

**Notes for Video Clip - Boys Set Floor Routine**

It should be noted that whilst this video clip gives a visual idea of how the routine should be performed, it is only an aid. The text on pages 6 - 9 of the I.S.G.A. Boys 4 Piece National Championships Rules should be at hand when watching the video, especially when checking any arms and feet positions. This routine is the old style routine which did not require a straight jump after the forward roll/handstand forward roll, however we have included it as it is good to show the point of not including a move (as shown in point 2 below). The I.S.G.A. Boys Set Floor is the same routine for the Under 9, Under 11 and Under 14 age groups.

**Evaluation of the marks:** There are 11 components of the basic routine with values ranging from 0.6 to 1.60 marks, totaling 9.00. These values are deducted if a move is missing.

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

**Boys Set Floor Routine Video Clip**

After the ‘present’ to the judges the posture is not held for 3 seconds, and more tension could be shown - a **deduction 0.2,** for lack of tension and for not being held for 3 seconds.

1) The step catleap, cartwheel finishing sideways, cartwheel finishing in a lunge shows good extension and tension and is performed on a straight line, but the arms do not finish diagonally high - a **deduction of 0.1.** The catleap cartwheel was immediate as was the second cartwheel so a **bonus of 0.2** would be given.

2) A straight position with arms above head is shown before the handstand however there is no immediate straight jump after the handstand. The value of the move is 1.2 and as only half the move is performed there will be a **deduction of 0.6.** Also arms do not finish diagonally high - a **deduction 0.1**. A handstand is performed instead of the forward roll so a **bonus of 0.1** would be given.

3) The backward roll is performed with a good push on the hands to raise the hips and is finished in a straddle stand position but the arms do not finish diagonally high - a **deduction 0.1**. The roll was performed from standing and the legs were kept straight throughout so a **bonus of 0.1** would be given.

4) The gymnast did lower to straddle sit with straight legs and kept them straight throughout the Teddy bear roll, however both arms did not stay parallel to the legs and touched the floor on two occasions - a **deduction of 0.2.** The long sit was shown with arms above head.

5) A good pike fold is performed with the hands flat on the floor by the feet and it is held for 3 seconds.

6) In the dish position the hands, shoulders and feet are off the floor, the back is not arched and it is held **just** for 3 seconds (this could be debatable), but the arms are a little high in comparison to the feet - a **deduction of 0.1.** The arms are by the ears in the dish so a **bonus of 0.1** is given.

7) In the turn from the dish to the arch, the arms remain straight and by the ears, the legs remain straight and the feet and head do not touch the floor in the turn. The arch position is good but it is not held for 3 seconds - a **deduction of 0.1**. The push up to front support is with toes under and is with a straight body - a **bonus 0.1** is given, but the front support is not held 3 seconds - a **deduction of 0.1**. The jump to squat is shown with a straight back and arms forward but it is not held for 3 seconds - a **deduction of 0.1.**

8) Straight legs are shown up to the headstand - a **bonus of 0.1.** The headstand shows a straight back and is held for 3 seconds. The legs return to the floor.

9) The thumbs do face forward in the frog balance but there is a slight wobble when feet started to leave the floor – **a deduction 0.1.** The balance is held for 3 seconds but the arms do not finish diagonally high at the end - a **deduction of 0.1.**

10) There is a step and feet do join together before the tuck jump. The knees do reach the chest in the tuck jump but the back is not straight in the jump - a **deduction of 0.1**. A high 360° jump and a secure landing is performed - a **bonus of 0.2** is given, but there was a slight lack of tension in the jump causing a pike shape which results in the gymnast leaning forward on the landing - **a deduction of 0.1.**  Arms did not finish diagonally high - a **deduction of 0.1.**

This gymnast scored 7.7 but should be scoring in the 9’s.

1. 0.6 was lost for not performing the straight jump.
2. 0.5 was lost, 0.1 on five occasions, because the gymnast did not finish with arms diagonally high. This is a ‘Set Floor’ and every move has to be performed EXACTLY as is written in the rules.
3. The gymnast also lost 0.3 because on three occasions the move was not held for 3 seconds.

The gymnast achieved 9 of the 10 bonuses. The one bonus not achieved was the height in the straight jump after the forward roll. The jump was omitted so the gymnast lost in content and the possibility of the 10th bonus.

This video clip was filmed from a different angle to the one that the judges will see this routine. This could affect the visibility of some deductions.