

# THE 2021-2025 BOYS 4 PIECE NATIONAL CHAMPIONSHIPS RULES

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**Note to members:** Schools which have received their official affiliation number are deemed to have permission for the current school year, as are judges and officials invited for events during that year.

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## 1 GENERAL

### 1.1 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 14** on 1st September of current academic year \*

\*i.e. midnight on 31st August.

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

### 1.2 TEAMS

- a) A team may consist of 4, 5 or 6 gymnasts, from the same school. Where 6 gymnasts make up a team only 5 can perform on each apparatus with the top 4 scores on each discipline counting. It is possible, **in any age group**, to make up a team of boys 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.
- b) Gymnasts are able to compete in a different age group at the 2 Piece Championships to the 4 Piece Championships in the same academic year.
- c) The scores will be added together to produce an Individual and a Team score.
- d) No school may enter more than the allotted six gymnasts.
- e) As this is a national competition 'B' teams are not eligible.
- f) A school may not enter an individual except in an invitation All Stars Team if one is on offer.
- g) Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

### 1.3 COMPETITION FORMAT - FOR ALL AGE GROUPS

Each gymnast will perform the following:

1. Set Vault
2. Voluntary Vault
3. Individual Set Floor
4. Individual Voluntary Floor (no music)

### 1.4 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 in each age group.

### 1.5 AFFILIATIONS

All competing schools must be affiliated to I.S.G.A. Affiliations are due from 1<sup>st</sup> 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](mailto:administrator@isgagymnastics.org) A sample copy only can be found on the I.S.G.A. website.

### 1.6 HOST SCHOOLS

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

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

### 1.7 ENTRY FORM

Entry forms can be obtained from the General Secretary by emailing: [administrator@isgagymnastics.org](mailto:administrator@isgagymnastics.org)  
A sample copy only can be found on the website.

## 1.8 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.

## 1.9 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/>

## 1.10 PRIVACY POLICY

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

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

<https://www.isgagymnastics.org/wp-content/uploads/2018/05/ISGA-Final-Privacy-Policy-Word.pdf>

## 2 GENERAL COMPETITION RULES

1. The team should be uniformly dressed, in either matching leotards or PE shirt and shorts which must remain tucked into shorts. Deduction 0.1 per gymnast per apparatus. **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.
2. Gymnasts should not pull at their clothing. Deduction 0.1
3. Bandages and supports are allowed but should be skin coloured. Deduction 0.1
4. If hair is long it must be tied back. Deduction for untidy hair 0.1. No jewellery, including small ear studs. No long nails or coloured nail varnish may be worn. Deduction 0.1
5. All teachers and coaches are required to wear professional attire suitable for a national competition. 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 individual floors and vaults. Deduction 0.1 each time.
8. Gymnasts may perform in any order on all 4 pieces of apparatus. The gymnast's number must be shown or given to the judge before competing.
9. The gymnast performs his Set Floor and Voluntary Floor once only and has two attempts at both the Set Vault and the Voluntary Vault, unless in the judge's opinion there has been outside interference. Gymnasts who exit from floor routines part-way through will not be permitted to start again.
10. There will be a timed warm-up of 3 minutes per individual school on the voluntary floor and set floor. The older age group team always warm up for the first 3 minutes. The older age group will also compete first unless they have fewer than 5 gymnasts, in which case the team with the most gymnasts will warm up first and compete first. There will also be a timed warm-up of 3 minutes for each school on each vault discipline, with the voluntary vault team warming up first and competing first if the run-up is shared.
11. No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.
12. **The judge's decision will be final and no video evidence will be considered under any circumstances.**

13. If a school pulls out of a competition, after the competition draw has been published, without a good reason, the entry fee for each team withdrawn will be forfeited. If a school does not return a trophy in time or it is damaged or not engraved, a £50 fine will be imposed on that school. That school will also be responsible for all costs involved in getting that trophy to the new winning school shortly after the competition. If a trophy is lost or damaged a replacement must be paid for.
14. 'Catch all' rule. This is to cover a circumstance that is not in the I.S.G.A. rules. It means that if there is a problem which is brought to the Technical Director or the Head Judge that is not specified in the rules but arises during a competition, the sanction would be up to 0.5 deducted from where appropriate. This will be at the discretion of the Head Judge and/or the Technical Director. An explanation will be given to the coach.

**NOTES TO COACHES:** As teams only have a warm-up of 3 minutes before being judged and the mat areas are limited, (i.e. five gymnasts on one 2 x 12 metre wide set floor strip and five gymnasts on one 6 x 10 or 6 x 12 metre voluntary floor area), teachers are advised to prepare this warm-up time in advance during training, to ensure maximum benefit to the pupils at the competition. Likewise on the vault, putting gymnasts together in springboard distance order and factoring in the time needed to change the vault heights, if desired, during the 3 minutes warm-up. If time is taken to practise these specific short warm-up periods at school, gymnasts will feel more prepared for the competition.

## 2.1. GENERAL COMPETITION DEDUCTIONS

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

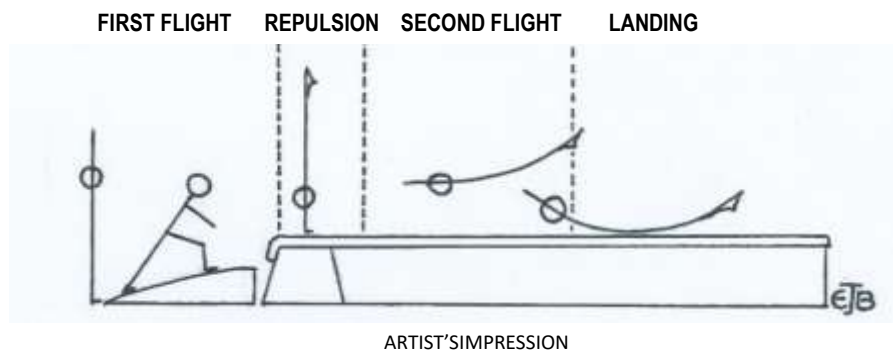
## 3 GENERAL VAULT NOTES

1. If a gymnast vaults before receiving the judge's signal, the vault is void.
2. A coach should step in if needed for safety reasons but must understand that it will void the vault.
3. A gymnast is allowed ONE 'run out' per vault, provided that he has not touched the apparatus. The SECOND attempt will be judged. If any of the apparatus is touched, the vault is deemed to be taken.
4. Schools may NOT bring their own springboard, and may not move any springboard from a piece of apparatus.
5. The gymnast may have 2 attempts at the vault and the higher score counts.
6. Each gymnast must present to the judges at the start and at the finish of each vault. Deduction 0.1 each time.
7. As is common practice in schools' gymnastics, vaulting apparatus cannot be chained to the floor.
8. **All Vault deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5, Extra-large = 0.8 or Major = 1.0**
9. See also General Competition Deductions No. 2.1 above.

## 4 SET VAULT

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.
7. See also General Vault notes No. 3 above.

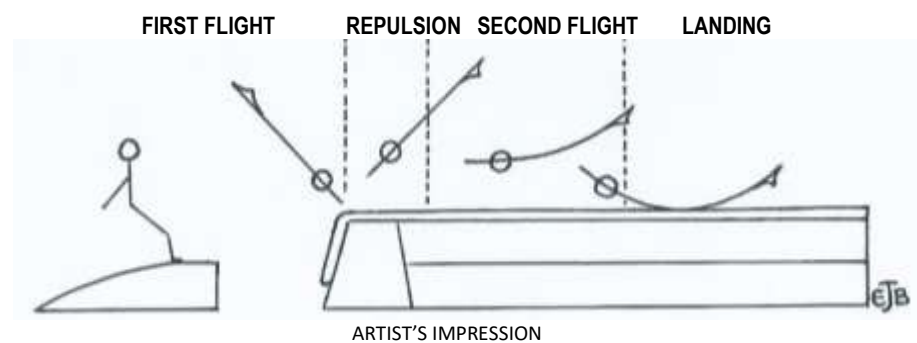
#### 4.1 UNDER 9 SET VAULT: 30CM HIGH



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

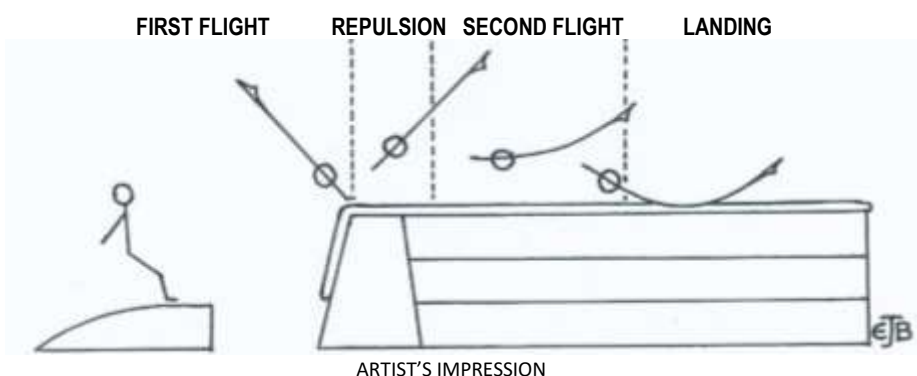
- Stand on lowest part of springboard. Taller gymnasts may start off the springboard. Show good upright posture with tension and arms stretched above the head. Not shown 0.3 deduction. Circle arms backward and down to hip level (not shown 0.5 deduction) and step forward into a lunge, placing foot on 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.

#### 4.2 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.

#### 4.3 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 during the hurdle step and the arms should be down and slightly behind the body when feet make contact with the springboard. Deduction 0.3 if not shown.
- 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.

#### 4.4 DEDUCTIONS FOR SET VAULT

TAKE OFF from BOARD	REPULSION	SECOND FLIGHT	LANDING – DISH SHAPE
<b>UNDER 9</b>	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
<b>UNDER 11 &amp; 14</b>	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
Only 1 foot take off 0.1	Hands not placed on vaulting box area 0.5		Hands and feet not in alignment 0.1
<b>FIRST FLIGHT</b>	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 1.0
Insufficient stretch 0.1-0.5			
<b>THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:</b>			
Bent arms 0.1 - 0.8 – <b>not to be taken in addition to 1.0 for head touching</b>			
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			
<b>ALL VAULT DEDUCTIONS ARE JUDGED AS: SMALL = 0.1, MEDIUM = 0.3, LARGE = 0.5, EXTRA LARGE = 0.8 or MAJOR = 1.0</b>			
<b>i.e. 0.1 – 0.3 = 0.1 or 0.3</b>	<b>0.1 – 0.5 = 0.1 or 0.3 or 0.5</b>	<b>0.1 – 0.8 = 0.1 or 0.3 or 0.5 or 0.8</b>	

1. The vault will be used widthways only.
2. Preferably, a vaulting horse will be used, but if not available, a vaulting box may be used instead.
3. A safety mat may be used on the top of the landing area if desired and available, with no extra deductions.
4. Two vaults to be performed from the list below. **Each vault has a different tariff.** The vaults may be the same or different. Coaches may request gymnast's first vault score, before the second vault is taken. The higher score will count.
5. **Only the vaults indicated below may be performed. Any other vault will be a void vault.**
6. Judges will add up any deductions made and then take this figure away from the tariff of the vault i.e. in a straddle vault the deductions would be deducted from 9.50 to give a final score.
7. Vaults which do not actually go up/down to the correct height will be set at the lower height. Coaches have the choice to raise the vault to a higher setting if they wish.
8. **Vault landing deductions other than an actual fall will be up to a maximum of 0.8.**
9. **A fall on landing will be a deduction of 1.0.**
10. Below are the minimum vault heights. Gymnasts may vault higher if they choose.
11. **See General vault notes 3 on page 3.**

<b>VAULTS</b>	<b>TARIFF</b>
Squat on, immediate straight jump off from squat position	8.00
Squat through vault	9.50
Straddle vault	9.50
Handspring vault	10.00

HEIGHT OF VAULT (as near as possible)	
Under 9	90 cm
Under 11	100 cm
Under 14	110 cm

## 5.1 DEDUCTIONS FOR VOLUNTARY VAULT

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING - ALL VAULTS
SQUAT ON and IMMEDIATE STRAIGHT JUMP OFF			Extra step 0.1 each -.max 0.5
Insufficient stretch 0.1 - 0.8	1 knee touching vault 0.5	Insufficient height 0.1 - 0.8	Large step (1m) or jump 0.3
Insufficient layout 0.1 - 0.8	2 knees touching vault 1.0	Insufficient length 0.1 - 0.8	Deep squat 0.1 - 0.3
Only 1 foot take off	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Brush of hand on mat 0.1 - 0.3
	One hand off the vault 0.5		Extra arm swing 0.1 - 0.3
	Too long on apparatus 0.1 - 0.5		Loss of balance 0.1 - 0.3
SQUAT THROUGH VAULT			Under rotation leaning back 0.1
Insufficient stretch 0.1 - 0.8	Legs round the side 0.1 - 0.5	Insufficient height 0.1 - 0.8	Landing off the mat 0.5
Insufficient layout 0.1 - 0.8	One hand off the vault 0.5	Insufficient length 0.1 - 0.8	Fall against apparatus 0.5
Only 1 foot take off	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Failure to land feet first 1.0
	Too long on apparatus 0.1 - 0.5		Not showing landing position 0.1 - 0.3
STRADDLE VAULT			Fall 1.0
Insufficient stretch 0.1 - 0.8	Legs not horizontal 0.1 - 05	Insufficient height 0.1 - 0.8	Maximum landing deductions without a fall 0.8
Insufficient layout 0.1 - 0.8	One hand off the vault 0.5	Insufficient length 0.1 - 0.8	
	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
	Too long on apparatus 0.1 - 0.5		
HANDSPRING VAULT			
Hip angle 0.1 - 0.5	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.8	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.8	
Insufficient stretch 0.1 - 0.5	Arms not by ears 0.1 - 0.3	Arms not by ears 0.1 - 0.3	
Arms not by ears 0.1 - 0.3	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
Only 1 foot take off	One hand off the vault 0.5		
	Too long on apparatus 0.1 - 0.5		
	Arched back 0.1 - 0.3		
	Head touching vault 1.0		
THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:			
Bent arms 0.1 - 0.8 – not to be taken in addition to 1.0 for head touching.			
Leg, knee or feet separation 0.1 - 0.3		Bent legs 0.1 - 0.5	
Flexed feet 0.1		Deviation from straight line 0.1 - 0.5	
Poor body tension 0.1 - 0.5		Poor body posture 0.1 - 0.3	
Support from coach on either side of the vault = Void vault		Dynamics 0.1 - 0.3	
ALL VAULT DEDUCTIONS ARE JUDGED AS: SMALL = 0.1, MEDIUM = 0.3, LARGE = 0.5, EXTRA LARGE = 0.8 or MAJOR = 1.0			
i.e. 0.1 – 0.3 = 0.1 or 0.3		0.1 – 0.5 = 0.1 or 0.3 or 0.5	
0.1 – 0.8 = 0.1 or 0.3 or 0.5 or 0.8			

## 6 SET FLOOR

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



## 6.1 DEDUCTIONS AND NOTES FOR 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 8.
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. 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, foot or other body part is 0.1 or 0.3. Adjustment/loss of control when entering a balance e.g. V-sit or shoulder stand is 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. Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time.
12. See also General Competition Deductions 2.1 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. **From standing, 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 8.  
**Bonus 1:** **From standing, immediately** lift 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. Backward roll to straddle stand. This is performed with bent legs from a **standing position**. 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 8.  
**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 on the floor 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. **Arms and hands should not be used to aid the roll. Deduction 0.3 or 0.5.** 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 mat 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 over 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 mat. 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 up 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 mat 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 180° jump).  
**Bonus 2:** For a secure landing after the 180° or 360° high straight jump.

## NOTES FOR COACHES AND JUDGES FOR SET FLOOR:

### Forward roll straight jump:

- If the gymnast performs the forward roll but omits the straight jump, deduct 0.6
- If the bonus of the handstand forward roll is attempted but the straight jump is omitted, deduct 0.6
- If the bonus of the 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 with bent legs from a **standing position**. 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 also** starts from a standing position but 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.

6.2 TABLE: SET FLOOR FOR BOYS		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.
<u>From standing, forward roll and immediate straight jump</u> . The jump starts out of the roll and finishes in a standing position with arms diagonally high above head. There should be only one arm movement or swing from roll to jump. See notes for coaches and judges on page 8.	1.2	Deduct 0.5 if the handstand falls. The roll and straight jump must then be performed. <b>Deduct 0.3 if the handstand is repeated.</b> 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. <b>0.1 for height in straight jump.</b>
<u>Backward roll to straddle stand</u> . This is performed with bent legs from a <u>standing position</u> . Arms finish diagonally high. See notes for coaches and judges on page 8.	0.6	<b>Deduct 0.1 – 0.5 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head.</b> <b>Deduct 0.1 for backward roll to handstand.</b> 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, 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. <b>Deduct 0.3 – 0.5 for arms or hands aiding the roll.</b> 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 for arms not by ears in turn. 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 lack of stretch and tension in arch position. Deduct 0.1 for toes not turned under in front support i.e. they are pointed. Deduct 0.1 for back not straight or arms not forward in squat position. Deduct 0.1 for each second the arch, front support or squat not held.	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 mat 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.	
<b>Take arms down to the side</b> . 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.
<b>Total of Content</b>	<b>9.0</b>	<b>Total of bonuses</b>	<b>1.00</b>

## 7 VOLUNTARY FLOOR

### 7.1 GENERAL

- a) The Voluntary Floor routine is performed on a 6 x 12 metre or 6 x 10 metre mat area. Floor work must use the entire body and should contain acrobatic elements artistically performed, movements and linkages combining liveliness, poise, balance, variations of moves, change of pace and must use the floor area as fully as possible.
- b) Boys perform the Voluntary Floor routine without music.  
The duration of the exercise should be between 50 – 70 secs. The exercise is timed from the gymnast's first movement until his last movement.
- c) There will be a deduction of 0.3 for a small prompt from coaches, gymnasts or others and a deduction of 0.5 for a large prompt. Up to a maximum total of 1.0.

### 7.2 PROGRAMME ORDER

All boy gymnasts **do not** have to compete in programme order on the voluntary floor as they do not perform to music like the girls do. This is the same for the other 3 disciplines.

### 7.3 CONTENT

The content used to construct the floor routine should be taken from the I.S.G.A. Code found on page 13. A routine must contain at least **ten different moves**. The ten moves may include any number of Elementary, Intermediate or Advanced moves. The value of the move may be lost unless it is performed safely and correctly. If no Intermediate or Advanced moves are included, then ten Elementary moves must be performed.

More than ten moves from the Code may be included in the routine, but no extra marks will be given. 0.3 of a mark will be deducted per move for less than ten performed.

Repeated moves will not be counted towards the Content but could receive execution deductions if not performed correctly. Where a gymnastic move is used more than once in a routine, only its first performance will be counted as one of the required moves. This includes moves used in the tumble run.

### 7.4 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 they could receive execution deductions if not performed correctly. The Bonus rule applies to all age groups i.e. Under 9, 11 and 14.

### 7.5 TUMBLE RUN

The routine must start with a gymnastic Tumble run. This must be on the diagonal. It must have a minimum of three different moves from the code (i.e. no repeated moves) and no connecting steps. The aim of the tumble run is to be dynamic and it should accelerate.

- a) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the routine.
- b) **A straight jump half turn to land on one foot is not in the I.S.G.A. code. It does NOT count as a move in the tumble run. It may be used as a rebound link without any 'connecting step' deductions. A round off, straight jump half turn immediate cartwheel is only 2 moves, as the jump half turn would have to land on one foot. It would require a 3<sup>rd</sup> move to meet the tumble run requirement. A straight jump half turn to land on two feet is in the I.S.G.A. code, so it is important to focus on the execution as it DOES count as a move in the tumble run, e.g. round off, straight jump half turn, forward roll. A forward roll to land on one foot (walkout) is also not in the I.S.G.A. code so does not count as a move in the tumble run.**
- c) No more than one jump or leap may be included and if used it will count as one of the 10 moves.
- d) There will be a deduction of 0.5 if there is no tumble run and a deduction of 0.3 if the tumble run is not at the start of the routine.
- e) **There will be a deduction of 0.1 if the tumble run is not performed on the diagonal.**
- f) **There will be a deduction of 0.1 if the tumble run is not dynamic or it does not accelerate.**
- g) There will be a deduction of 0.1 for deviation from a straight line in the tumble run.

- h) A Tumble run does not have to include difficult moves e.g.
1. Run into catleap, cartwheel, cartwheel  $\frac{1}{4}$  turn to lunge.
  2. Run, catleap, cartwheel, round off.
  3. Run, cartwheel, cartwheel  $\frac{1}{4}$  turn to land feet together, immediate tuck or star jump.
  4. Run, cartwheel, round off, tuck or star jump.
  5. Run, round off, tuck or star jump, backward roll.
  6. Run, round off, straight jump half turn, forward roll.
  7. Run, round off, cartwheel  $\frac{1}{4}$  turn to land feet together, immediate tuck or star jump.
  8. Run, round off, cartwheel, cartwheel  $\frac{1}{4}$  turn to lunge.

## 7.6 COMPOSITION

To gain full composition marks the gymnast needs to demonstrate good use of the floor, different levels, a variety of moves, links, leaps or jumps, turns, balance, strength, flexibility, dynamic moves, interesting pathways, use of forwards, backwards and sideways movements, originality and the gymnast should engage with the judges and the audience.

**Marks for composition will be allocated as follows:**

Use of the floor & different levels	0.4
Variety of moves	0.3
Links	0.4
Strength/flexibility/balance moves	0.6
Variety of Tempo	0.3
Originality, dynamics, overall impression	<u>0.5</u>
TOTAL	2.5

## 7.7 EVALUATION OF MARKS

Content	3.0
Execution	3.5
Composition	2.5
Bonus: 2 x Intermediate move (0.5 each)	<u>1.0</u>
TOTAL	10.0

## 7.8 CHECK LIST

To aid the judges, coaches are required to fill in a voluntary floor checklist **for each individual boy gymnast**. All the checklists for each team must be stapled together in competition order with the first gymnast to compete on the top and given in to the judging panel before the start of the round. If a move is performed out of order the gymnast will not be penalised. Extra moves performed will be counted but a move omitted will not be counted. Moves that are not correctly executed will not be credited to the gymnast. If a boy has more than 10 moves in the routine **all moves must be written on the list in the order they are being performed**.



Cartoons by Stuart Dunkley.

## 7.9 DEDUCTIONS FOR VOLUNTARY FLOOR

EXECUTION PENALTIES for skills from the list in the table on page 13 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 or front support not held 2 seconds 0.1 each sec.
Leg separation 0.1 or 0.3	Arm swings to maintain balance 0.1 or 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	Loss of balance 0.1 or 0.3 or 0.5
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.	Touch of the floor i.e. with a hand, foot or other body part 0.1 or 0.3
Extra steps/hops on feet or hands 0.1 each time	Fall – actually falling over completely 1.0
DEDUCTIONS taken throughout the routine	
One foot outside of floor area 0.1 each time.	Small prompt from coaches/gymnasts/others 0.3 max 1.0
Two feet outside of floor area 0.3 each time.	Large prompt from coaches/gymnasts/others 0.5 max 1.0
Pauses 0.1 each time	
DEDUCTIONS taken at the end of the routine	
Poor posture throughout the routine.0.1 or 0.3	Deviation from a straight line in tumble run 0.1
Missing move: 0.3 per move less than 10 performed	Tumble run not performed on the diagonal 0.1
Missing tumble run 0.5	Tumble run not dynamic or if it does not accelerate 0.1
Tumble run not at start of routine 0.3	Two somersaults in the same direction 0.5
PLUS GENERAL COMPETITION DEDUCTIONS 2.1 found on page 3	

### NOTES FOR COACHES AND JUDGES FOR VOLUNTARY FLOOR:

- All rolls must start and finish on two feet to count in the tariff.
- Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
- 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.
- 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 position.
- 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.
- Static moves like bridges, splits, pike fold and japana must be held for 3 seconds.
- Headstands:** Leg position and exit are optional but must not roll out. Deduct 0.5 for rolling out.
- 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 a balance element.
- 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 a balance element.
- Flics may be landed on either one or two feet, but must land on feet and not on other body parts.
- Any jumps & leaps which are not in the code will be classed as links and therefore not count in the Content.
- Somersaults:** Only one forward and one backward somersault may be used in a floor routine. The shape of the somersault is optional. It is possible to perform one forward somersault, one backward somersault and a side somersault. Deduct 0.5 for two somersaults in the same direction.

## 8 FLOOR CODE FOR I.S.G.A. BOYS

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		Any back somersault (shape optional)
One-handed cartwheel – 1st hand down	One-handed cartwheel – 2nd hand down	Any front somersault (shape optional)
Dive cartwheel		Side somersault
		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	



## 9 BALANCE, STRENGTH AND FLEXIBILITY ELEMENTS FOR I.S.G.A. BOYS

For use when constructing a voluntary floor routines. Composition marks are gained by including a **strength move**, a **balance move** and a **flexibility move** as part of the 10 moves. The chart below is designed to guide you as to which moves are acceptable.

BALANCE	STRENGTH	FLEXIBILITY
	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. <b>Straddle levered</b> 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 <b>jump legs parallel to floor</b>
<b>Chair balance 3 secs</b>		Pike fold sitting 3 secs
		Bridge 3 secs
<b>Supported shoulder stand 3 secs</b>	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	<b>Side support on one arm 2 secs 180° turn to side support on other arm 2 secs</b>	
Headstand push to handstand with straight legs. <b>Headstand held for 3 secs or handstand held for 2 secs</b>	Headstand push to handstand with straight legs. <b>Headstand held for 3 secs or handstand held for 2 secs</b>	
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). <b>Either hold the straddle lever balance for 3 secs or the handstand for 2 secs</b>	Straddle lever balance press to handstand optional exit.	Straddle lever balance press to handstand optional exit. <b>(Moving through japana)</b>

**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 0.4 (0.2 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. 7.6 on page 11.