

GIRLS 5 PIECE IAPS CHAMPIONSHIPS RULES

This document is the property of IAPS. All rights reserved. This publication may not be reproduced, stored in a retrieval system, or transmitted, in any form by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission from IAPS. **Please note that the rules are similar to those set by ISGA but may differ very slightly in places. Please ensure coaches read all parts, especially those highlighted in yellow.**

CONTENTS

1	GENERAL	1
1.1	Competition Age Groups.....	1
1.2	Teams.....	1
1.3	Competition Format.....	1
1.4	Host Schools.....	1
1.5	Safety	1
1.6	Special Provision for Very Small Schools	1
2	GENERAL COMPETITION RULES	2
2.1	General Competition Deductions.....	3
3	GENERAL VAULT NOTES	3
4	SET VAULT	3
4.1	Set Vault Under 9, 10 & 11.....	3
4.2	Deductions for Set Vault Under 9, 10 & 11	4
4.3	Set Vault Under 13.....	4
4.4	Deductions for Set Vault Under 13.....	5
5	VOLUNTARY VAULT	5
5.1	Deductions for Voluntary Vault.....	6
6	SET FLOOR	7
6.1	Deductions and notes for Set Floor.....	7
6.2	Table, Set Floor U9, U10 & U11.....	9
6.3	Table, Set Floor U13	10
7	VOLUNTARY FLOOR	11
7.1	General.....	11
7.2	Music.....	11
7.3	Programme Order	11
7.4	Content	11
7.5	Tumble Run	11
7.6	Bonuses.....	12
7.7	Deductions for Voluntary Floor	12
7.8	Evaluation of Marks	12
7.9	Composition	13
8	FLOOR CODE FOR IAPS 5 PIECE	14
9	BALANCE, STRENGTH & FLEXIBILITY ELEMENTS FOR IAPS 5 PIECE	15

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

1 GENERAL

1.1 COMPETITION 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 10 competition: Under 10 on 1st September of current academic year *
- c) An under 11 competition: Under 11 on 1st September of current academic year *
- d) An under 13 competition: 11 or 12 years on 1st September of current academic year *

*i.e. midnight on 31st August.

If a pupil is being taught out of age, the coach may request in writing to the IAPS, for that child to perform in their class year.

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. Only 4 gymnasts may perform in the group routine. Girls in the Under 9 age group have no lower limit. It is possible to make up a team with up to two girls 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 girls competing out of age. Girls competing in the Under 13 age group must be 11 or 12 years on 1st September that academic year.
- b) Girls may only compete in one age group per academic year in the 5 Piece Championships.
- c) Girls may not compete in the 5 Piece and the 2 Piece Championships in the same academic year.
- d) The scores will be added together to produce an Individual and a Team score.
- e) No school may enter more than the allotted six gymnasts.
- f) As this is a national competition 'B' teams are not eligible.
- g) A school may not enter an individual.
- h) Once a team has started it's first discipline no reserve may take part. The team still has four scoring gymnasts.

1.3 COMPETITION FORMAT - FOR ALL AGE GROUPS

Each team will perform the following:

1. Set Vault – 5 gymnasts
2. Voluntary Vault – 5 gymnasts
3. Set Floor – 5 gymnasts
4. Voluntary Floor (to music) – 5 gymnasts

At this competition there is an option to also compete the group but it is a stand alone competition.

5. Group Routine – performed by 4 of the team members (to music).

1.4 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:

- a. What type of floor will be provided i.e. Sprung or unsprung.
- b. What the exact measurements will be of the voluntary floor and group floor area.
- c. If the Velcro strips will run from front to back or side to side on the group floor area.
- d. 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 taken vertically from the floor to the vault top in a straight line.
- e. What the length of the run-up, within the customary parameters, will be for each vault.

1.5 SAFETY

For safety reasons schools should prepare their gymnasts beforehand to compete on a sprung floor area if necessary, as a number of host schools now provide them for the various competitions.

1.6 SPECIAL PROVISION FOR VERY SMALL SCHOOLS DISCLAIMER

See IAPS Disclaimer

2 GENERAL COMPETITION RULES

1. The team should be uniformly dressed, in matching leotards. Deduction 0.1 per gymnast, per apparatus. A gymnast or gymnasts, in any age group, may or may not wear matching gymnastics shorts over their leotards in the individual disciplines. In the group routine all four gymnasts must be dressed alike i.e. none of them or all of them wearing shorts. Deduction 0.3. If shorts are worn they must be plain and free from diamantes and names. Only a small manufacturer's logo on shorts, not on the waist band is allowed. **Deduction 0.1 off the final score.**
2. Attire for religious reasons and leggings for religious/personal reasons are allowed. The leggings may be plain and dark in colour, worn over their leotard, or flesh coloured worn under their leotard. String bracelets for religious reasons must be covered by skin coloured tape or a matching sweat band. Deduction 0.1.
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. Hair should be tied back neatly. If a ponytail or plait can pass in front of the face, then it is required to be in a bun **or a style that is off the face.** Fringes must be kept out of the eyes through clips or products. Deduction for untidy hair 0.1. No jewellery in any form, including small ear studs. Deduction 0.1. No long nails or nail varnish. Deduction 0.1. If studs are not able to be removed, they must be covered with skin coloured tape. Deduction 0.1.
6. 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, if worn should be covered by a sweat band or similar. The teacher or coach will receive a deduction of 0.5 which will be deducted from the final score of each of the coach's teams.
7. 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. Please see 'Catch all' rule No. 16 below.
8. Teams must line up before the judging panel, at the start and end of each discipline. Group routine teams must line up in front of the judging panel before competing, as in other disciplines.
9. Each gymnast must present to the judges at the start and finish of her individual floors and vaults. Group: An individual gymnast or all four may present at the start or finish of the routine.
10. Gymnasts may perform in any order on the Set/Voluntary Vault and Set Floor but must compete in programme order for the Voluntary Floor. Deduction 1.0. The gymnast's number must be shown or given to the judge before competing.
11. The gymnast performs her 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.
12. There will be a timed warm-up of at least 3 minutes per school on the voluntary floor and set floor. The older age group team will warm up and compete first unless they have fewer gymnasts than the younger team, 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 each vault discipline, with the voluntary vault team warming up first and competing first if the run-up is shared. Group Routine teams have a 5 minute warm-up before lining up in front of the judging panel and then marching on to perform.
13. If a school pulls out of a competition, after the competition draw has been published, 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. The judge's decision will be final and no video evidence will be considered under any circumstances.
15. No person may use any apparatus without a suitably qualified coach present. Teachers and coaches are responsible for their gymnasts' safety at all times.
16. '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. 5 gymnasts on a 12 x 2 metre set floor strip), teachers are advised to prepare this warm-up time for set and voluntary floor 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.

2.1 GENERAL COMPETITION DEDUCTIONS

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

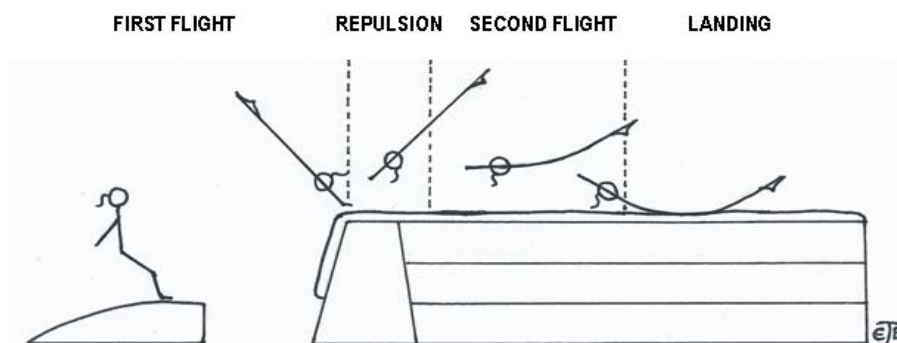
3 GENERAL VAULT NOTES

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 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 between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5. Major deductions i.e. a fall = 1.0.**
9. See also General Competition Deductions 2.1 above

4 SET VAULT

4.1 SET VAULT UNDER 9, 10 & 11

HANDSPRING FLATBACK - ONTO A PLATFORM WITH SAFETY MATS



ARTIST'S IMPRESSION

- a) The Set Vault is marked out of 10.00.
- b) A vault or platform will be used in front of the safety mats as shown in the diagram.
- c) The vault shall be covered with an agility mat to avoid a gap between vault and safety mats.
- d) The maximum combined height of the total vault plus any agility mat shall be as close to the correct height as possible.
- e) 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.
- f) Hands must be placed on the vaulting box area and not further along on the landing mat. Deduction 0.5.
- g) **LANDING SHAPE: Gymnast to land flat on mat and immediately pull up into 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.
- h) Heights are approximate as the agility mat might alter the exact heights.
- i) See Deductions for Set Vault No. 4.2 below and General Vault Notes on page 5.

j) **MAXIMUM HEIGHT OF VAULT:**

Under 9: 70 – 75cm

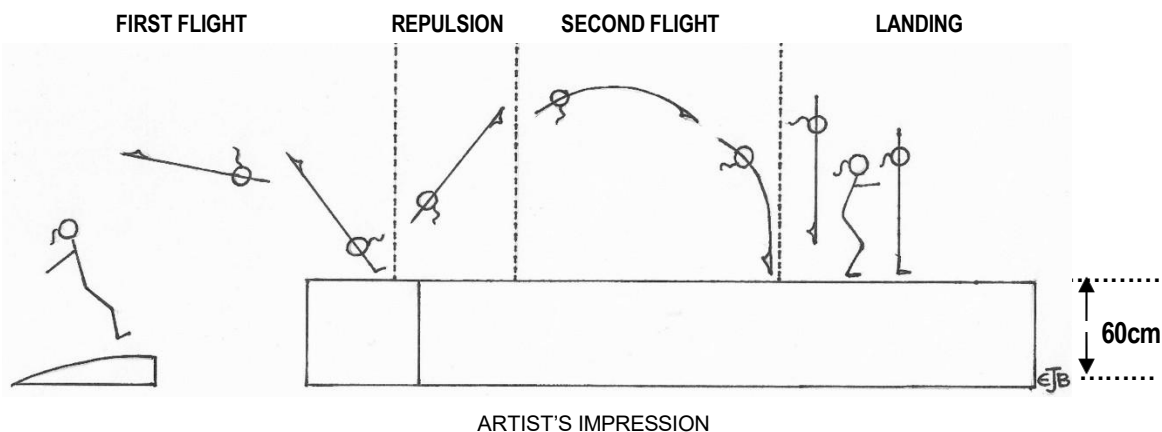
Under 10 and Under 11: 85 – 90cm

4.2 DEDUCTIONS FOR SET VAULT UNDER 9, 10 & 11

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING – DISH SHAPE
Lack of arm swing 0.3	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 – 0.5	Flat position not shown 0.3
Hip angle 0.1 - 0.5	Staggered hand position 0.1- 0.3	Insufficient length 0.1 - 0.5	Lack of tension in flat landing 0.1
Arched body 0.1 - 0.3	Walking on hands 0.1 per step	Insufficient stretch 0.1 - 0.5	Shallow dish not shown 0.1 - 0.5
Insufficient stretch 0.1-0.5	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Arch in back 0.1 - 0.3
Only 1 foot take off 0.1	Hands not placed on vaulting box area 0.5		Arms not off mat 0.1
Double bounce on board 0.1	Failure to pass through vertical 0.1		Head not off mat 0.1
	Arms not by ears 0.1 - 0.3		Feet not off mat 0.1
	Head touching vault 1.0		Hands and feet not in alignment 0.1
	Too long on apparatus 0.1 - 0.5		Arms not by ears 0.1 - 0.3
			Dish not held for 3 secs. 0.1 - 0.3
			Falling off the mat 1.0
THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:			
Bent arms 0.1 – 0.5 – not in addition to 1.0 for head touching.		Poor body posture 0.1 - 0.3	
Bent legs 0.1 - 0.5		Poor body posture 0.1 - 0.3	
Leg, knee or feet separation 0.1 - 0.3		Dynamics 0.1 - 0.3	
Deviation from straight line 0.1 - 0.5		Support from coach any time during the vault = Void vault.	
Flexed feet 0.1			
VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5. MAJOR DEDUCTIONS i.e. a complete fall = 1.0			

4.3 SET VAULT UNDER 13

HANDSPRING TO REBOUND JUMP - ONTO A PLATFORM OF SAFETY MATS



- The Set Vault is marked out of 10.00.
- The run up will be a maximum of 12m for all 3 age groups.
- The landing platform is to be 60cm high for all 3 age groups.
- A block will be placed in front of the landing platform.
- A sturdy mat may be placed on top of the safety mats if necessary.
- 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.
- Hands may be placed anywhere on the block or landing area without a deduction but this may result in a deduction for lack of repulsion.
- A rebound jump should be shown on the landing with arms by the ears. After the rebound jump the arms come down in front and to side to steady the landing shape before stretching up in finished position.
- Arms remain by the ears throughout the vault except for take-off and landing.
-

4.4 DEDUCTIONS FOR SET VAULT UNDER 13

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING
Lack of arm swing 0.3	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.5	Extra arm swing 0.1
Hip angle 0.1 - 0.5	Staggered hand position 0.1- 0.3	Insufficient length 0.1 - 0.5	Lack of balance 0.1-0.3
Arched body 0.1 - 0.3	Walking on hands 0.1 per step	Insufficient stretch 0.1 - 0.5	Extra step/hop 0.1 each time
Insufficient stretch 0.1-0.5	Double bounce on hands 0.5	Arms not by ears 0.1 - 0.3	Large step (1m) or jump 0.3
Only 1 foot take off 0.1	Arms not by ears 0.1 - 0.3	Bridging to stand 0.1-0.3	Deep squat 0.5
Double bounce on board 0.1	Failure to pass through vertical 0.1		Touch of mat with hands 0.3
	Head touching vault 1.0		Support on mat, 1 or 2 hands 0.5
	Too long on apparatus 0.1 - 0.5		Fall 1.0
	Arched back 0.1-0.3		Arms not by ears in jump 0.1-0.3
			Arms not brought down in front 0.1
			No rebound jump 0.3
			No stretched finished position 0.1
THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:			
Bent arms 0.1 – 0.5 - not to be taken in addition to 1.0 for head touching.			
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.			
VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5. MAJOR DEDUCTIONS i.e. a complete fall = 1.0			

5 VOLUNTARY VAULT

- A vaulting horse will be used widthways only.
- Two vaults to be performed from the list. Each vault has a different tariff. The vaults may be the same or different. Coaches may request the gymnast's first score, before the second vault is taken. The higher score will count.
- Only the vaults indicated below may be performed. Any other vault will be a void vault.
- 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 9.00 to give a final score.
- 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.
- Vault landing deductions, other than an actual fall will be up to a maximum of 0.8.
- A fall on landing will be a deduction of 1.0.
- Half-on half-off vault. The half off phase of this vault may turn either way.
- Below are the minimum vault heights. Gymnasts may vault higher if they choose.
- See also Deductions for Voluntary Vault No. 5.1 on page 6 and General Vault Notes No. 3 above.

VAULTS	TARIFF
Squat on, immediate straight jump off from squat position.	7.00
Squat through vault.	9.00
Straddle vault.	9.00
Handspring vault.	9.50
Half on vault.	9.50
Half on half off vault.	10.00
Yamashita 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
Under 15	110 cm
Over 13	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 or hop 0.1 each step - maximum 0.5
Insufficient stretch 0.1 – 0.5	1 knee touching vault 0.5	Insufficient height 0.1 – 0.5	Large step (1m) or jump 0.3
Insufficient layout 0.1 – 0.5	2 knees touching vault 1.0	Insufficient length 0.1 – 0.5	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
Double bounce on board 0.1	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 – 0.5	Legs round the side 0.1 - 0.5	Insufficient height 0.1 - 0.5	Landing off the mat 0.5
Insufficient layout 0.1 - 0.5	Only 1 hand on the vault 0.5	Insufficient length 0.1 - 0.5	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
Double bounce on board 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 - 0.5	Legs not horizontal 0.1 – 0.5	Insufficient height 0.1 - 0.5	
Insufficient layout 0.1 - 0.5	Only 1 hand on the vault 0.5	Insufficient length 0.1 - 0.5	
Only 1 foot take off 0.1	1 hand lifted before the other 0.1-0.3	Insufficient extension 0.1 - 0.3	
Double bounce on board 0.1	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 - 0.5	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.5	
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		
YAMASHITA VAULT			
Hip angle 0.1 - 0.5	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.5	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.5	
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	Lack of pike position 0.1 - 0.5	
Only 1 foot take off 0.1	Only 1 hand on the vault 0.5	Insufficient extension 0.1 - 0.3	
	1 hand lifted before the other 0.1-0.3	Late extension 0.1 - 0.3	
	Too long on apparatus 0.1 - 0.5		
	Arched back 0.1 - 0.3		
	Head touching vault 1.0		
HALF ON HALF OFF VAULT			
Hip angle 0.1 - 0.5	Shoulder angle 0.1 - 0.5	Insufficient height 0.1 - 0.5	
Arched body 0.1 - 0.3	Failure to pass through vertical 0.1	Insufficient length 0.1 - 0.5	
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	
Incomplete turn on 0.1 - 0.5	Only 1 hand on the vault 0.5	Incomplete turn off 0.1 - 0.5	
Only 1 foot take off 0.1	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 - 0.5 – 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	
VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.			
MAJOR DEDUCTIONS i.e. a complete fall = 1.0			

6 SET FLOOR

Set Floor for Under 9, 10 & 11

Show good upright posture with tension for 3 seconds.	
Spin 360°.	0.7
Handstand Forward Roll.	0.7
Round Off, immediate rebound Star Jump.	1.2
Chassé, Catleap, Cartwheel, Cartwheel ¼ turn inward to lunge.	1.8
Forward Roll to pike sit.	0.6
Bridge	0.7
Back Support to Side Support to Front Support.	1.2
Headstand with straight legs.	0.7
Backward Roll.	0.7
Tuck Jump 180°.	0.7
	Total
	Bonuses
	TOTAL
	9.0
	1.0
	10.0

Set Floor for Under 13

Show good upright posture with tension for 3 seconds.	
Spin 540°.	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.	1.4
	Total
	Bonuses
	TOTAL
	9.0
	1.0
	10.0

6.1 DEDUCTIONS AND NOTES FOR SET FLOOR

- The routine to be performed along a strip of mat approximately 2 metres 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. Part elements deduct part of the value of the move. **i.e. 0.6 for either missing round off or missing star jump in round off, star jump move.**
- Elements performed in the incorrect order deduct 0.5 and elements performed in wrong direction deduct 0.3
- Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards – deduct 0.5. See notes for coaches and judges on page 9.
- 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 between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.**
- 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, 0.2 or 0.3**. Adjustment/loss of control when entering a balance e.g. Headstand, V-sit or shoulder stand is **0.3, 0.4 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 No. 2.1 on page 3.

NOTES FOR COACHES AND JUDGES FOR UNDER 9, 10 & 11 SET FLOOR:

1. For the Under 9, 10 & 11 Set Floor, the gymnast needs to start roughly 2 m from end of mat.
2. There is a change of direction after the round off star jump and again after the headstand.

Handstand forward:

- There is no voluntary step into the start of the handstand. From standing the leg is lifted immediately into the skill. If the lifted foot touches the floor again before stepping into the lunge for the handstand, deduct 0.1.
- If the gymnast performs the forward roll but omits the handstand, deduct 0.5.
- If the handstand falls back down to the feet, i.e. no roll deduct 0.5. The gymnast must then perform a forward roll. They must not repeat the handstand. If the handstand is repeated, deduct 0.3.

Headstand with straight legs:

- The headstand passes through a tucked position before the legs are straightened.
- The headstand must return to the feet. It must not roll out. Deduct 0.5.
- The bonus is given for piked levered up to headstand with straight legs throughout.
- If a straddle levered up to headstand is performed deduct 0.5.

Backward Roll:

- The backward roll should start with feet together. Feet must remain together throughout the roll and finish together. Gymnast finishes in a stretched position with arms in a high V above head.
- The legs may be bent or straight.
- The bonus is given for a piked backward roll with legs straight **throughout**.
- If a backward roll to straddle is performed deduct 0.5.
- If a backward roll to front support is performed deduct 0.5.
- If the backward roll is unsuccessful, deduct 0.5. The roll must not be repeated but the stretched position with feet together and arms diagonally high must be shown. If the roll is repeated deduct 0.3.

Tuck jump 180°:

Step forward, join feet together and tuck jump 180°. The arms are optional, before, during the jump and on the landing but must stretch up and finish with arms in a high V above head.

NOTES FOR COACHES AND JUDGES FOR UNDER 13:

1. For the Under 13, 15 and Over 13 Set Floor, the gymnast needs to start at the end of mat. Facing towards the judges.
2. There is only one change of direction and that is after the arabesque.

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: Finishing in a lunge with chest up and arms in a high V position.

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 **in the jump**. **Arms are optional on the landing and then stretch up finishing with arms in a high V position above head.**

6.2 TABLE: Under 9, 10 & 11 SET FLOOR		DEDUCTIONS	BONUSES
Stand showing good upright posture with tension for 3 secs. There should be no slow arm lift before starting the routine.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held. Deduct 0.1 for slow arm lift before routine starts	
Step forward into Spin 360° 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 in a high V position above head.	0.7	Deduct 0.1 – 0.3 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 the whole way round. 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 in a high V position above head.	0.1 for extending the free leg out to horizontal in front and lowering it with control.
Lift leg and step immediately into Handstand Forward Roll . Finish with arms in high V position above head.	0.7	Deduct 0.1 if lifted toe touches floor and is lifted again before the handstand. Deduct 0.1 – 0.3 for lack of form in the handstand. Deduct 0.5 if the handstand falls. The roll must then be performed. Deduct 0.3 if the handstand is repeated. Deduct 0.1 arms not in high V position.	0.1 for handstand held for 2 seconds. 0.1 for straight arm rollout.
Hurdle step into Round Off, immediate rebound Star Jump with controlled landing.	1.2	Deduct 0.1 for no hurdle step. Deduct 0.1 – 0.3 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 – 0.3 for loss of control in the rebound & deviation from straight line. Deduct 0.1 – 0.3 for uncontrolled landing.	0.1 for dynamics.
Chassé, Catleap, Cartwheel, Cartwheel ¼ turn inward to lunge. Finishing in lunge with chest up and arms in a high V position. For the chassé arms in low V. For catleap arms in “ring” above head.	1.8	Deduct 0.1 – 0.3 for lack of elevation and knees not high in catleap. Deduct 0.1 for arms not in low V in chassé and not in ring for catleap. Deduct 0.1 for deviation from straight line. Deduct 0.1 – 0.3 for pause between elements Deduct 0.1 – 0.3 for bent legs or toes not pointed in cartwheel. Deduct 0.1 for not finishing in a lunge with chest up and arms in a high V position.	0.1 for flight into first cartwheel. 0.1 for second cartwheel being 1 handed.
Bring back foot to join front foot and Forward roll to Pike Sit . Legs should remain straight once feet have left the floor. Finishing with back straight and arms out forwards, parallel to floor.	0.6	Deduct 0.1 for legs not remaining straight once feet have left the floor. Deduct 0.1 for arms not finishing forward and parallel to floor. Deduct 0.1 for back not straight.	
Roll back to floor and then push up into Bridge . With legs straight, knees together. Hold for 3 seconds.	0.7	Deduct 0.1 – 0.3 for bent legs, bent arms, legs not together, and feet not flat on floor. Deduct 0.1 - 0.3 for lack of extension in shoulders Deduct 0.1 for arms not shoulder width apart. Deduct 0.1 for each second not held. No deductions for minor adjustments going into bridge.	
Lower bridge to floor and sit up in pike position, hands on floor by hips, fingers facing toes. Push up to Back Support held for 3 seconds. Turn to show Side Support , with free arm in air, rotate supporting hand before turning, Continue round into Front Support , held for 3 seconds. fingers must face forwards.	1.2	Deduct 0.1 if pike sit position is not shown. Deduct 0.1 if fingers do not face towards the toes in back support. Deduct 0.1 – 0.3 for lack of tension and stretch in back, side and front support. Deduct 0.1 if shoulders are not over hands in back or front support. Deduct 0.1 for hands not at shoulder width apart in back or front support. Deduct 0.1 for each second not held in the back support and the front support.	
Lower knees to floor and sit back on heels, Headstand with straight legs passing through a tucked position. Back and legs straight and vertical in final position. Hold for 3 seconds. Return to feet, do not roll out. Stand to finish with arms in a high V position above head.	0.7	Deduct 0.1 for back or legs not straight and vertical. Deduct 0.1 for knees not leaving or feet not 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. Deduct 0.1 for arms not finishing in a high V position above head. Deduct 0.5 if bonus is attempted and a straddle levered headstand is performed.	0.1 for piked levered up to headstand with straight legs throughout.
Backward Roll to finish with feet together and arms in a high V position above head. See notes for coaches and judges on page 9.	0.7	Deduct 0.1 – 0.3 for lack of push on hands and extension of arms to raise hips i.e. rolling over the head. Deduct 0.1- 0.3 for lack of fluid motion if pike bonus is attempted. i.e. Walking hands towards feet. Deduct 0.1 for arms not finishing in high V above head.	0.1 for Piked Backward Roll with straight legs throughout.
Step forward, join feet together, Tuck Jump 180° . Arms are optional before the jump, during the jump and on landing. Then stretch up finishing with arms in a high V position above head.	0.7	Deduct 0.1 - 0.3 for knees not up to chest. Deduct 0.1 - 0.3 for chest not high. Deduct 0.1 – 0.3 for incomplete turn in tuck jump 180° or 360°. Deduct 0.1 for lack of height in jump. Deduct 0.1 – 0.3 for uncontrolled landing. Deduct 0.1 for not finishing stretched with arms in a high V position.	0.1 for Tuck Jump 360°, 0.1 for secure landing.

Content	Total of	9.0	Total of Bonuses	1.00
----------------	-----------------	------------	-------------------------	-------------

6.3 TABLE: Under 13 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 <u>540° spin</u> 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 not to knee in spin. Deduct 0.1 if spin is not on toes whole way round . 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.	
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.	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 <u>180° high straight jump</u> . 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.	
<u>Hurdle step into round off, straight jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge</u> . Finish in lunge with chest up and arms in a high V position . See notes for coaches and judges on page 9.	1.4	Deduct 0.1 if hurdle step into round off not shown. Deduct 0.1 – 0.3 for any pauses between the moves. Deduct 0.1 – 0.3 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 not finishing in a lunge with chest up and arms in a high V position .	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 <u>immediate 360° high straight jump</u> . 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. Long sit position not shown 0.1	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. There should be only one arm movement or swing from roll to jump. Arms optional on landing, then stretch up finishing with arms in a high V position . See notes for coaches and judges on page 9.	1.4	Deduct 0.3 if lifted toe touches the 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 handstand is repeated. Deduct 0.1 – 0.3 for any extra arm swing. Deduct 0.1–0.3 for pause between roll and jump or jump not starting out of roll. Deduct 0.1 – 0.5 for 180° split not shown in the jump. Deduct 0.1 – 0.3 for bent legs and toes not pointed in handstand or 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
-------------------------	------------	--	-------------------------	-------------

7 VOLUNTARY FLOOR

7.1 GENERAL

- a) 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, musical interpretation and must use the floor area, (normally 12 m x 12 m), as fully as possible.
- b) The routine must be performed to music. The music and movement must be in harmony.
- c) The duration of the routine should be between 50 – 70 secs. The routine is timed from the gymnast's first movement until her last movement. The gymnast must finish with the end of the music. Coaches or musical operator will not be allowed to stop the music early.
- d) 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 MUSIC

- a) Depending on the venue of the competition, coaches should be prepared to play their own music for their gymnast's individual and group routines, via a Bluetooth speaker. Unless they have been requested to email their music to the school host in advance.
- b) The music must be instrumental and not vocal i.e. no words but it may have voice as an instrument. It may have up to an 8 beat introduction.
- c) It is strongly advised that each school brings a back-up for their music i.e. an additional iPod or similar.
- d) 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.jsp>
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.

7.3 PROGRAMME ORDER

All gymnasts must compete in programme order on the voluntary floor. Coaches should bear this in mind when listing their gymnast's names on the entry form as this will be their voluntary floor order. If a team competes out of order on the voluntary floor, the sanction is 1.00. This will be deducted from the final team score.

7.4 CONTENT

The content used to construct the floor routine, must be taken from the IAPS Code. See page 17. A routine must contain at least **ten different skills**. The ten skills may include any number of Elementary, Intermediate or Advanced skills. The value of the move may be lost unless it is performed safely and correctly. If no Intermediate skills or Advanced skills are included, then ten elementary skills must be performed. More than ten skills 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 skill for less than ten performed. Repeated skills will not be counted towards the Content but could receive execution deductions if not performed correctly. Where a gymnastic skill is used more than once in a routine, only its first performance will be counted as one of the required skills. This includes skills used in the tumble run.

7.5 TUMBLE RUN

- a) The routine must include a diagonal gymnastic tumble run from corner to corner. Deduct 0.1.
- b) It must contain a minimum of three consecutive, different skills from our code (i.e. no repeated moves).
- c) A tumble which has steps in between the skills will be deemed to be broken and therefore invalid. Deduct 0.5.
- d) The tumble run should be dynamic and accelerate. Deduct 0.1 for each of these.
- e) Gymnastic skills used in the tumble run will count towards the minimum ten skills required in the routine.
- f) A straight jump half turn to land on one foot is not in the IAPS 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 skills, as the jump half turn would have to land on one foot. It would require a 3rd skill to meet the tumble run requirement. A straight jump half turn to land on two feet is in the IAPS code, so it is important to focus on the execution as it DOES count as a skill 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 IAPS code so does not count as a skill in the tumble run.
- g) No more than one jump or leap may be included and if used it will count as one of the 10 skills.

- h) A round off, flic to two feet together followed by a second flic landing with 2 feet together counts as only 2 skills as the second flic is a repeated move. A round off, flic to 2 feet followed by a flic walkout counts as three moves.
- i) If a skill which has already been performed earlier in the routine is then repeated in the tumble run, it would not be counted and the judge would deem the tumble run invalid as it does not have the required three elements (deduction 0.5). A way to reduce the likelihood of this problem occurring would be to place the tumble run relatively early in the routine.

7.6 BONUSES

An Intermediate skill is worth 0.3 (a maximum of 2 = 0.6) and an Advanced skill is worth 0.4 (a maximum of 1 = 0.4). A gymnast is able to score no more than 1.0 worth of bonuses. This can be made up with 2 Intermediate skills and 1 Advanced skill. Additional Intermediate or Advanced skills 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 skill can replace an Intermediate skill to score full bonus i.e. 2 Advanced skills plus 1 Intermediate skill or 3 Advanced skills. 3 Intermediate skills will not score 0.9. The Bonus rule applies to all age groups.

7.7 DEDUCTIONS FOR VOLUNTARY FLOOR

GENERAL 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
EXECUTION PENALTIES for skills from the list in the table on page 15 and dance.	
	Insufficient height in jumps/aerials 0.1 - 0.3
	Insufficient flight in flight elements 0.1 - 0.3
	Insufficient tuck/pike/stretch 0.1 - 0.3
Incorrect body shape 0.1 - 0.3	Static skills not held for 3 seconds 0.1 for each second.
Bent arms 0.1 - 0.3	Balances not held for 3 seconds 0.1 for each second.
Bent legs 0.1 - 0.3	Handstand & front support not held 2 seconds 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	Arm swings to maintain balance 0.1 - 0.3
Feet not pointed 0.1	Posture fault on landing 0.1 - 0.3
Failure to extend from somersault 0.1	Loss of balance 0.1 - 0.5
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, headstand, straddle lever etc. 0.3 or 0.5
Incomplete 540° or 720° spin within 45° 0.1 - 0.5 . Less than 45° the skill will be downgraded to a 360° or 540° spin.	Touch of the floor i.e. with a hand, foot or other body part 0.1 - 0.3 . 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 for the Tumble Run	
No Tumble run 0.5	Tumble run not performed on the diagonal 0.1
Step/steps between the 3 skills 0.5	Tumble run not from corner to corner 0.1
Tumble run does not accelerate 0.1	Deviation from a straight line in tumble run 0.1
Tumble run is not dynamic 0.1	
DEDUCTIONS taken at the end of the routine.	
Poor posture throughout the routine. 0.1 - 0.3	Finishing in a move e.g. splits or shoulder stand. 0.1
Missing move: 0.3 per move less than 10 performed.	Two somersaults in the same direction 0.5
Team competing out of order 1.0	SEE ALSO GENERAL 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	

7.8 EVALUATION OF MARKS

Content.	3.0
Execution.	3.5
Composition.	2.5
Bonus: 2 x Intermediate move (0.3 each).	0.6
Bonus: 1 x Advanced move.	0.4
TOTAL	10.0

7.9 COMPOSITION

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

Marks for composition will be allocated as follows:

Use of the floor, levels and patterns.	0.5
Variety of moves.	0.2
Links and dance.	0.6
Strength/flexibility/balance moves.	0.3
Musical interpretation.	0.3
Overall impression and complexity.	0.6
TOTAL	2.5

NOTES FOR COACHES AND JUDGES FOR VOLUNTARY FLOOR:

- 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.



Cartoon by Bob Currier

8 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. See note 5 on page 16	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)

9 BALANCE, STRENGTH AND FLEXIBILITY ELEMENTS FOR IAPS 5 PIECE

For use when constructing the voluntary floor routines. Composition marks are gained by including a Balance, a Strength, and a Flexibility skill as part of the 10 moves. Balance, Strength and Flexibility are not required in the group routine. The chart below is designed to guide you as to which moves are acceptable.

BALANCE	STRENGTH	FLEXIBILITY
Supported shoulder stand 3 secs	Backward roll to front support 2 secs	Forward roll with straight legs together (i.e. pike)
Chair balance 3 secs	Backward roll to handstand held 1 sec	Backward roll to straight legs together (i.e. pike)
Handstand 2 secs	Backward roll to handstand 180° pirouette step down exit	Japana 3 secs
Arabesque balance 3 secs. Body position optional	Handstand 180° or 360° pirouette. Only 2 or 4 hand movements.	Any walkovers
	Front support 2 secs, press up x 2	Valdez
Headstand 3 secs. Legs and exit optional but must not roll out.	Front support 2 secs, press up x 3	Pike fold sitting 3 secs
	Front support 2 secs turn to back support 2 secs (or vice versa). See note 5 on page 15	Tinsica
	Headstand push to handstand with straight legs. Exit optional	Bridge 3 secs
	Straddle stand press to handstand	Splits 3 secs. Fingers touching floor
		Split leap/jump showing 180° split
		Straddle jump 180° split
		Side straddle leap 180° split
		Change leg split leap 180° split
		Straddle jump with 180° turn & split
THE MOVES BELOW SERVE TWO REQUIREMENTS		
Splits 3 secs. Hands off floor.		Splits 1, 2 or 3 ways, hands off floor
'Y' balance 3 secs		'Y' balance 3 secs
Unsupported shoulder stand 3 secs	Unsupported shoulder stand 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	
Russian lever balance either piked or straddled 3 secs	Russian lever balance piked only 3 secs	
Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs	Headstand push to handstand with straight legs. Headstand held for 3 secs or handstand held for 2 secs	
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, only 2 or 4 hand movements, then handstand held 2 secs. Optional leg positions	Handstand 180° or 360° pirouette, only 2 or 4 hand movements, then handstand held 2 secs.	
Handstand held for 2 secs then 180° or 360° pirouette, only 2 or 4 hand movements. Optional leg positions	Handstand held for 2 secs then 180° or 360° pirouette, only 2 or 4 hand movements.	
Straddle lever balance press to handstand (optional exit). Either hold straddle balance for 3 secs or the handstand for 2 secs	Straddle lever balance press to handstand optional exit	Straddle lever balance press to handstand optional exit (moving through japana)
Straddle lever balance, 3 secs, 180° turn	Straddle lever balance, 3 secs, 180° turn	

One skill may count to serve two requirements i.e. performing splits held for 3 seconds will count as both a balance and a flexible skill. Performing a straddle lever balance held for 3 seconds will count as both a balance and a strength skill worth 0.2 (0.1 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 skill would be required to gain the full 0.3 for strength/flexibility/balance in the composition marks. See composition allocation for the Voluntary Floor No. 7.9 on page 13.