



IAPS Gymnastics Championships

Group Sequence
Rules and Regulations

St Faith's School, Cambridge
and
Stamford School

29 & 30 November 2025

1 GROUP FLOOR ROUTINE

Please note that this is an optional part of the IAPS competition and the scores stand alone to result in medals for schools that finish in top positions, but those scores have no effect on the overall team score. It is possible to enter the competition for group sequence only.

1.1 GENERAL

- a) Each team of four girls will present in unison a synchronised group routine on a 12 x 12 metre floor area, or as near to this size as safely possible. The gymnasts must not step out of this floor area during the routine. All girls must attempt each move and all of the routine. All gymnasts must show the same position as each other at the start and finish of the routine.
- b) Coaches must bring their music on a device ready to connect to Bluetooth or use a jack to attach to the speaker. The coach will start the music.
- c) Girls may choose to wear matching shorts with leotards but it is either all in shorts or none in shorts.
- d) The exercise must contain twelve gymnastic skills taken only from the IAPS code, each of which may be joined to the next, for the purpose of continuity and flow, by links and dance. Any skill can be repeated, but once only, provided the total number of skills does not exceed twelve.
- e) There should be no obvious communication between members, and noises (clicking, clapping, stamping, thumping, thigh slapping etc.) are not allowed. Deliberate physical contact is not allowed – gymnasts must not touch each other during the routine.
- f) Synchronised work does not include movements in canon. No movements in canon are permitted.
- g) Music should be 50 – 90 secs in length and instrumental, not vocal i.e. no words, but it may have voice as an instrument. An introduction of up to 8 beats is allowed. The team must finish their routine with the music. The music may not be turned off early.
- h) All music must conform to the relevant licencing requirements. Certain tracks belonging to Disney, Andrew Lloyd Webber and Cirque du Soleil can be used but this should be checked on the PPL website to confirm the track is included within their repertoire. To check track click on the link:
<https://repsearch.ppluk.com/ars/faces/pages/audioSearch.jspx>
Scroll to the bottom of the page and click on “PPL Repertoire Search”. Enter the artists name and the title. Any music listed as part of the search can be used. If the track is not included within the listed tracks the school must apply directly to Disney, Andrew Lloyd Webber or Cirque du Soleil to use the track and pay the relevant licencing fees.
- i) Coaches must complete a Tariff Sheet listing all 12 moves (as worded in the code), and their tariffs, in the order that they will be performed. This must be sent to the Competition Secretary before the competition or at the latest given to the judging panel before the routine takes place. There will be no deduction if it happens that different moves are performed as to what is on the tariff sheet or they are performed in a different order.
- j) There will be no deduction for left or right bias in the group routine.
- k) Each team will have a three minute warm-up on the floor area before lining up in front of the judging panel and then marching on to perform. Music is not allowed in this 5 minute warm up. This includes with Bluetooth ear phones.
- l) Teams waiting to compete in the group discipline must be allowed to watch the 2 or 3 teams competing before them, to enable them to get orientated. Other teams should watch from the spectator’s seating.

1.2 CONTENT

The minimum to obtain the full tariff of 4.0 marks is 10 Elementary skills and 2 Intermediate/Advanced skills. Routines may be over-tariffed and can include Advanced skills but cannot gain any more than the allocated 4.0 marks.

In the group routine the Intermediate and Advanced skills are worth 0.5 unlike the individual voluntary floor where they are worth 0.3/0.4.

10 x Elementary moves @ 0.3 each	3.0
2 x Intermediate/Advanced moves @ 0.5 each	<u>1.0</u>
TOTAL	4.0

This will give the team the maximum tariff of 4.0 for content. Should a team not be able to produce a routine with intermediate or advanced skills, they will lose in difficulty only, e.g. it is possible for a team to have a routine with 12 elementary skills which will score a tariff of 3.00 marks.

1.3 EVALUATION OF MARKS

Synchronisation.	12.0
Composition.	12.0
Execution.	12.0
Content.	4.0
TOTAL	40.0

1.4 COMPOSITION

To gain full composition marks the gymnasts need to demonstrate good use of the floor, different levels, links, dance, leaps, jumps, turns, interesting pathways, use of forwards, backwards and sideways movements, show a variety of skills, dynamic moves, musical interpretation, and originality.

Marks for group composition will be allocated as follows:

Use of the floor by team and each individual and different levels.	1.0
Links, dance and expressive use of arms, hands, head and free foot.	3.0
Patterns and pathways and different directions.	2.0
Combination of gymnasts. 4 separately, 4 together, 2+2, 3+1.	1.0
Musical interpretation and variety of speed.	2.0
Overall Impression, complexity and entertaining.	3.0
TOTAL	12.0

GUIDELINES FOR COACHES AND JUDGES FOR THE GROUP ROUTINE – COMPOSITION

Use of the Floor and different levels 1.0:

Use of floor by the group and each individual. Use of different Levels: Low, Medium and High.

Links and Dance 3.0:

Use the whole body including the hands, arms, head and feet, in a creative manner. Use a wide variety of dance steps, hops, turns, waves etc. Use a good variety of leaps, jumps and spin. These may be taken from the ISGA code or may be uncoded.

Patterns and pathways and different directions 2.0:

Use many different patterns and pathways. Lines, diagonals, small circle, large circle, squares, oblongs, arrowhead, curves, zigzags, figure of 8. Travelling in a shape and travel to make a new shape. Change of direction individually and as a group – forwards, backwards and sideways.

Combinations of gymnasts 1.0:

Show 4 girls spread out separately i.e. in four corners or sides of the mat. Show 4 girls working closer together in a group. Show 2 girls working together and the other 2 working together separately. A combination of 3 girls' together and 1 girl working separately. Work in a pair/trio not just pass each other briefly.

Musical Interpretation and variety of speed 2.0:

The routine must be synchronised with the music throughout. The music must be interpreted by the whole group showing rhythm, harmony and flow. Selection of movements for the music - could the routine be performed to any music? The routine must also show fast, slow, staccato and smooth movements.

Overall Impression, complexity and entertaining 3.0:

It must be interesting and entertaining. Gymnasts should engage with the judges and the audience. Elements of surprise such as movements that change pattern shape as well as performing another function. Unexpected changes of speed or direction. Dynamics - can be achieved by speed, flight and energy.

NOTES FOR COACHES AND JUDGES FOR VOLUNTARY FLOOR & GROUP:

- 1 All rolls must start and finish on two feet to count in the tariff.
- 2 A gymnast should not finish in a skill e.g. splits or shoulder stand. Deduct 0.1
- 3 Balances should be held for 3 seconds except for handstand which needs to be held for 2 seconds.
- 4 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.
- 5 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.

- 6 A press up starts in front support and is held for 2 secs before the press up x 2 (Elementary) or press up x 3 (Intermediate).
- 7 Static skills like bridge, splits, pike fold and japana must be held for 3 seconds.
- 8 Splits two ways need to be held for 2 seconds each way. Splits three ways needs to be held for 1 second each way.
- 9 In splits, fingertips can be placed on floor for 'artistry' but then the skill will only count as a flexibility not a balance.
- 10 Flics may be landed on either one or two feet, but must land on feet and not on other body parts.
- 11 Flic with a different exit to feet when attached as a second flic is an Advanced skill but counts as 2 moves towards the Content.
- 12 **Headstands:** Leg position and exit are optional but must not roll out. Deduct 0.5 for rolling out.
- 13 **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 skill and a strength element. A backward roll to handstand held 2 seconds is an Advanced skill and a strength and balance element.
- 14 **Somersaults:** Only one forward and one backward somersault may be used in a floor routine. The shape of the somersault is optional. Deduct 0.5 for two somersaults in the same direction.

1.5 DEDUCTIONS FOR GROUP FLOOR ROUTINE

GENERAL DEDUCTIONS	
Failure by all of the girls to attempt each move.	0.5 per gymnast plus the value of the move.
Obvious communication between gymnasts.	0.1 per gymnast.
Clicking, clapping, stamping, thumping, thigh slapping etc.	0.1 on each occasion.
Deliberate contact.	0.1 per person touching.
Movement in canon.	0.4 on each occasion.
Team not uniformly dressed.	Up to 0.4
Prompting from coaches, gymnasts or others.	0.3 for small prompt. 0.5 for large prompt. Maximum 1.0
Two somersaults in the same direction.	0.5
TO BE TAKEN FROM CONTENT	
Less than 10 Elementary skills.	0.3 per skill.
Less than 2 Intermediate/Advanced skills.	0.5 per skill.
EXECUTION PENALTIES for skills from the list in the table on page 15 and dance.	
Small execution fault 0.1	Insufficient height in jumps/aerials 0.1 - 0.3
Medium execution fault 0.3	Insufficient flight in flight elements 0.1 - 0.3
Large execution fault 0.5	Insufficient tuck/pike/stretch 0.1 - 0.3
Incorrect body shape 0.1 - 0.3	Static skills not held for 3 secs 0.1 for each second.
Bent arms 0.1 - 0.3	Balances not held for 3 secs 0.1 for each second.
Bent legs 0.1 - 0.3	Handstand & front support not held 2 secs 0.1 each second.
Leg separation 0.1 - 0.3	Extra steps/hops on feet or hands 0.1 each time.
Lack of split 0.1 - 0.5	Posture fault on landing 0.1 - 0.3
Feet not pointed 0.1	Loss of balance 0.1 - 0.5
Failure to extend from somersault 0.1	Touch of the floor i.e. with a hand or foot 0.1 - 0.3
Incomplete 360° spin within 45° 0.1 - 0.3. Less than 45° the skill does not count.	Adjustment/loss of control when entering a balance e.g. V-sit, handstand, straddle lever etc. 0.3 - 0.5
Arm swings to maintain balance 0.1 - 0.3	Fall – actually falling over completely 1.0
One foot outside of floor area 0.1 each time.	Collision 0.1 - 0.5
Two feet outside of floor area 0.3 each time.	Pauses 0.1 each time.
Finishing in a move e.g. splits or shoulder stand. 0.1	
MUSIC DEDUCTIONS	
Music with vocals, i.e. words in the music 0.5	Stopping musical recording early 0.5
No music supplied 0.5	Finishing before or after the music 0.3
Music supplied but does not play or stops and is not the fault of the audio equipment 0.1	Over time or under time 0.1
SEE ALSO GENERAL COMPETITION DEDUCTIONS 2.1 on page 3	
Deductions are judged between 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5. Major deduction i.e. a complete fall = 1.0	

2 FLOOR CODE FOR IAPS 5 PIECE

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		
Forward roll to straddle stand	Forward roll to stand with straight legs together (i.e. pike)	Backward roll to handstand 180° pirouette step down exit
Backward roll	Backward roll to handstand held 1 sec	Backward roll to handstand held 2 secs
Backward roll to straddle stand	Backward roll to straight legs together (i.e. pike)	Any back somersault (shape optional)
Backward roll to front support 2 secs	Backward roll to front support 2 secs, with straight arms	Any front somersault (shape optional)
Front support 2 secs, jump to crouch – straight upward jump	Headstand with straight legs. Pike levered up to vertical – 3 secs. Exit optional but must not roll out	Whip Flic
Front support 2 secs turn to back support 2 secs	Headstand push to handstand with straight legs. Exit optional	Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs
Front support 2 secs, press up x 2	Front support 2 secs, press up x 3	Handstand 360° pirouette. Only 4 hand movements.
Headstand 3 secs. Legs and exit optional but must not roll out	Handstand 180° pirouette. Only 2 hand movements.	Handstand 360° pirouette. Only 4 hand movements then handstand held 2 secs.
Handstand 2 secs	Handstand 180° pirouette. Only 2 hand movements then handstand held 2 secs.	Handstand held for 2 secs then 360° pirouette. Only 4 hand movements
Handstand forward roll	Handstand held for 2 secs then 180° pirouette. Only 2 hand movements	Handspring to 2 feet
Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), back leg straight.	From straddle stand press to handstand (elephant lift)	Flic with a different exit to feet when attached as a second flic, (i.e. flic to two feet, flic to walk out). Counts as 2 moves
Cartwheel – to finish sideways	Handspring to step out	Aerial Cartwheel
Cartwheel ¼ turn inwards to finish feet together	Flic to land two feet together	One-handed walkover (forward or backward)
One-handed cartwheel – optional hand	Flic to 'walkout' i.e. landing first on one foot before the other	Aerial walkover
Dive cartwheel	Tinsica	Flyspring
Round off	Backward walkover	Valdez
Teddy bear roll (Circle roll) 180° only	Forward walkover	540° spin (1 ½)
Pike fold sitting 3 secs	360° spin on one foot	720° spin (double)
Splits 3 secs. Hands off floor	Show splits two ways, 2 secs each way	Show splits all three ways, 1 sec each
Supported shoulder stand 3 secs	Unsupported shoulder stand, arms by hips 3 secs	Unsupported shoulder stand, arms above head 3 secs
V' sit with support 3 secs	'V' sit without support (free) – 3 secs	Russian lever piked or straddled 3 secs
Japana 3 secs	Straddle lever balance 3 secs	Straddle lever balance held 3 secs then 180° turn
	Pike lever balance 3 secs	Straddle lever press to handstand - optional exit
Arabesque balance 3 secs body position optional	Tuck lever balance 3 secs	Straddle balance press to handstand. Straddle held 3 secs or handstand 2 secs
Chair balance 3 secs	"Y" balance 3 secs	
Bridge 3 sec	'W' jump	'W' jump with 180° turn
Star jump	Tuck jump with 180° turn	Tuck jump with 360° turn
Tuck jump	Split leap	Change leg split leap
Split jump	Catleap with 360° turn	Catleap with 540° turn (1 ½)
Catleap with no turn, or 180° turn	Straddle jump	Ring leap
Stag leap or jump	Side straddle leap	Straddle jump with 180° turn
Straight jump with 180° turn	Straight jump with 360° turn	Straight jump with 540° turn (1 ½)

Special thanks must go to ISGA who have agreed to share their rules and competition structure with IAPS member schools to ensure a cohesive and challenging competition.

Any school who wishes to learn more about ISGA should visit their website at www.isgagymnastics.org