

### Under 11 Girls Set Floor Sequence Video Clips

All the deductions and guidance for the judges are shown throughout the full set of Girls rules.

ISA coaches should note that whilst the video clips give a visual idea of how the sequence should be performed, it is only an aid. **The text on page 8 of the ISA GIRLS Rules is CORRECT** and should be at hand when watching the videos, especially when checking any arms and feet positions.

The U9 set floor is a development sequence leading to this U11 set floor. The ISA set floor routines have been taken from the ISGA rules booklet and are identical.

However, ISA judges are asked to be more lenient in their marking as our competition incorporates both experienced and novice teams and the aim is to make the event an educational and enjoyable experience which coaches and gymnasts want to return to and improve their standard each year. To this end schools are encouraged to enter their U9 teams, so gaining experience and having at least 2 more years to compete.

At the ISGA Girls Premier 5 Piece event, where teams often have to qualify to enter, the same judges may be more stringent in their marking.

**Evaluation of the marks:** There are 8 components of the basic U11 sequence with values ranging from 0.4 to 1.40 marks, totalling 9.00 in all. These values are deducted if a move is missing.

**Bonuses:** A further 1.00 mark can be gained by performing 10 x 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.

#### **2A Basic U11 Set Floor Sequence Video Clip**

The student filmed is a very good gymnast and would score in the high 8's out of 9.00 for this basic U11 routine. The posture is good and held 3 secs, the  $\frac{1}{4}$  turn backwards on toes is slightly too ponderous, but a good upright body position is shown through the horizontal and arabesque balance. As no bonuses are attempted this would be the final score.

#### **2B U11 Set Floor Sequence Video Clip with BONUSES**

This sequence is filmed with certain bonuses being attempted. The school mats are dense and spongy making a spin bonus difficult and balances unstable (unlike a carpet top mat area). The cartwheel is cleverly finished with legs not too wide producing more control when performing the  $\frac{1}{4}$  turn backward on toes. This performance is neat and well controlled. It would be enhanced by more dynamism in the forward roll split jump and round off star jump which would possibly have been shown under heightened competition conditions.

A very good handstand shape is shown during the handstand forward roll with straight arms. However a slight softening of the arms in the roll may accrue execution marks.

- 1) Handstand is not held for 2 secs before rolling, so no bonus.
- 2) Height in the split jump is shown.
- 3) Spin – the bonus is not attempted. Plus the free foot lands too far across the body, but good to see the foot turned outwards when it lands.
- 4) Flight into cartwheel is shown.
- 5) Forwards horizontal leg lift **above 90 degrees** held for 3 secs is shown.
- 6) Dynamic round off star jump shown.
- 7) Straight legs throughout backward roll is shown but would incur execution marks for a slight flexing of the knees as the legs lift off the mat.
- 8) Lift to handstand - beautifully shown. (2 sec hold which is shown is not required for this bonus and arms do not have to be straight, only the legs).
- 9) Secure landing not shown. There was a slight adjustment on landing, so no bonus.

#### **2C U11 Set Floor Sequence Video Clip with more BONUSES**

An ISA judge may award all 10 bonuses, but it would incur some execution deductions for slightly untidy parts, e.g. there is a shoulder adjustment and loss of shape controlling the handstand, feet landing slightly apart after the split jump, 360 spin a little untidy although a good bonus attempt made.  $\frac{1}{4}$  turn backwards a little slow. Star jump lacking a little amplitude. Slight lack of tension in knees in backward roll to handstand. These small faults can be eliminated with increased focus on such details.