



THE 2021-2025 GIRLS & BOYS

2 piece IAPS CHAMPIONSHIPS RULES

Please note the different rules for all 4 different age group competitions. All boys and all 2 piece elective girls will compete on 2 piece only. These two pieces are SET FLOOR and VOLUNTARY VAULT.

It is really important to be aware of the different sequences for the different age groups on floor.

1.1 COMPETITION FORMAT

There will be four separate competitions running at the same time in the IAPS 2piece girls and boys Championships. All boys and girls follow the same rules for Vault but floor differs. Please note the four separate sections in these floor rules.

- 1) The Girls 2 Piece U9 and U10 Competition
- 2) The Girls 2 Piece U11 competition
- 3) The Girls 2 piece U13 Competition
- 4) The Boys U9, U11, U13 Competition

Each team will perform the following:

1. Individual Set Floor – up to 5 gymnasts.
2. Voluntary Vault – up to 5 gymnasts.

Competitions shall be held in the following age groups:

An under 9 competition: Under 9 on 1st September of current academic year *

An under 10 competition: Under 10 on 1st September of current academic year *

An under 11 competition: Under 11 on 1st September of current academic year *

An under 13 competition: Under 13 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

1. A team may consist of 4, 5 or 6 gymnasts, from the same school. **Up to 5** gymnasts can perform on each apparatus with the top 4 scores on each discipline counting.

2. Girls in the Under 9 age group have no lower limit. It is possible to make up a team with up to two gymnasts who are under age in the **U10 and U11** age groups **only**. Very Small Schools may appeal in writing to IAPS if they wish to include more than two gymnasts competing out of age. **Girls competing in the Under 13 age group must be 11 or 12 years old on 1st September that academic year. If this means that you cannot field a team in this age group then please contact the organizer directly to apply for special dispensation. This will be given on a case by case basis.**

3. **In the Boys Championships:** It is possible, **in any age group**, to make up a team 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.

4. The scores will be added together to produce an Individual and a Team score.

5. No school may enter more than the allotted six gymnasts.

6. 'B' teams are not eligible.

7. A school may not enter an individual

8. Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

1.3 GENERAL COMPETITION INFORMATION

The gymnast performs his/her Set Floor once only and has two attempts at 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.

There will be a timed warm-up of at least 3 minutes per school on the set floor. If the set floor mat is shared, 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 at least 3 minutes for each school on the vault discipline, with the older age group team warming up first and competing first if the run-up is shared.

If a school pulls out of a competition, after the competition draw has been published, without 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.

The judge's decision will be final and no video evidence will be considered under any circumstances.

No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.

'Catch all' rule. This is to cover a circumstance that is not in the IAPS 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 3 minute warm-up before being judged and the mats are limited (i.e. 6 gymnasts on a 12 x 2 metre set floor strip), 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 minute warm-up. If time is taken to practise these specific short warm-up periods at school, gymnasts will feel more prepared for the competition.

1.4 ELIGIBILITY

Any school wishing to enter a girls' novice team can enter an age group in this event as long as they are not also entering the same age group in the advanced competition.

1.5 GENERAL COMPETITION DEDUCTIONS

General deductions	
Teams not uniformly dressed 0.1 per gymnast, per apparatus.	String bracelets not covered 0.1
Visible underwear 0.1	Untidy hair 0.1
Indecent leotards 0.3 from gymnast's final score.	Long nails or coloured nail varnish 0.1
Bandages or supports not skin coloured 0.1	Failure to present 0.1 each time.
Jewellery of any form 0.1	'Catch all' rule up to 0.5
Coach not properly attired 0.3 from the team's total.	
Clothing pulled down 0.1 each time. No deduction if leotard becomes indecent mid-routine.	

1.6 GENERAL RULES

1. The team should be uniformly dressed in matching leotards. Deduction 0.1 per gymnast per apparatus.
GIRLS: All gymnasts may or may not wear matching gymnastics shorts over their leotards. The whole team does not have to wear shorts when working individually.
2. **BOYS:** Either matching leotards and shorts or PE shirt which must remain tucked into shorts. **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.
3. Gymnasts should not pull down their clothing e.g. leotard whilst being judged. Deduction 0.1. No deduction if leotard becomes indecent mid-routine.
Underwear (including sports bras) if worn, should not show. Deduction 0.1. Coaches must ensure that their gymnast's leotards fit correctly to preserve modesty. Deduction 0.3 from gymnast's final score.
4. Bandages and supports are allowed but should be skin coloured. Deduction 0.1.
5. Leggings for religious reasons are allowed but must be black and worn over their leotard. String bracelets for religious reasons must be covered by skin coloured tape or a matching sweat band. Deduction 0.1.
6. Hair should be tied back neatly. Deduction for untidy hair 0.1. No jewellery in any form, including small ear studs. Deduction 0.1. If ear studs are not able to be removed, they must be covered with skin coloured tape.

No long nails or nail varnish. Deduction 0.1

7. All teachers and coaches are required to wear professional attire. 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.
8. Girls are NOT allowed to remove any part of their leotards in public. This has been noted in particular by both male spectators and judges over the past years and is both an embarrassment and a safeguarding issue. The gymnast and her coach may have sanctions brought against them. See 'Catch all' rule No. 17 on page 3.
9. Teams must line up before the judging panel, at the start and end of each discipline.
10. Each gymnast must present to the judges at the start and finish of his/her individual floor and vault.
11. Gymnasts may perform in any order on the Voluntary Vault or the Set Floor. The gymnast's number must be shown or given to the judge before competing.

2.0 VOLUNTARY VAULT

- a) A vaulting horse will be used widthways only.
- b) 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 the gymnast's first vault score, before the second vault is taken.
- c) Only the vaults indicated below may be performed. Any other vault will be a void vault.
- d) 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.
- e) 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.
- f) Vault landing deductions, other than an actual fall will be up to a maximum of 0.8.
- g) A fall on landing will be a deduction of 1.0.
- h) Below are the minimum vault heights. Gymnasts may vault higher if they choose.
- i) See also General Vault Notes No. 1.12 on page 3 and the Voluntary Vault Deductions No. 1.13 on page 4.

VAULTS	TARIFF
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 10	90 cm
Under 11	100 cm
Under 13	110 cm

2.1 GENERAL VAULT NOTES FOR ALL 2 PIECE AGE GROUPS

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/she 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. 1.11 above.

2.2 GENERAL VAULT DEDUCTIONS FOR ALL FOUR NOVICE AND BOYS COMPETITIONS

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING - ALL VAULTS
SQUAT ON and IMMEDIATE STRAIGHT JUMP OFF			Extra step or hop 0.1 each step - 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 0.1	Staggered hand position 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Brush of hand on mat 0.1 - 0.3
	Only 1 hand on the vault 0.5		Extra arm swing 0.1 - 0.3
	1 hand lifted before the other 0.1 - 0.3		Fall against apparatus 0.5
	Too long on apparatus 0.1 - 0.5		Loss of balance 0.1 - 0.3
SQUAT THROUGH VAULT			Not showing landing position 0.1 - 0.3
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	Only 1 hand on the vault 0.5	Insufficient length 0.1 - 0.8	Failure to land feet first 1.0
Only 1 foot take off 0.1	1 hand lifted before the other 0.1 - 0.3	Insufficient extension 0.1 - 0.3	Under rotation-leaning back 0.1
	Staggered hand position 0.1 - 0.3		Fall 1.0
	Too long on apparatus 0.1 - 0.5		Maximum landing deductions without a fall 0.8
STRADDLE VAULT			
Insufficient stretch 0.1 - 0.8	Legs not horizontal 0.1 - 0.5	Insufficient height 0.1 - 0.8	
Insufficient layout 0.1 - 0.8	Only 1 hand on the vault 0.5	Insufficient length 0.1 - 0.8	
Only 1 foot take off 0.1	1 hand lifted before the other 0.1 - 0.3	Insufficient extension 0.1 - 0.3	
	Staggered hand position 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 0.1	Only 1 hand on the vault 0.5		
	1 hand lifted before the other 0.1 - 0.3		
	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	
0.8		0.1 – 0.8 = 0.1 or 0.3 or 0.5 or 0.8	

3.0 SET FLOOR

Please note. The set floors are different for each girls' age group and again for the boys to make the competition more easily accessible.

In the case of U9 and U10 girls the sequence is marked out of 10 with no bonuses available. This sequence is not performed in any other competition (only IAPS).

In the case of the boys, the U11 Girls and the U13 Girls the sequences are marked out of 9 allowing a further mark to be gained for bonus

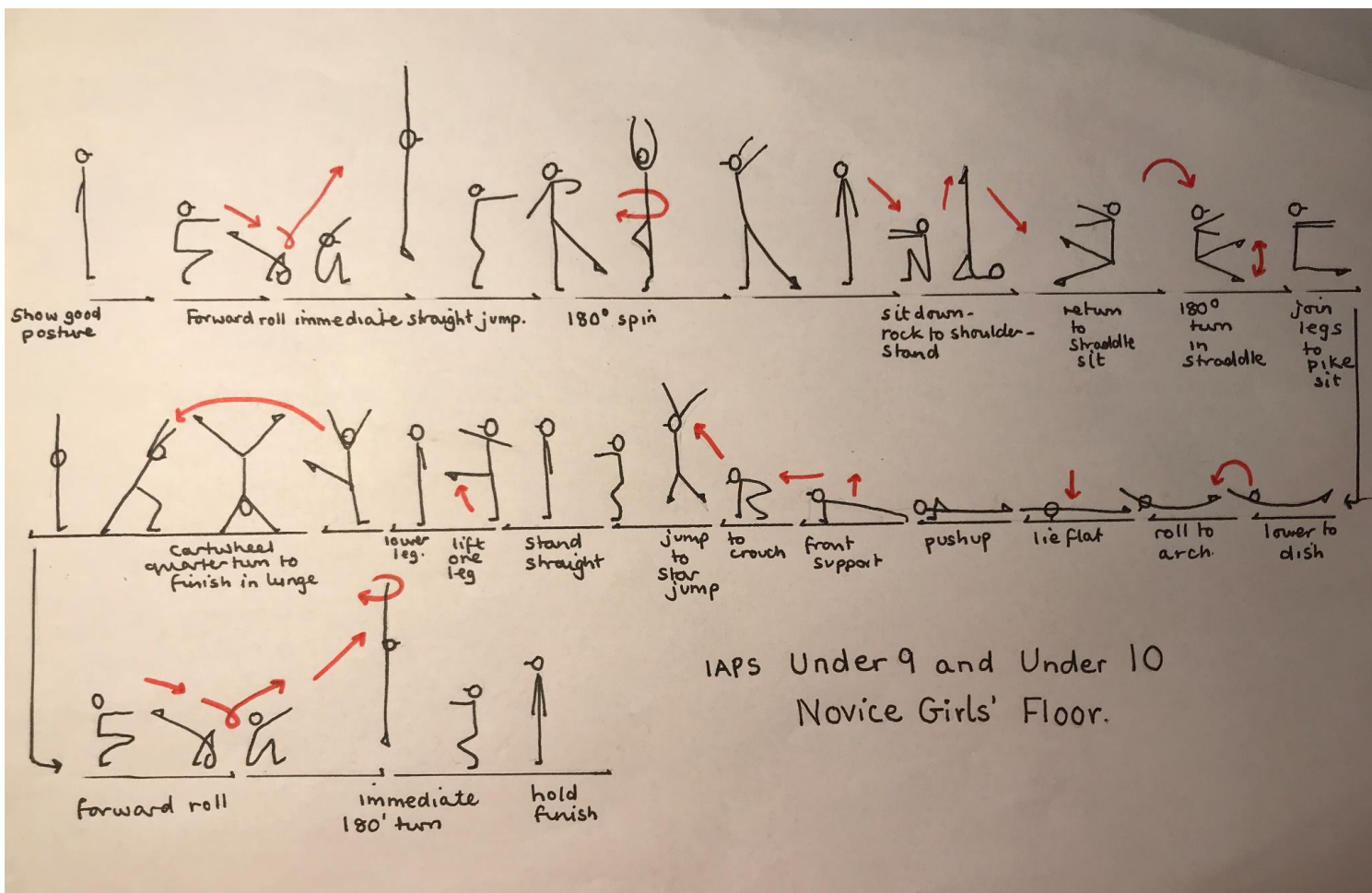
3.1 THE GIRLS 2 PIECE U9 AND U10 SET FLOOR

NB- this set floor is unique to IAPS and also unique to 2 piece competition. It is specifically different from the 5 piece competition to allow new and beginner gymnasts to compete on a level playing field with other more experienced gymnasts and teams.

3.2. EVALUATION OF MARKS

Show good upright posture (3 seconds)	
Forward roll, immediate straight jump	1.0
180° spin	1.0
Sit down and rock into Shoulder stand (3 seconds)	1.0
Return to straddle sit – 180° circle roll to sit in straddle (teddy bear roll)	1.0
Join legs together in pike sit- lower to dish (hold for 3 secs)	1.0
Roll over to arch (hold for 3 seconds). Lower to ground then push up to front support	1.0
Jump to crouch- immediate upward star jump	1.0
Leg lift in front to 90°. Return leg to floor	1.0
Lifting arms up and lead leg – cartwheel ¼ turn in- finishing in lunge.	1.0
Forward roll, 180° high straight jump	<u>1.0</u>
TOTAL	10.0

Below you will find a drawing depicting the U9 and U10 set floor sequence. The diagrams are sketches and are intended to help coaches to understand the direction of the sequence and the order of the skills. Please take time to read all the descriptions in order to get all arm positions etc correct.



3.3. DEDUCTIONS AND NOTES FOR U9 AND U10 SET FLOOR

1. The routine to be performed along a strip of mat approximately 2m wide.
2. There will be a deduction of 0.1 for stepping off the strip (each time).
3. Gymnasts are allowed to start from either end of the strip.
4. Missing elements – deduct the value of the move and elements performed in the incorrect order – deduct 0.5.
5. Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards to feet or if the bonus in the backward roll is attempted and the handstand falls backwards - deduct 0.5. See Notes below.
6. 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. All Set Floor deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5 or Major = 1.0.
8. 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 or foot 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.
9. 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.
10. Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time
11. See also General Competition Deductions

3.4 U9 AND U10 INDIVIDUAL SET FLOOR – NOTES for Coaches and Judges:

The gymnast should walk on and off the mat with good posture and 'Present' to the judge making eye contact.

1. Stand and show good upright posture with tension for 3 seconds. Gymnasts should show extension and tension.
2. Then stretch arms above head before lowering to show the squat position with a straight back. Arms reach forward then roll forwards showing straight legs, before tucking them into the 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 be only one arm movement or swing from roll to jump. Finish stretched with arms diagonally high and feet together.
3. Step forward into a 180° spin on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot extended with top of toes behind on mat (pose). Arms optional in spin but should finish diagonally high.
4. Join the back foot to the front foot.

5. Sit down and roll into a straight legged, vertical shoulder stand held for 3 seconds. (must show control and body tension throughout.)
6. Return to sitting with a straight back, legs in straddle at least 90°. Arms parallel to the legs and at the same angle as the legs. Complete a 180° circle roll maintaining the shape and body tension throughout. Do not close angle of legs or arms throughout the action. Hold the straddle position with a straight back at the end of the roll.

7. Join legs together with back straight in a pike sit. Arms should reflect the leg position and remain parallel to the legs/ground. Rounding the back and pressing it into the floor lower to a dish position. The arms should be held over the thighs, feet off the ground, head slightly raised, Hold each static position for 3 seconds

8. Lift arms straight to align with ears, roll to arch position- hold for 3 seconds. Lower flat to the floor then push up to front support keeping the head in a neutral position and keeping the body aligned. Hold for 3 seconds.

9. Jump to crouch and then immediate upward star jump to finish with feet together. The star jump should be slightly dish. There should be only one arm movement or swing from crouch to jump. Finish stretched with arms diagonally high and feet together.

10. Lift a stretched, straight leg forward to 90° –. Hold for 3 seconds with both legs straight, then lower to join feet. Arms out to the side, chest and head upright in balance position. The supporting leg should not bend at the knee.

11. Arms lift high as lead leg kicks straight into Cartwheel ¼ turn inwards to lunge,

12. Bring the back leg to join the front leg, arms moving down to the side as gymnast joins legs. Crouch down with a straight back to perform a forward roll emphasizing stretched, extended legs as the body is inverted. As the gymnast stands up, immediately swing arms upwards and perform a 180° high straight jump. To a secure landing. Hold finish before turning to present to judge.

13. Any extra steps, shuffles, bounces, 'flowery' arms or body movements which deviate from the text are deductible 0.1 – 0.3 each time.

14. This routine has been designed as a 'development' floor routine which should lead towards other competitions in the future. The routine is marked out of 10.00.

3.5. TABLE: SET FLOOR FOR GIRLS			DEDUCTIONS AND NOTES
1	Stand showing good upright posture, with tension, arms by side for 3 secs		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.
2	Then stretch arms above head before lowering to show the squat position with a straight back. Arms reach forward then <u>roll forwards</u> showing straight legs, before tucking them into the <u>immediate straight jump</u> . 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 be only one arm movement or swing from roll to jump. Finish stretched with arms diagonally high and feet together.	1.0	Deduct 0.2 for squat or stretched position not shown. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll, or extra arm swing. Deduct 0.1 if arms do not finish diagonally high above head.
3	Step forward into a 180o spin on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot extended with top of toes behind on mat (pose). Arms optional in spin but should finish diagonally high.	1.0	Deduct 0.1 if spin is reversed. Deduct 0.1 if pose is not held. Deduct 0.1 if arms do not finish diagonally high. Deduct 0.1 if foot not turned out in finished position.
4	Join the back foot to the front foot. Sit down and roll into a straight legged, vertical shoulder stand held for 3 seconds. (must show control and body tension throughout.)	1.0	Deduct up to 0.3 for lack of control and up to 0.3 for variation from vertical. Deduct 0.1 for lack of stretch. Deduct 0.1 for each second short 3 secs.
5	Return to sitting with a straight back, legs in straddle at least 90'. Arms parallel to the legs and at the same angle as the legs. Complete a 180' circle roll maintaining the shape and body tension throughout. Do not close angle of legs or arms throughout the action. Hold the straddle position with a straight back at the end of the roll.	1.0	Turn must show control and body tension throughout. Deduct 0.1-0.2 for lack of tension. Deduct 0.1-0.2 for lack of control. Deduct 0.1-0.3 for shape. Deduct 0.1 if roll does not complete 180'. Deduct 0.1 if hands grip legs in turn.
6	Join legs together with back straight in a pike sit. Arms should reflect the leg position and remain parallel to the legs/ground. Rounding the back and pressing it into the floor lower to a dish position. The arms should be held over the thighs, feet off the ground, head slightly raised, Hold each static position for 3 seconds	1.0	Deduct 0.3 if the foot touches the floor between the chair/straight leg forward and the arabesque balances. Deduct 0.1 – 0.2 if arms are not out to the side, i.e. back or above/below 45° from the horizontal. Deduct 0.1 – 0.5 for chest and head not upright in balances.
7	Lift arms straight to align with ears, roll to arch position-hold for 3 seconds. Lower flat to the floor then push up to front support with toes turned under, keeping the head in a neutral position and keeping the body aligned. Hold for 3 seconds.		Deduct 0.1-0.2 for lack of control. Deduct 0.1-0.3 for lack of shape. Deduct 0.1-0.3 for lack of body tension and extension.
8	Jump to crouch and then immediate upward star jump to finish with feet together. The star jump should be slightly dished. There should be only one arm movement or swing from crouch to jump. Finish stretched with arms diagonally high and feet together.	1.0	Deduct 0.1-0.3 for lack of dynamism and height in jump. Deduct 0.1 - 0.3 for lack of extension. Deduct 0.1 for uncontrolled landing. Deduct 0.1 for arch in star jump. Deduct 0.1 for extra arm swing.
9	Lift a stretched, straight leg forward to 90' –. Hold for 3 seconds with both legs straight, then lower to join feet. Arms out to the side, chest and head upright in balance position. The supporting leg should not bend at the knee.	1.0	Deduct 0.1-0.3 for height of leg below 90'. Deduct 0.1 for bent supporting leg. Deduct 0.1-0.2 for shape. Deduct 0.1 for each second short of 3 second held.
10	Arms lift high as lead leg kicks straight into <u>Cartwheel ¼ turn inwards to lunge</u> ,	1.0	Deduct 0.1 for no ¼ turn in. Deduct 0.1 for no lunge. Deduct 0.1-0.4 for shape and tension in cartwheel.
11	Bring the back leg to join the front leg, arms moving down to the side as gymnast joins legs. Crouch down with straight back and perform a forward roll with straight legs. As gymnast stands up swing arms upwards and immediately perform a <u>180° high straight jump</u>. To a secure landing. Hold finish before turning to present to judge.	1.0	Deduct 0.5 for omitted forward roll. Deduct 0.1-0.2 for hesitation between forward roll and half turn. Deduct 0.1-0.2 for bent legs throughout roll. . Deduct 0.1 – 0.2 for any extra arm swing. Deduct 0.1 – 0.2 for lack of height in jump. Deduct 0.1-0.2 for tension. Deduct 0.1 for uncontrolled landing.
	Total of Content	10.0	

4.0 THE GIRLS 2 PIECE U11 SET FLOOR

NB -This set floor is also used in the 5 piece competition.

4.1 BREAKDOWN OF MARKS

Show good upright posture for 3 seconds	
Handstand forward roll, immediate split jump	1.4
360° spin	1.0
Cartwheel	1.0
¼ turn backwards on toes	0.4
Forward horizontal leg lift and upright arabesque balance	1.4
Round off, immediate rebound star jump	1.4
Backward roll to straddle stand	1.0
Forward roll, immediate 360° high straight jump	<u>1.4</u>
	9.0
Bonuses	<u>1.0</u>
	TOTAL 10.0

4.2 DEDUCTIONS AND NOTES FOR U11 SET FLOOR

- The routine to be performed along a strip of mat approximately 2m wide.
- There will be a deduction of 0.1 for stepping off the strip (each time).
- Gymnasts are allowed to start from either end of the strip.
- Missing elements – deduct the value of the move and elements performed in the incorrect order – deduct 0.5.
- Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards to feet or if the bonus in the backward roll is attempted and the handstand falls backwards - deduct 0.5. See Notes below.
- 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.
- All Set Floor deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5 or Major = 1.0.
- 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 or foot 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.
- 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.
- Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time
- See also General Competition Deductions 1.11 on page 3.

4.3 NOTES FOR COACHES AND JUDGES FOR U11 SET FLOOR:

Handstand forward roll split jump:

- There is no voluntary step into the start of the handstand. From standing the leg is lifted immediately into the move. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.3.
- If the gymnast performs the handstand forward roll but omits the split jump, deduct 0.7
- If the gymnast performs the forward roll split jump but omits the handstand, deduct 0.7
- If the handstand falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll immediate split 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 split jump then the whole value of the move is forfeited 1.4
- The split 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 split jump, the jump has not begun out of the roll and will therefore incur deductions. There should be only one arm movement or swing, finishing with the arms diagonally high above the head.

Backward Roll: The gymnast may perform a backward roll with straight legs and she may put her hands down to touch on the floor and then put them by her ears on the floor with no deduction (i.e. 2 touches in the roll). A bonus will be given for keeping the legs straight throughout but there is no bonus available for touching only once. A backward roll can be performed from standing or from a crouched position. Either is acceptable. If the roll is performed from crouch then 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. Performed from standing it may be performed 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.

Forward Horizontal Leg Balance: The gymnast should slide the foot forward to point the toe. The foot **must not** be lifted off the floor before pointing the toe, deduct 0.3. Alternatively the free leg may be lifted immediately into the balance position.

Forward roll, immediate 360° high straight jump: The high 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 360° high straight jump, the jump has not begun out of the roll and will therefore incur deductions. If the gymnast performs the forward roll but omits the 360° high straight jump, deduct 0.7. There should be only one arm movement or swing.

4.4 U11 SET FLOOR	DEDUCTIONS	BONUSES
Stand showing good upright posture with tension for 3 secs.	Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Immediately lift into, <u>handstand forward roll, immediate split jump</u> . The jump should start out of the roll finishing 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 7.	1.4 Deduct 0.3 if lifted toe touches floor and is lifted again before the handstand. Deduct 0.5 if the handstand falls. The roll and split jump must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for bent legs or toes not pointed in handstand or jump. Deduct 0.1 – 0.5 for 180° split not shown in the jump. Deduct 0.1 for arms not finishing diagonally high above head.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
Step forward into 360° spin on toes. Free leg high with toe to knee, finishing in front with foot turned out. Back foot extended with toe pointed behind on floor (pose). Arms optional in spin, but should finish diagonally high. Bonus: To gain the bonus the free leg must, after the spin, extend out horizontally in front of the gymnast and then be lowered to the floor in a controlled manner.	1.0 Deduct 0.1 – 0.5 for not completing the 360°. Deduct 0.1 if spin is reversed. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if the spin is not on the toes. Deduct 0.1 if front foot is not turned out in finished position. Deduct 0.1 if back foot is not pointed behind on floor in a pose. Deduct 0.1 for arms not finishing diagonally high.	0.1 for extending the free leg out to horizontal in front and lowering it with control.
Join the back foot to the front, jump forwards into a hurdle step with lunge and <u>cartwheel</u> . Finish facing sideways with arms diagonally high.	1.0 Deduct 0.3 for jump forward into a hurdle step with lunge not shown. Deduct 0.1 – 0.3 for lack of extension and tension. Deduct 0.1–0.3 for deviation from straight line. Deduct 0.5 for an aerial cartwheel. Deduct 0.1 for arms not finishing diagonally high.	0.1 for flight into cartwheel.
Up on toes <u>¼ turn backwards on toes</u> to face the way the gymnast has just come, join back foot to front foot on toes then lower the heels. Arms must remain diagonally high.	0.4 Deduct 0.1 – 0.3 for lack of control and for lowering heels too early. Deduct 0.1 for lack of extension and tension. Deduct 0.1 for arms not diagonally high throughout.	
Lower arms to shoulder height and out to the side. Slide foot forward to point the toe on the floor and then lift a straight leg into a <u>forward horizontal leg balance</u> . Hold for 3 secs. Alternatively the free leg may be lifted immediately into the balance position. Lower held leg (but do not touch the floor) and take it to the back into an <u>upright arabesque balance</u> , Hold for 3 seconds. The leg need only be raised to 45° at the back. Lower leg to join feet. See notes on page 7.	1.4 Deduct 0.3 if the foot is lifted off the floor before pointing the toe. Deduct 0.3 – 0.5 if the foot touches the floor between forward leg lift and arabesque. Deduct 0.1 – 0.5 for leg below 90° in the forward horizontal leg lift. Deduct 0.1 for leg below 45° in arabesque. Deduct 0.1 – 0.3 if arms are not out to the side, i.e. Back or above/below 10° from the horizontal. Deduct 0.1 – 0.3 for bent legs and toes not pointed. Deduct 0.1 – 0.5 for chest and head not upright in balances. Deduct 0.1 for each second not held.	0.1 for forward leg lift above 90°, held for 3 seconds.
Jump forwards into a hurdle step with lunge and <u>round off, immediate rebound star jump</u> with controlled landing.	1.4 Deduct 0.3 for jump forward into a hurdle step with lunge not shown. Deduct 0.1 – 0.5 for lack of repulsion in round off. Deduct 0.1 – 0.3 for lack of height and good slight dish shape in star jump. Deduct 0.1 – 0.5 for loss of control in the rebound & deviation from straight line. Deduct 0.1 – 0.3 for uncontrolled landing.	0.1 for dynamics.

<u>Backward roll</u> to finish in <u>straddle stand</u> with arms diagonally high above head. If aiming for the handstand bonus, lift the hips high and show the handstand position with feet together then lower legs to straddle stand. See notes on page 7.	1.0	Deduct 0.1 – 0.5 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head. Deduct 0.5 if handstand bonus is attempted but is unsuccessful. A second attempt is not permitted, deduct 0.3, but the straddle stand position must be shown. Deduct 0.1 if straddle stand position is not shown. Deduct 0.1 for lack of extension and stretch in handstand if bonus is attempted. Deduct 0.1 for arms not finishing diagonally high.	0.1 for straight legs throughout. 0.1 for lift to handstand with feet together then lower legs to straddle stand.
From feet apart, jump feet together and immediately <u>forward roll</u> , immediate 360° high straight jump starting out of the roll, to finish with a secure landing. Only one arm movement or swing allowed from roll to jump. See notes on page 7.	1.4	Deduct 0.1 – 0.3 for pause between jumping the feet together and the roll. Deduct 0.1 – 0.3 for pause between the roll and the jump or jump not starting out of roll. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for lack of height, extension and tension in jump.	0.1 for secure landing after 360° high straight jump.
Total of Content	9.0	Total of Bonuses	1.00

5.0 THE GIRLS 2 PIECE U13 SET FLOOR

NB -This set floor is also used in the 5 piece competition.

5.1 BREAKDOWN OF MARKS

Show good upright posture for 3 seconds	
540° spin	0.8
Backward roll to front support	0.8
180° high straight jump	0.8
Round off, jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge	1.4
Upright arabesque	0.8
Squat position then forward roll into a dish position	0.8
Free V-sit position	0.8
Unsupported shoulder stand immediate 360°high straight jump	1.4
Handstand forward roll, immediate split jump	<u>1.4</u>
	9.0
Bonuses	<u>1.0</u>
TOTAL	10.0

5.2 DEDUCTIONS AND NOTES FOR PREMIER SET FLOOR

1. The routine to be performed along a strip of mat approximately 2m wide.
2. There will be a deduction of 0.1 for stepping off the strip (each time).
3. Gymnasts are allowed to start from either end of the strip.
4. Missing elements – deduct the value of the move and elements performed in the incorrect order – deduct 0.5.
5. Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards to feet or if the bonus in the backward roll is attempted and

the handstand falls backwards - deduct 0.5. See Notes below.

6. 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. All Set Floor deductions will be judged as: Small = 0.1, Medium = 0.3, Large = 0.5 or Major = 1.0.
8. 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 or foot 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.
9. 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 abilities 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.
10. Each gymnast must present to the judges at the start and at the finish of the routine. Deduction 0.1 each time
11. See also General Competition Deductions 1.11 on page 3.

5.3 NOTES FOR COACHES AND JUDGES FOR U13 SET FLOOR:

Handstand forward roll split jump:

- There is no voluntary step into the start of the handstand. From standing the leg is lifted immediately into the move. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.3.
- If the gymnast performs the handstand forward roll but omits the split jump, deduct 0.7
- If the gymnast performs the forward roll split jump but omits the handstand, deduct 0.7
- If the handstand falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll immediate split 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 split jump then the whole value of the move is forfeited 1.4
- The split 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 split jump, the jump has not begun out of the roll and will therefore incur deductions. There should be only one arm movement or swing, finishing with the arms diagonally high above the head.

Backward Roll to front support:

The backward roll may be performed with bent or straight legs. If legs are kept straight, the gymnast may put hands down to touch on the floor and then put them by ears on the floor with no deduction. (i.e. 2 touches in the roll). A bonus will be given for keeping the arms straight throughout but there is no bonus available for touching only once.

Round off jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge: The arms should be by the ears on landing in the lunge. They are then pulled back to a high V position. At the same time the chest is pulled back to an upright position but the legs remain in a lunge with the front knee bent at 135° and the back leg straight. If feet are joined before the high V position with the arms is shown, deduct 0.3.

5.3 U13 SET FLOOR		DEDUCTIONS	BONUSES
Stand showing good upright posture for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.	
Step forward into 540° spin on toes. Free leg, high with toe to knee, finishing in front with foot turned out. Back foot extended with toe pointed behind on floor (pose). Arms optional in spin, but should finish diagonally high.	0.8	Deduct 0.1 – 0.5 for not completing the 540°. Deduct 0.1 if spin is reversed. Deduct 0.1 if toe is not to knee in spin. Deduct 0.1 if spin is not on the toes. Deduct 0.1 if front foot is not turned out in finished position. Deduct 0.1 if back foot not pointed in a pose. Deduct 0.1 if arms not diagonally high.	
Join the back foot to the front foot and take arms to a parallel position above head. <u>Backward roll to front support</u> . This may be performed with bent or straight legs. Hold front support position for 3 seconds. See notes on page 7.	0.8	Deduct 0.1 for hands not facing forward. Deduct 0.1 for chest not rounded. Deduct 0.1 for body not straight and head in line with body. Deduct 0.1 for hands not shoulder width apart. Deduct 0.1 for each second not held.	0.1 for straight arms throughout.
Squat in and immediate 180° high straight jump. The jump should start from the squat position. There should be only one arm movement or swing from squat position to jump.	0.8	Deduct 0.1 – 0.3 for pause between the squat in and the jump. Deduct 0.1 – 0.3 for extra arm swing. Deduct 0.1 – 0.3 for lack of height in jump. Deduct 0.1 for lack of stretch in jump. Deduct 0.1 – 0.3 for lack of secure landing.	
Jump forwards into a hurdle step with lunge and round off, <u>straight jump</u> 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge. Finish in a lunge with arms by the ears. Then pull arms back to finish in high V, with chest upright, whilst remaining in a lunge with front knee bent (135°) and back leg straight. See notes on page 7.	1.4	Deduct 0.3 if jump lunge forward into a hurdle step not shown. Deduct 0.1 – 0.3 for any pauses between the moves. Deduct 0.1 – 0.5 for lack of repulsion and rebound in round off. Deduct 0.1 – 0.3 for lack of height, stretch and tension in the 180° straight jump. Deduct 0.1 – 0.3 for lack of extension and tension in cartwheel. Deduct 0.1 – 0.5 for loss of control or deviation from straight line. Deduct 0.1 for lunge not shown or arms not high V. Deduct 0.3 for feet joined before high V.	0.1 for dynamics. 0.1 for flight into cartwheel.
Join the back foot to the front foot and take the arms out to the side. Raise a leg to the back into an <u>upright arabesque</u> . The foot must not be pointed on the floor behind before lifting into the arabesque. The leg at the back needs to be raised to a minimum of 45°. Hold for 3 seconds.	0.8	Deduct 0.1 – 0.3 if arms not at side i.e. back or above/below 10° from horizontal. Deduct 0.1 – 0.3 for bent legs and toes not pointed. Deduct 0.1 – 0.5 if chest and head not upright. Deduct 0.3 if the foot is pointed on the floor behind before lifting. Deduct 0.1 for each second the arabesque is not held. Deduct 0.1 for leg below 45°.	0.1 for leg raised to 90° at the back.
Join back foot to front foot. Show squat position with straight back and arms stretched out in front. <u>Forward roll into a dish position</u> . Arms by ears and hands and feet in alignment. Hands, shoulders and feet off the floor and back should not arch. Hold for 3 seconds.	0.8	Deduct 0.3 for squat position not shown. Deduct 0.1 for back not straight and 0.1 for arms not forward in squat position. Deduct 0.1 – 0.3 for arched back in the dish position. Deduct 0.1 – 0.3 if arms are not by the ears or hands and feet not in alignment. Deduct 0.1 for each of hands, shoulders or feet not off the floor. Deduct 0.1 for each second the dish position is not held.	

Raise legs and torso into a <u>free V-sit position</u> . Legs may be tucked while being raised or they may be kept straight for the bonus. The back and legs must be straight. The arms must be low and straight but not touching the floor or the legs. The V shape must be equilateral. Hold for 3 seconds.	0.8	Deduct 0.3 - 0.5 for adjustment or loss of control i.e. hand or foot touching the floor on raising the legs and torso into the free V-sit. Deduct 0.1 – 0.3 for back or legs not straight in the V-sit. Deduct 0.1 – 0.3 for incorrect V-shape. Deduct 0.1 for arms not straight and low. Deduct 0.1 for arms touching legs. Deduct 0.1 for each second the V-sit is not held.	0.1 for lifting legs from dish up into free- v-sit without tuck position.
Lower straight legs onto floor into long sit position. Arms optional. Roll back with straight legs into an <u>unsupported shoulder stand</u> . Arms straight on floor by hips. Hold for 3 seconds. Roll down into an immediate 360° high straight jump. The jump should start out of the roll. There should be only one arm movement or swing from roll to jump.	1.4	Deduct 0.1 – 0.3 for bending legs when rolling back into shoulder stand. Deduct 0.3 - 0.5 for adjustment or loss of control going into the shoulder stand. Deduct 0.1 – 0.5 for legs not vertical. Deduct 0.1 for each second not held. Deduct 0.1 – 0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for lack of height in jump. Deduct 0.1 – 0.3 for lack of stretch and tension in jump.	0.1 for arms on floor above head in shoulder stand. 0.1 for secure landing.
<u>Handstand forward roll, immediate split jump</u> . The jump should start out of the roll finishing 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 7.	1.4	Deduct 0.3 if lifted toe touches the mat and is lifted again before the handstand. Deduct 0.5 if the handstand falls. The roll and split jump must then be performed. Deduct 0.3 if handstand is repeated. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1 – 0.3 for pause between roll and jump and jump not starting out of the roll. Deduct 0.1–0.3 for bent legs. Deduct 0.1 – 0.5 for 180° split not shown in the jump. Deduct 0.1 if arms do not finish diagonally high above head.	0.1 for handstand held for 2 seconds. 0.1 for straight arm roll. 0.1 for height in jump.
Total of Content	9.0	Total of Bonuses	1.00

6.0 SET FLOOR FOR 2 PIECE BOYS CHAMPIONSHIPS

6.1 BREAKDOWN OF MARKS

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	<u>1.0</u>
TOTAL	10.0

6.2 DEDUCTIONS FOR THE BOYS 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 17.
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 abilities 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 1.11 on page 3.

6.3 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 17.
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. From standing, backward roll with bent leg entry to straddle stand. 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 17.
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 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. 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 floor 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 floor. 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 lifting 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 the floor 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 the 180° jump.
Bonus 2: For a secure landing after the 180° or 360° high straight jump.

6.4 NOTES FOR COACHES AND JUDGES FOR BOYS SET FLOOR:

Forward roll straight jump:

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

4.7 TABLE: BOYS SET FLOOR		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 immediate cartwheel. 0.1 for first cartwheel landing on one foot and immediate second cartwheel.
From standing , <u>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 19.	1.2	Deduct 0.5 if the handstand bonus falls. The roll and straight jump must then be performed. Deduct 0.3 if the handstand is repeated. 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. 0.1 for height in straight jump.
From standing , <u>backward roll to straddle stand</u> . Arms finish diagonally high. See notes for coaches and judges on page 19.	0.6	Deduct 0.1 – 0.5 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head. Deduct 0.1 for a backward roll to handstand. 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. Deduct 0.3 – 0.5 for arms or hands aiding the roll. 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 - 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 each second the arch, front support or squat not held. Deduct 0.1 for toes not turned under i.e. if they are pointed. Deduct 0.1 for lack of stretch and tension in arch	0.1 for straight body pushed up to front support.

		position. Deduct 0.1 for arms not by ears in turn. Deduct 0.1 for back not straight or arms not forward in squat position.	
<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 the floor 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.	
Take arms down to the side. 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.
Total of Content	9.0	Total of bonuses	1.00