

**Notes for Video Clip - Boys Voluntary 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 10 - 14 of the I.S.G.A. Boys 4 Piece National Championships Rules should be at hand when watching the video. The I.S.G.A. Boys Voluntary Floor rules are the same for the Under 9, Under 11 and Under 14 age groups.

The floor routine is judged on content, execution, composition and bonus. Two bonuses of 0.5 each are available for two Intermediate moves.

**Boys Voluntary Floor Routine Video Clip**

The filming of this clip started after the gymnast had presented. If the gymnast had not presented there will be a deduction of 0.1.

1) The routine does start with a gymnastic Tumble run of 3 different moves and is performed on a diagonal. There were no connecting steps, it was dynamic and it did accelerate. The somersault is an Advanced move so a **bonus of 0.5** would be given. Good height in the somersault which fulfills height in the ‘Levels’ in composition. Feet were apart in the round off and there was a slight lack of extension through the feet – a **deduction of 0.1.** A step backwards was taken on the landing from the somersault – a **deduction of 0.1.**

2) A good handstand forward roll with straight arms is performed with stretch before and afterwards – no deduction.

Two neat turns are performed which will add to ‘links’ in composition.

3) A good backward roll with straight legs, push on hands with a stretch to start and finish – no deductions.

4) Good splits. This is a Flexible move and a Balance and is held the required 3 seconds. There is a slight twist in the hips – a **deduction 0.05.** The back leg is straight but the foot and knee are not on the floor – a **deduction of 0.05.**

A rock backwards with one knee bent to stand with a turn to change direction will add to ‘links’ in composition.

5) A good catleap with elevation and high knees. A cartwheel with good extension. No deduction.

6) Headstand with straight legs piked levered to vertical does not roll out. This is an Intermediate move so a **0.5 bonus** would be given. This is a strength move and a balance. It is held for 3 seconds but it does not reach the vertical – a **deduction of 0.1.**

7) A good forward roll with straight legs and a stretch before and afterwards. No deduction.

**CONTENT:**

The sequence contained 10 different moves @ 0.3 per move so a total of 3.0.

**EXECUTION:**

0.1 was deducted from the round off, the somersault and the headstand. A 0.05 was deducted for the twisted hips and 0.05 for back leg in the splits. A total of 0.4 deductions. Taken from 3.5 gives a total of 3.1.

**COMPOSITION:**

**Use of the floor and levels:** All 3 levels were shown but not all the floor area was used – **a deduction of 0.1** from 0.4.

**Variety of moves:** A good variety. No similar or repeated moves - no deduction.

**Links:** There were only 2 links – 2 turns and a rock with bent knee. There were no leaps jumps, interesting pathways etc. – **a deduction of 0.2** from 0.4.

**Strength/Flexible/Balance:** All 3 were shown – no deduction.

**Variety of Tempo:** There was a good variety of tempo – no deduction.

**Originality, Dynamics and Overall Impression:** More links and coverage of the floor would have added to the overall impression – a **deduction of 0.1** taken from 0.5.

A total of 0.4 deduction for composition taken from 2.5 gives a total of 2.1.

**BONUS:**

2 bonuses were performed = 1.0

CONTENT: 3.0

EXECUTION: 3.1

COMPOSITION: 2.1

BONUS: 1.0

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TOTAL: 9.2

This gymnast scored 9.2 out of 10.0. If he adds more links and covers the full floor area he will score higher than this.

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.