

# I.S.G.A. GIRLS Under 13, 15 & Over 13 SET FLOOR – COVID GOLD & SILVER Judging Sheet

School.....

Under.....

Value	Good posture 3 secs	0.8 540° spin on toes	0.8 Backward roll to front support	0.8 180° high straight jump	1.4 Round off, jump 180°, cartwheel ¼ turn inwards	0.8 Upright arabesque 3 secs	0.8 Forward roll into dish position 3 secs	0.8 Free V-sit 3 secs	1.4 Unsupported shoulder stand 3 secs. 360° high straight jump	1.4 Handstand, forward roll, split jump	Execution Deductions	TOTAL BONUS	Judge 1	TOTAL
Bonus			0.1		0.2	0.1		0.1	0.2	0.3	9.00	1.00	Judge 2	
No: .....											9.00			
No: .....											9.00			
No: .....											9.00			
No: .....											9.00			
No: .....											9.00			

**Bonuses 10 x 0.1 bonuses = 1.00. See table on page 8 of Covid Rules.**

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|--|---|--|---|
| 1. <b>Straight</b> arms in back roll to FS.    | 2. <b>Dynamics</b> ,                                  | 3. <b>Flight</b> into cartwheel.       | 4. Leg at <b>90°</b> at back held 3 secs. |
| 5. Lifting legs <b>without tuck position</b> . | 6. <b>Arms on floor above head</b> in shoulder stand. | 7. <b>Secure landing</b> in 360° jump. | 8. Handstand <b>held 2 secs</b> ,         |
| 9. <b>Straight arm</b> forward roll.           | 10. <b>Height</b> in split jump.                      |  |   |