg into a <u>cartwheel</u> finishing sideways with arms diagonally high. Keeping arms high, lift leading leg again into a <u>second cartwheel</u> finishing ¼ turn inwards to lunge facing the way the gymnast started. Finish with arms diagonally high.	1.6	Deduct 0.1 for lack of extension and tension. Deduct 0.1 – 0.3 for deviation from straight line. Deduct 0.1 for arms not finishing diagonally high after both cartwheels. Deduct 0.3 if second cartwheel does not finish in a ¼ turn lunge. Deduct 0.3 if second cartwheel finishes facing the wrong direction.	0.1 for catleap landing on one foot and <u>immediate</u> cartwheel. 0.1 for first cartwheel landing on one foot and <u>immediate</u> second cartwheel.
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 21.	1.2	Deduct 0.3 for squat position with straight back not shown. Deduct 0.1 for back not straight and 0.1 for arms not forward. Deduct 0.3 for straight position with arms up 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 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.
Lower to squat position and <u>backward roll to straddle stand</u> . Arms finish diagonally high. See notes for coaches and judges on page 21.	0.6	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 a backward roll to handstand. Deduct 0.5 if roll is unsuccessful and falls backwards. Second attempt is not permitted, deduct 0.3, but 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 for straight legs, from standing, throughout the backward roll to straddle stand
Slide legs and lower with straight legs to straddle sit. Hands may touch floor between legs. <u>Teddy bear roll</u> . (circle roll 180°). Arms must remain parallel to legs throughout roll i.e. Hands should not hold legs. Close legs to long sit, arms above head.	0.6	Deduct 0.1 – 0.3 for bent legs whilst lowering to floor. Deduct 0.1 – 0.3 for bent legs during the roll. Deduct 0.1 for hands holding legs in roll. Deduct 0.1 for arms not above head in long sit.	
With arms high, stretch forward into <u>pike fold</u> . Hands flat on mat by feet. Hold for 3 seconds.	0.6	Deduct 0.1 – 0.5 for chest not on legs. Deduct 0.1 each second not held. Deduct 0.1 for hands not flat on mat by feet.	
Sit up and lower back into a <u>dish position</u> with hands over thighs. Hold for 3 seconds.	0.6	Deduct 0.1 for each of hands, shoulders or feet not off the floor. Deduct 0.1 – 0.3 for arched back. Deduct 0.1 for each second not held.	0.1 for arms by ears during dish position retaining back flat on floor.
Raise straight arms to ears, unless the bonus has been attempted. Turn over to <u>arch position</u> . Arms remain by ears in the turn. Hold for 3 seconds with tension. Lower arms and legs to floor. Push up to <u>front support position</u> with the toes turned under. Hold for 3 seconds. <u>Jump to squat</u> and show a straight back and arms forward. Hold for 3 seconds.	1.4	Deduct 0.1 - 0.3 if feet, arms or head touch mat in the turn to arch. Deduct 0.1 for bent legs or arms in the turn to arch. Deduct 0.1 for each second the arch, front support or squat not held. Deduct 0.1 for toes not turned under i.e. if they are pointed. Deduct 0.1 for lack of stretch and tension in arch position. Deduct 0.1 for arms not by ears in turn. Deduct 0.1 for back not straight or arms not forward in squat position.	0.1 for straight body pushed up to front support.
<u>Tucked Headstand</u> . The body should remain tucked and show a straight back. Hold for 3 seconds. Return to feet and squat position. Do not roll over forwards.	0.6	Deduct 0.1 for back not straight. Deduct 0.1 for feet not leaving or returning to floor together. Deduct 0.1 for each second the headstand is not held. Deduct 0.5 if headstand does not return to feet. i.e. rolls out.	0.1 for straight legs up to headstand i.e. pike levered up to vertical.
From squat position, open knees outwards and place hands on floor. Press legs into elbows, lean forwards slightly, take feet off the floor into a <u>frog balance</u> . Hold for 3 seconds. Return to feet and stand with arms diagonally high above head.	0.6	Deduct 0.3 if thumbs do not face forwards in the same direction as the fingers during frog balance. Deduct 0.1 for each second the frog balance is not held. Deduct 0.1 for arms not finishing diagonally high above head.	
Take arms down to the side. Step, join feet, <u>tuck jump</u> . Arms swing upwards and forwards. Raise arms above head. Step join feet into a <u>180° high straight jump</u> . Arms swing down then up above head during the jump and finish diagonally high.	1.2	Deduct 0.1 – 0.3 if knees not to chest in tuck jump. Deduct 0.1 – 0.3 if back not straight in tuck jump. Deduct 0.1 – 0.3 if arms not high and body not straight in straight jump. Deduct 0.1 – 0.3 for lack of height in jump. Deduct 0.1 for arms not finishing diagonally high above head.	0.1 for a 360° high straight jump. 0.1 for secure landing after the 180° or 360° high straight jump turn.
Total of Content	9.0	Total of bonuses	1.00

5. THE COVID GIRLS AND BOYS PAIR ROUTINE

5.1. GENERAL

- a) A Pairs synchronised Floor Routine is performed on 2 parallel strips of mat, each 2 x 12 metres long and 2 metres apart.
- b) One gymnast on each mat.
- c) Gymnasts must not change mats. Focus should be on synchronicity.
- d) The gymnasts must start at the same place and not split at any time as this will make judging over Microsoft teams almost impossible. Penalty for each instance of going in different directions will be 0.5 with a maximum deduction of 2.0 per pair.**
- e) Floor work must use the entire body and should contain acrobatic elements artistically performed, movements and linkages combining liveliness, poise, balance, variations of moves, change of pace and must use the floor area as fully as possible.
- f) The routine may be performed to music or without. If used the music and movement must be in harmony.
- g) The duration of the routine should be between 50 – 70 secs. The routine is timed from the gymnast's first movement until the gymnast's last movement. If music is used, the gymnast must finish with the end of the music. Coaches or the musical operator will not be allowed to stop the music early.
- h) 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.

5.2. MUSIC

- a) If used, good quality recordings to be operated by someone from each school.
- 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 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. **Deduction 1.00.** 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.

5.3. PROGRAMME ORDER

All pairs must compete in programme order in the Pair Floor Routine. Coaches should bear this in mind when listing the names of their pairs on the entry form as this will be their pair's routine order. If a pair competes out of order, the sanction is 1.00. This will be deducted from the final team score.

5.4. CONTENT

The content used to construct the pair routine, must be taken from the I.S.G.A. 4 Piece Challenge Code for girls and from the I.S.G.A 4 Piece Code for boys. See pages 26 and 28. A routine must contain at least **eight different moves**. The eight 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 eight elementary moves must be performed. More than eight moves from the Code may be included in the routine, but no extra marks will be given and they may incur execution deductions. 0.3 of a mark will be deducted per move for less than eight 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 eight moves.

No Tumble Runs are allowed i.e. 3 moves linked together. Deduction 0.5. Two moves linked together is permitted but only on one occasion, e.g. Round off flic, round off star jump, tuck jump star jump. It is not a requirement to have two moves linked together.

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

5.5. 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.

5.6. 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, 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	0.3
Variety of moves	0.2
Links and dance	0.4
Strength/flexibility/balance moves	0.3
Originality, dynamics, overall impression	0.4
TOTAL	1.6

5.7. EVALUATION OF MARKS

Content	2.4
Execution	3.5
Composition	1.6
Synchronisation	1.5
Bonus: 2 x Intermediate move (0.5 each)	1.0
TOTAL	10.0

5.8. NOTES FOR COACHES AND JUDGES FOR THE PAIR FLOOR ROUTINE:

- 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.**

BOYS ONLY:

- 12 The side support on one arm with a 180° turn to side support on the other arm, also need only be held for 2 seconds in each support position.
- 13 A headstand thrust or press to handstand with straight legs is an Intermediate move and a strength element. If either the headstand is held for 3 seconds or the handstand held for 2 seconds it is an Advanced move plus a strength and balance element.

5.9. DEDUCTIONS FOR PAIR ROUTINE

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
Forbidden music 1.0	Over time or under time 0.1
Music supplied but does not play or stops and is not the fault of the audio equipment 0.1	Going in different directions 0.5 each time. Maximum deduction of 2.00 per pair.
EXECUTION PENALTIES for skills from the list in the table on pages 26 and 28 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 the strip of mat 0.1 each time.	Small prompt from coaches/gymnasts/others 0.3 max 1.0
Two feet outside the strip of mat 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	Somersault 0.5
Missing move: 0.3 per move less than 8 performed	A flic and an aerial 0.5
Pair competing out of order 1.0	A tumble run 0.5
PLUS GENERAL COMPETITION DEDUCTIONS 1.10 found on page 3	

5.10. FLOOR CODE FOR THE GIRLS PAIR ROUTINE

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)

5.11. BALANCE, STRENGTH & FLEXIBILITY ELEMENTS FOR GIRLS PAIR ROUTINE

For use when constructing a pair routine. Composition marks are gained by including a **strength move**, a **balance move** and a **flexibility move** as part of the 8 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 Pair Routine No. 5.6 on page 24.

5.12. FLOOR CODE FOR BOYS PAIR ROUTINE

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	Forward roll into straddle lever balance hold 3 secs
Backward roll	Backward roll 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
Forward roll to stop in strong dish shape	Backward roll to front support 2 secs	
Dish held 2 secs turn to arch held 2 secs or vice versa	Handspring to one foot	Handspring to two feet
Rocks x 3 in either dish or arch shape	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hip high)	Flyspring
Press-up in front support x 1	Press-up in front support x 3	Headspring
Front support held 2 secs, jump to squat and straight upward jump	From long sit, touch toes and backward roll to straddle stand. Legs straight throughout	From front support held 2 secs, straddle or pike cut to rear support held 2 secs
Front support held 2 secs, turn to back support held 2 secs (or vice versa). See note 4 on page 12	From kneeling, chest roll forwards and Finish in a strong front support position held 3 secs	From straddle sit, lower chest to floor, pull 'swim' / through to lie flat forwards, legs closed at the back
Side support on one arm held 2 secs 180° turn to side support on other arm 2 secs	Headstand push to handstand with straight legs. Exit optional but must not roll out	Headstand push to handstand with straight legs. The headstand held 3 secs or the handstand held for 2 secs.
Frog balance 3 secs	Headstand with straight legs. Pike levered up to vertical held 3 secs. Exit optional but must not roll out	
Headstand 3 secs. Legs and exit optional but must not roll out.	Headstand with straight legs. Straddle levered up to vertical held 3 secs. Exit optional but must not roll out	
Handstand 2 secs		Handstand forward roll piked to stand
Handstand forward roll	Handstand 180° pirouette. Optional hand moves & leg positions	Handstand 360° pirouette. Optional hand moves and leg positions
	Handstand 180° pirouette then handstand held 2 secs	Handstand 360° pirouette then handstand held 2 secs
Cartwheel – to finish sideways		Flic to land two feet together
Cartwheel ¼ turn inwards to lunge. Front knee bent (135°), back leg straight.		Flic to 'walkout' i.e. landing first on one foot before the other
Cartwheel ¼ turn inwards to finish feet together		
One-handed cartwheel – 1st hand down	One-handed cartwheel – 2 nd hand down	
Dive cartwheel		
		Aerial cartwheel
Round off		Aerial walkover
Circle roll (180° only)		Backward walkover
Pike fold sitting 3 secs		Forward walkover
Japana 3 secs		One-handed walkover (forward or backward)
'V' sit with support 3 secs	"V" sit without support 3 secs	Valdez
Bridge 3 secs	"Y" balance 3 secs	Splits 3 secs
Supported shoulder stand 3 secs	Unsupported shoulder stand arms by hips 3 secs	Unsupported shoulder stand arms above head 3 secs
	Straddle lever balance 3 secs	Straddle lever balance held 3 secs then 180° turn
	From straddle stand press to handstand. Optional exit	Straddle lever balance press to handstand. Optional exit
	Piked lever balance 3 secs	Straddle lever press to handstand. Straddle held 3 secs or handstand 2 secs
Chair balance 3 secs	Tuck balance 3 secs	
	Russian lever balance in tucked position 3 secs	Russian lever balance piked or straddled 3 secs
Arabesque balance 3 secs Body position optional	360° spin on one foot	540° Spin (1 ½) or 720° spin (double)
Star jump	'W' jump	'W' jump with 180° turn
Tuck jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Catleap with no turn, or 180° turn	Catleap with 360° turn	Catleap with 540° turn (1 ½)
	Stag leap or jump	
	Straddle jump	Straddle jump with 180° turn
	Side straddle leap	Straight jump with 540° turn (1 ½)
Straight jump with 180° turn	Straight jump with 360° turn	

5.13. BALANCE, STRENGTH & FLEXIBILITY ELEMENTS FOR BOYS PAIR ROUTINE

For use when constructing a pair routine. Composition marks are gained by including a **strength move**, a **balance move** and a **flexibility move** as part of the 8 moves. The chart below is designed to guide you as to which moves are acceptable.

BALANCE	STRENGTH	FLEXIBILITY
	Backward roll to front support 2 secs	Forward roll with straight legs together (i.e. pike)
	Backward roll to handstand held 1 secs	
	Backward roll to handstand, 180° pirouette, step down exit	Backward roll to straight legs together (i.e. pike)
	Handstand 180° or 360° pirouette. Optional hand moves & leg positions	From long sit, touch toes and backward Roll to straddle stand. Legs straight throughout
Headstand 3 secs. Legs and exit optional but must not roll out.	Headstand push to handstand with straight legs. Exit optional	Japana 3 secs
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 12	'D' hold 3 secs. (from kneeling arch backwards to hold heels, hip high)
	Press up in front support x 1	Any walkovers
Handstand 2 secs	Press up in front support x 3	Valdez
Any arabesque balance 3 secs	Straddle stand press to handstand	Straddle jump legs parallel to floor
Chair balance 3 secs		Pike fold sitting 3 secs
		Bridge 3 secs
Supported shoulder stand 3 secs	From kneeling, chest roll to strong front support position held 3 secs	From straddle sit, lower chest to floor, Pull 'swim' / through to lie flat forwards, legs closed at the back
		Handstand forward roll, pike to stand
THE MOVES BELOW SERVE TWO REQUIREMENTS		
'Y' balance 3 secs		'Y' balance 3 secs
Splits 3 secs		Splits 3 secs
	From front support held 2 secs, straddle or pike cut to rear support held 2 secs	From front support held 2 secs, straddle or pike cut to rear support held 2 secs
Unsupported shoulder stand 3 secs	Unsupported shoulder stand 3 secs	
Frog Balance 3 secs	Frog Balance 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	
Forward roll into straddle lever balance hold 3 secs	Forward roll into straddle lever balance hold 3 secs	
Russian lever balance either tucked, piked or straddled 3 secs	Russian lever balance either tucked, piked or straddled 3 secs	
Dish held 2 secs turn to arch held 2 secs (or vice versa)	Dish held 2 secs turn to arch held 2 secs (or vice versa)	
Side support on one arm 2 secs 180° turn to side support on other arm 2 secs	Side support on one arm 2 secs 180° turn to side support on other arm 2 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 handstand held 2 secs	Handstand 180° or 360° pirouette then handstand held 2 secs	
Handstand held 2 secs, 180° or 360° pirouette	Handstand held 2 secs, 180° or 360° pirouette	
Straddle lever balance press to handstand (optional exit). Either hold the straddle lever 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 all 3 elements of strength, flexibility, and balance, worth 0.6 in composition. See composition allocation for the Voluntary Floor, No. 5.6 on page 24.