



IAPS Gymnastics Championships

Group Sequence Rules and Regulations

Hosted by Tormead

Sunday 10 November 2024

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 for the combined 2 disciplines listed before. It is possible to enter the competition for group sequence only.

GENERAL

- 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.
- 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.
- Girls may choose to wear matching shorts with leotards but it is either all in shorts or none in shorts.
- The exercise must contain twelve gymnastic moves only taken from the IAPS* code, each of which may be joined to the next, for the purpose of continuity and flow, by simple links. Any move can be repeated, but once only, provided the total number of moves does not exceed twelve.
- 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.
- Synchronised work does not include movements in canon. No movements in canon are permitted.
- Music should be 50 – 90 secs in length and instrumental, not vocal i.e. no words. An introduction of up to 8 beats is allowed. As with the voluntary floor, the team must finish their routine with the music. Music will not be turned off early. See 'Individual Voluntary Floor Rules' page 8 item 7.2 - Music.
- Coaches must give a list of moves (as worded in the code), and their tariffs, in the order that they will be performed, to the judging panel before the routine takes place.
- There will be no deduction for left or right bias in the group routine.
- 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.
- 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.

CONTENT

The minimum to obtain the full tariff of 4.0 marks is 10 elementary moves and 2 intermediate moves. Routines may be over-tariffed and can include advanced moves but cannot gain any more than the allocated 4.0 marks.

In the group routine the intermediate and advanced moves 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 moves @ 0.5 each | 1.0 |
| 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 moves, they will lose in difficulty only, e.g. it is possible for a team to have a routine with 12 elementary moves which will score a tariff of 3.00 marks.

BREAKDOWN OF MARKS

| | |
|-----------------|------|
| Synchronisation | 12.0 |
| Composition | 12.0 |
| Execution | 12.0 |
| Content | 4.0 |
| TOTAL | 40.0 |

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 moves including balance, strength and flexibility, dynamic moves, musical interpretation, and originality.

Marks for composition will be allocated as follows:

| | |
|---|-----|
| Use of the floor by team and each individual | 1.0 |
| Use of the different levels (<i>at least two moves at each level, high medium, low</i>) | 1.0 |
| Variety of moves | 1.0 |
| Links, dance and expressive use of arms, hands, head and free foot | 3.0 |
| Patterns and pathways | 3.0 |
| Combination of gymnasts. 4 separately, 4 together, 2+2, 2+2 (different | 1.0 |

| | |
|---|------|
| partners), 3+1 | |
| Musical interpretation and variety of speed | 1.0 |
| Overall Impression – interesting and entertaining | 1.0 |
| TOTAL | 12.0 |

DEDUCTIONS

| | |
|---|--------------------------------|
| Stepping out of the floor area | 0.1 each time |
| Failure by all of the girls to attempt each move and all of the routine | 0.5 plus the value of the move |
| Less than or more than 12 moves | 0.3 per move |
| Obvious communication between gymnasts | 0.1 per gymnast |
| Deliberate contact | 0.1 per person touching |
| Movement in canon | 0.4 on each occasion |
| Music with vocals i.e. words in the music | 0.2 |
| No music | 0.5 |
| Illegal banned music | 0.5 |
| Over or under time | 0.2 |
| Music turned off early | 0.2 |
| Finishing before or after the music | 0.2 |
| For small execution faults | up to 0.2 |
| For medium execution faults | 0.3 |
| For large execution faults | 0.4 - 0.5 |
| Touch of floor | 0.3 |
| For a fall | 0.5 |
| Collision | up to 0.5 |
| Team not uniformly dressed | up to 0.4 |

Guidelines for constructing and judging the Group Routine

Use of Floor: Use the whole floor by the group and each individual

Levels: Show high, medium and low levels with at least two different moves at each level.

Variety: Include a variety of moves from the code including those showing flexibility, strength, balance, control, dynamics, flight, and using forwards, sideways and backwards movement.

Dance and Links: Be aware of the whole body when using dance and links – hands, arms, head, and feet. Use a variety of dance steps, turns, waves, leaps and jumps etc.

Patterns and pathways: Use as many different patterns and pathways as possible, i.e. lines, diagonals, circles, squares, oblongs, arrowhead, curves, zigzags, figure of 8 etc. Travel to make a new shape and travelling in a shape. Changes of direction.

Combinations of gymnasts: a) Show 4 girls spread out separately i.e. in four corners or sides of the mat. b) Show 4 girls working closer together in a group. c) Show 2 girls working together and the other 2 working together separately. d) Show the 2 and 2 combination again with different partners. e) Show a combination of 3 girls together and one girl working separately. Ideally work in a pair or trio not just pass each other briefly.

Musical Interpretation and speed: The music should not be background entertainment but be interpreted by the group in their work, showing flow, rhythm and harmony.

Overall Impression: It must be interesting and entertaining. Elements of surprise such as movements that change pattern shape as well as performing another function. Use unexpected changes of speed or direction. Dynamics can be achieved, for example, through showing speed, flight and energy.

FLOOR CODE

| ELEMENTARY | INTERMEDIATE | ADVANCED |
|--|--|--|
| Forward roll | | |
| Forward roll to straddle stand | Forward roll to stand with straight legs together (i.e. pike) | |
| Backward roll | Backward roll passing through handstand | Backward roll to handstand 180° pirouette, step down exit |
| Backward roll to straddle stand | Backward roll to straight legs together (i.e. pike) | |
| Backward roll to front support 2 secs | Backward roll to front support 2 secs, with straight arms | |
| Front support 3 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. | |
| Headstand 3 secs. Legs and exit optional but must not roll out | From headstand held 3 secs – thrust or press to handstand | |
| Handstand 2 secs | Handstand 180° pirouette. Optional hand moves & leg positions. | Handstand 360° pirouette. Optional hand moves and leg positions |
| Handstand forward roll | From straddle stand press to handstand (elephant lift) | |
| Cartwheel – to finish sideways | Handspring to step out | Handspring to 2 feet |

| | | |
|--|---|---|
| Cartwheel ¼ turn inwards to lunge. Front knee bent (135 degrees), back leg straight. | | Flyspring |
| Cartwheel ¼ turn inwards to finish feet together | Flic to land two feet together | 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 |
| One-handed cartwheel – optional hand | Flic to 'walkout' i.e. landing first on one foot before the other | Aerial cartwheel |
| Dive cartwheel | Tinsica | Any back somersault (shape optional) |
| Round off | | Any front somersault (shape optional) |
| Teddy bear roll (Circle roll) 180° only | | |
| Pike fold sitting 3 secs | Backward walkover | Aerial walkover |
| Japana 3 secs | Forward walkover | One-handed walkover (forward or backward) |
| Bridge 3 secs | Tic Toc (FWO to BWO retaining hands on floor – finish in arabesque) | |
| Splits 3 secs | Show splits two ways, 2 secs each way | Show splits all three ways, 1 sec each |
| Supported shoulder stand 3 secs | Unsupported shoulder stand 3 secs | Valdez |
| 'V' sit with support 3 secs | 'V' sit without support (free) – 3 secs | |
| Straddle lever balance 3 secs | Straddle lever balance held 3 secs then 180° turn | Straddle lever balance press to handstand optional exit |
| Pike lever balance 3 secs | "Y" balance 3 secs | Russian balance piked or level straddled 3 secs |
| Tuck balance 3 secs | 360° spin on one foot | 540° spin (1 ½) |
| Arabesque balance 3 secs Body position optional | | 720° spin (double) |
| Body wave | | Sheep jump |
| Star jump | 'W' jump | 'W' jump with 180° turn |
| Tuck jump | Tuck jump with 180° turn | Tuck jump with 360° turn |
| Split jump | Split leap | Change leg split leap |
| Catleap with no turn, or 180° turn | Catleap with 360° turn | Catleap with 540° turn (1 ½) |
| Stag leap or jump | Straddle jump | Ring leap |
| | 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) |

Notes:

- All rolls must start and finish on two feet to count in the tariff.
- Balances should be held for 3 seconds except for handstand which needs to be held for 2 secs.
- Static moves like bridges, splits, pike fold and japana must be held for 3 secs
- Front support must be held for 3 seconds. Backward roll to front support must be held for 2 secs. Backward roll to front support, jump to crouch and straight upward jump - the front support must be held for 3 secs.
- Splits two ways need to be held for 2 seconds each way. Splits three ways needs to be held for 1 second each way.
- Flics may be landed on either one or two feet but must land on feet and no other body parts.
- Flic with a different exit to feet when attached as a second flic is an Advanced move but counts as 2 moves towards the Content.**
- Headstands:** Leg position and exit are optional but must not roll out. Deduct 0.5 for rolling out.
- Somersaults:** Only one forward and one backward somersault may be used in a floor routine. The shape of the somersault is optional.
- Any jumps & leaps which are not on the above code will be classed as links and therefore not count in the Content.

BALANCE STRENGTH AND FLEXIBILITY ELEMENTS

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

| BALANCE | STRENGTH | FLEXIBILITY |
|--|---|--|
| Supported shoulder stand 3 secs | | Forward roll with straight legs together (i.e. pike) |
| | Backward roll to front support 2 secs | Backward roll to straight legs together |
| Handstand 2 secs | Backward roll passing through handstand | *Japana 3 secs |
| Any arabesque balance 3 secs | | Any walkovers |
| Any headstand 3 secs | From headstand held 3 secs thrust or push to handstand | Valdez |
| | Straddle stand press to handstand | Tic toc |
| | Flic | Tinsica |
| | Handspring | *Pike fold sitting 3 secs |
| | | *Bridge 3 secs |
| | | Split leap or straddle leap |
| | | *Splits 3 secs |
| Straddle lever balance press to handstand (optional exit) Either hold the 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) |
| | | |
| Splits 3 secs | | * Splits 3 secs |
| '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 either piked or straddled 3 secs | |
| 180° or 360° pirouette in handstand – must show handstand held for 2 secs before the pirouette | 180° or 360° pirouette in handstand – must show handstand held for 2 secs before the pirouette | |
| Backward roll to handstand 180° pirouette – must show handstand held for 2 secs after the pirouette | Backward roll to handstand 180° pirouette | |

All static balances must be held for 3 seconds except for handstand which is to be held for 2

seconds. All moves marked with a * must also be held for 3 seconds

Moves shown on the above table in bold can be used either as a strength element or balance element or in the case of splits and Y balance either a flexible element or a balance.

One move may count to serve two requirements. i.e. performing a straddle lever balance held for 3 seconds will count as both a balance 0.1 and strength move 0.1.

Straddle lever balance press to handstand with an optional exit actually fulfils all three requirements. However, for this competition it may only count for two of the three requirements and therefore a second move would be required to gain all 0.3 strength/flexibility/balance moves composition marks. (See page 9 item 7.7 Composition allocation for Voluntary floor and page 10 item 8.4 Composition for Group Routines under variety of moves).

Special thanks must go to I.S.G.A. 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 I.S.G.A. should visit their website at www.isagymnastics.org