

# GIRLS & BOYS 2 PIECE IAPS CHAMPIONSHIPS RULES

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

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

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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](http://www.isgagymnastics.org)

# 1. GENERAL RULES FOR ALL FOUR 2 PIECE CHAMPIONSHIPS

## 1.1 COMPETITION FORMAT

There will be four separate competitions running at the same time at the IAPS 2 Piece 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 & 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 1 September of current academic year \*

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

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

An Under 13 competition: Under 13 on 1 September of current academic year \*

\* i.e. Midnight on 31 August

If a pupil is being taught out of age, the coach may request in writing to 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. Up to 5 gymnasts can perform on each apparatus with the top 4 scores on each discipline counting.
- b) 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. 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 1 September that academic year.
- c) 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.
- 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) 'B' teams are not eligible.
- g) A school may not enter an individual.
- h) If on the day of competition, a team is down to 3 or 2 gymnasts, they may still enter but will not be eligible for medals.
- i) 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 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 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, 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. 5 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.	Jewellery of any form 0.1
Diamantes or name on shorts or logo on waistband 0.1	String bracelets not covered 0.1
Visible underwear 0.1	Untidy hair 0.1
Indecent leotards 0.5 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.
Coach/teacher not properly attired 0.5 from each team's total	'Catch all' rule up to 0.5
Clothing pulled down 0.1 each time. No deduction if leotard becomes indecent mid-routine.	
<b>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</b>	

## 1.6 GENERAL COMPETITION 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. If shorts are worn they must be plain and free from diamantes and names. Only a small manufacturer's logo on the shorts, not on the waist band is allowed. Deduction 0.1. **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.
2. Attire for religious reasons and leggings for religious/personal reasons are allowed **for girls**. 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 taken off the final score.**
3. Gymnasts should not pull down their clothing e.g. leotard **or shorts** 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 0.5 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.
6. 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 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.

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.

## 1.7 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 and the Voluntary Vault Deductions.

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

## 1.8 GENERAL VAULT NOTES FOR ALL FOUR 2 PIECE CHAMPIONSHIPS

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 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 above.

## 1.9 GENERAL VAULT DEDUCTIONS FOR ALL FOUR 2 PIECE CHAMPIONSHIPS

FIRST FLIGHT	REPULSION	SECOND FLIGHT	LANDING - ALL VAULTS
<b>SQUAT ON and IMMEDIATE STRAIGHT JUMP OFF</b>			Extra step or hop 0.1 each step - max 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
<b>SQUAT THROUGH VAULT</b>			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
<b>STRADDLE VAULT</b>			
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		
<b>HANDSPRING VAULT</b>			
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		
<b>THESE DEDUCTIONS MAY BE TAKEN FROM ANY OF THE ABOVE PHASES:</b>			
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	
Non-indicated vault is a void vault			
<b>VAULT DEDUCTIONS ARE JUDGED BETWEEN 0.1 - 0.5 i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.</b> <b>MAJOR DEDUCTIONS = 1.0</b>			

## 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 routine is marked out of 10.00 with no bonuses available. This routine is not performed in any other competition, only IAPS.

In the case of the Boys, the U11 Girls and the U13 Girls, the routines are marked out of 9.00 allowing a further 1.00 mark to be gained for bonuses.

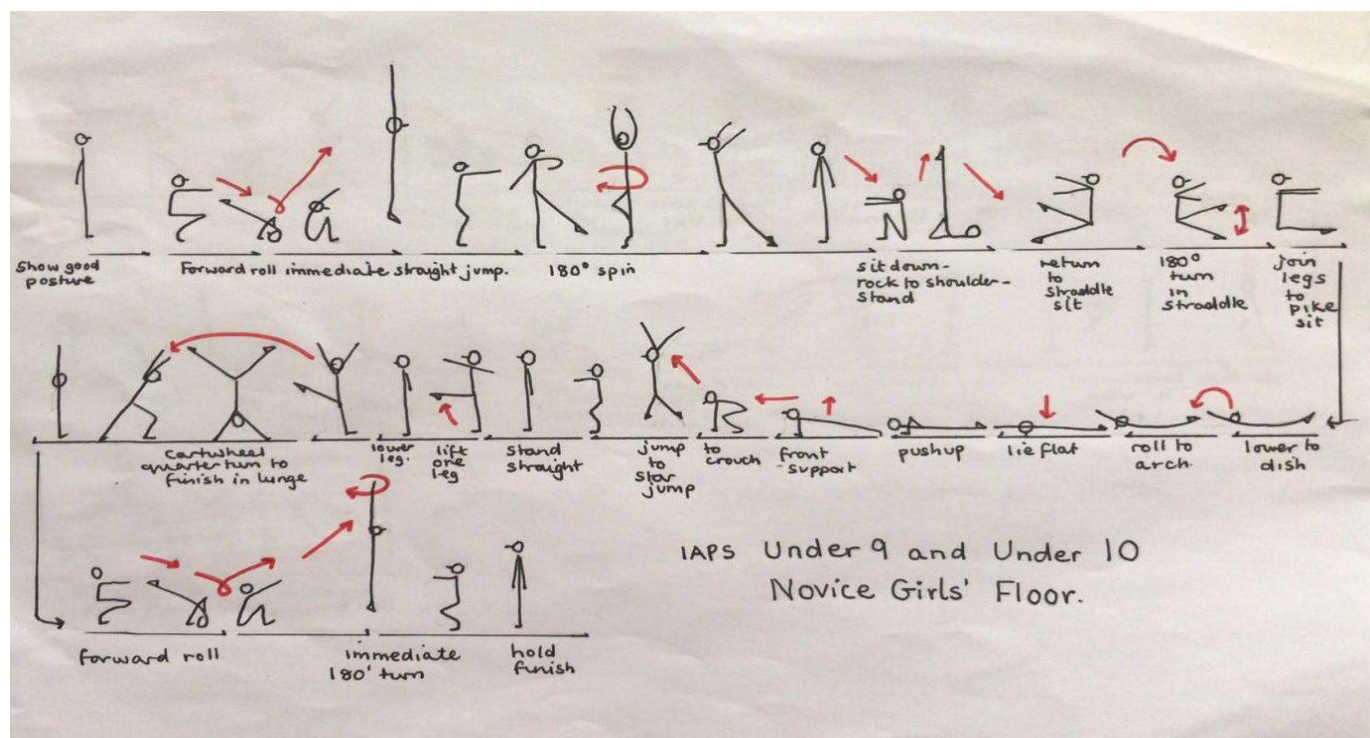
## 2 THE 2 PIECE GIRLS' U9 & U10 SET FLOOR

This set floor routine is unique to IAPS and also unique to the 2 Piece competition. It is specifically different from the 4/5 Piece competition to allow new and beginner gymnasts to compete on a level playing field with other more experienced gymnasts and teams.

### 2.1 EVALUATION OF MARKS

Show good upright posture for 3 seconds	
Forward Roll, Immediate Straight Jump	1.00
180° Spin	1.00
Sit down and rock into Shoulder Stand for 3 seconds	1.00
Return to Straddle Sit then 180° Circle Roll to sit in Straddle (Teddy Bear Roll)	1.00
Join legs together in Pike Sit then lower to dish for 3 seconds	1.00
Roll over to Arch for 3 seconds. Lower to ground then push up to Front Support	1.00
Jump to Crouch then Immediate Upward Star Jump	1.00
Leg Lift in front to 90° then return leg to floor	1.00
Lifting arms up and lead leg, Cartwheel ¼ turn in, finishing in Lunge	1.00
Forward Roll, 180° High Straight Jump	1.00
TOTAL	10.00

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



## 2.2 DEDUCTIONS AND NOTES FOR 2 PIECE GIRLS' U9 & U10 SET FLOOR

1. The routine to be performed along a strip of mat approximately 2m wide.
2. Gymnasts may start from either end of the strip.
3. Stepping off the strip – a deduction of 0.1 each time.
4. Missing elements – deduct the value of the move. Part elements deduct part of the value of the move i.e. 0.5 for either missing Forward Roll or missing Straight Jump in Forward Roll, Immediate Straight Jump move.
5. Elements performed in the incorrect order – deduct 0.5 and elements performed in wrong direction deduct 0.3.
6. Attempted moves will receive a deduction on execution only.
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 between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.
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 or foot is 0.1, 0.2 or 0.3. Adjustment/loss of control when entering a balance e.g. shoulder stand is 0.3, 0.4 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, 0.2 or 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.

## 2.3 2 PIECE GIRLS' U9 & U10 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.

**Make this gap smaller?**

1. Stand and show good upright posture for 3 seconds. Gymnasts should show extension and tension.
2. Then stretch arms overhead 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 toes 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 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 and 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 dished. 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° and 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 inward to lunge.

12. Bring back foot to join front foot and forward roll.

13. Bring the back leg to join the front leg, arms moving down to the side as gymnast joins legs. Swing arms upwards and perform a 180° high straight jump to a secure landing. Hold finish before turning to present to judge.

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

15. 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.

## 2.4 TABLE: 2 PIECE GIRLS' U9 & U10 SET FLOOR

			DEDUCTIONS AND NOTES
1	Stand showing good upright posture, with tension, arms by side, for 3 seconds.		Deduct 0.1 for poor posture and lack of tension. Deduct 0.1 for each second not held.
2	Then stretch arms overhead 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.	1.00	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 the roll, or extra arm swing. Deduct 0.1 if arms do not finish diagonally high above head
3	Step forward into a <u>180° spin on toes</u> . Free leg high with toes 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.	1.00	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 finish position
4	Join the back foot to the front foot. Sit down and roll into a <u>straight legged, vertical shoulder stand</u> held for 3 seconds (must show control and body tension throughout).	1.00	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 not held
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 <u>180° circle roll</u> 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.	1.00	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 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 <u>dish</u> position. The arms should be held over the thighs, feet off the ground, head slightly raised. Hold each static position for 3 seconds.	1.00	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
7	Lift arms straight to align with ears, roll to <u>arch</u> position and 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.	1.00	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	<u>Jump to crouch and then immediate upward star jump</u> 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.	1.00	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	<u>Lift a stretched, straight leg forward to 90°</u> and 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.	1.00	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 seconds held
10	Arms lift high as lead leg kicks straight into <u>Cartwheel ¼ turn inward to lunge</u> .	1.00	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. Swing arms upwards and perform a <u>180° high straight jump</u> to a secure landing. Hold finish before turning to present to judge.	1.00	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 lack of tension Deduct 0.1 for uncontrolled landing
		10.00	

### 3. 2 PIECE GIRLS' U11 SET FLOOR

#### 3.1 EVALUATION OF MARKS

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
	<b>Total</b>
	<b>9.0</b>
	<b>Bonuses</b>
	<b>1.0</b>
	<b>TOTAL</b>
	<b>10.0</b>

#### 3.2 DEDUCTIONS AND NOTES FOR 2 PIECE GIRLS' U11 SET FLOOR

- The routine to be performed along a strip of mat approximately 2m wide.
- Gymnasts may start from either end of the strip.
- Stepping off the strip – a deduction of 0.1 each time.
- 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 ie. Handstand Forward Roll, falls backwards to feet then deduct 0.5
- 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 or foot is **0.1, 0.2 or 0.3**. Adjustment/loss of control when entering a balance e.g. 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 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, 0.2 or 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.

#### 3.3 NOTES FOR COACHES & JUDGES FOR 2 PIECE GIRLS' U11 SET FLOOR:

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

##### Handstand forward roll:

- 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.

## 4. 2 PIECE GIRLS' U13 SET FLOOR

NB: This set floor is also used in the 5 Piece competition

### 4.1 EVALUATION 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	1.4
Total	<b>9.0</b>
Bonuses	1.0
<b>TOTAL</b>	<b>10.0</b>

## DEDUCTIONS AND NOTES FOR 2 PIECE U13 SET FLOOR

1. The routine to be performed along a strip of mat approximately 2m wide.
2. Gymnasts may start from either end of the strip.
3. Stepping off the strip – a deduction of 0.1 each time.
4. Missing elements – deduct the value of the move. Part elements deduct part of the value of the move **i.e. 0.7 for either missing Shoulder Stand or missing 360° Jump in Unsupported Shoulder Stand, immediate High Straight Jump move.**
5. Elements performed in the incorrect order – deduct 0.5 and elements performed in wrong direction deduct 0.3.
6. Attempted moves will receive a deduction on execution only ie. Handstand Forward Roll, falls backwards to feet then deduct 0.5
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 between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5.**
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 or foot is **0.1, 0.2 or 0.3**. Adjustment/loss of control when entering a balance e.g. shoulder stand is **0.3, 0.4 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, 0.2 or 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.

## NOTES FOR COACHES & JUDGES FOR 2 PIECE U13 SET FLOOR:

1. For the U13 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:** This finishes in a lunge with the chest up and arms in a high V position above head.

### 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.**



Cartoon by Bob Currier.

2 PIECE GIRLS' U11 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 <b>Spin 360°</b> 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 <b>Handstand Forward Roll</b> . 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 <b>Round Off, immediate rebound Star Jump</b> 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.
<b>Chassé, Catleap, Cartwheel, Cartwheel ¼ turn inward to lunge</b> . 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 <b>Forward roll to Pike Sit</b> . Legs must 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 forward and parallel to floor. Deduct 0.1 for back not straight.	
Roll back to floor and then push up into <b>Bridge</b> . 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 <b>Back Support</b> held for 3 seconds. Turn to show <b>Side Support</b> , with free arm in air, rotate supporting hand before turning,. Continue round into <b>Front Support</b> , 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, <b>Headstand with straight legs</b> 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.
<b>Backward Roll</b> to finish with feet together and arms in a high V position above head. See notes for coaches and judges on page 7.	0.7	Deduct 0.1 – 0.3 for lack of push on hands & extension of arms to raise hips i.e. rolling over 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. <b>Tuck Jump 180°</b> . 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 above head.	0.1 for Tuck Jump 360°, 0.1 for secure landing.
<b>Total of Content</b>	<b>9.0</b>	<b>Total of Bonuses</b>	<b>1.00</b>

2 PIECE GIRLS' 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 <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 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 <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.	
Jump forwards into a hurdle step with lunge and <u>round off, straight jump 180° to land on one foot, into a cartwheel ¼ turn inwards to lunge</u> . <b>Finish in lunge with chest up and arms in a high V position.</b> See notes for coaches and judges on page 8.	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 <b>for not finishing in a lunge with chest up and arms in a high V position.</b>	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 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 8.	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.
<b>Total of Content</b>	<b>9.0</b>	<b>Total of Bonuses</b>	<b>1.00</b>

## 5. SET FLOOR FOR 2 PIECE BOYS

### 5.1 EVALUATION 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, high straight jump 180°	1.2
Total	<b>9.0</b>
Bonuses	1.0
TOTAL	<b>10.0</b>

### 5.2 DEDUCTIONS AND NOTES FOR THE 2 PIECE 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. Part elements deduct part of the value of the move.
5. Elements performed in the incorrect order deduct 0.5 and elements performed in wrong direction deduct 0.3.
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 20.
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 between 0.1 – 0.5, i.e. 0.1, 0.2, 0.3, 0.4 and 0.5..**
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, 0.2 or 0.3**. Adjustment/loss of control when entering a balance e.g. **Headstand** or **frog balance** is **0.3, 0.4 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 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.
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

### 5.3 NOTES FOR 2 PIECE 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 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 **finishing in a high V position above head**. 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 **high V position above head**.  
**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 in a **high V position above head** and feet together. See notes for coaches and judges on page 20.  
**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. Backward roll to straddle stand. This is performed with bent legs from a standing position. 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 in a high V position** must be shown. See notes for coaches and judges **below**.  
**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 to vertical. Hold for 3 secs 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 **in a high V position** 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. **Arms are optional on landing**. Step forward to join the feet together again and into a high straight jump 180°. Arms swing down then up above head during the jump. **Arms are optional on landing but must finish stretched up and in a high V position above head**.  
**Bonus 1:** For a high straight jump 360°, (instead of the jump 180°).  
**Bonus 2:** For a secure landing after the high straight jump 180° or 360°.

## 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 skill 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, 0.2 or 0.3**. There should be only one arm movement or swing, deduct **0.1, 0.2 or 0.3**. Finishing with the arms **in a high V position** above the head.

### Backward Roll:

- This is performed with bent legs from a standing position. 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 **in a high V position above head** must be shown. If the roll is repeated deduct 0.3.

5.4 TABLE: SET FLOOR FOR BOYS		DEDUCTIONS	BONUSES
Stand showing good upright posture, with tension for 3 seconds.		Deduct 0.1 for poor posture & 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 in a high V position. 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 in a high V position.	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 in a high V position 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 & <u>immediate</u> cartwheel. 0.1 for first cartwheel landing on one foot and <u>immediate</u> second cartwheel.
From standing, <u>forward roll and immediate straight jump</u> . <b>Showing straight legs before tucking them in for the jump</b> . The jump starts out of the roll and finishes in a standing position with arms in a high V position above head. There should be only one arm movement or swing from roll to jump. See notes for coaches and judges on page 20.	1.2	<b>Deduct 0.1 for legs not straight in roll once feet have left the floor.</b> Deduct 0.5 if the handstand 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 in a high V position high above head.	0.1 for handstand forward roll. 0.1 for height in straight jump.
<u>Backward roll to straddle stand</u> . This is performed with bent legs from a standing position. Arms finish in a high V position above head. See notes for coaches and judges on page 20.	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 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 in a high V position above head	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	<b>Deduct 0.1– 0.3 for bent legs, bent arms and legs not together.</b> <b>Deduct 0.1 – 0.5 for lack of complete fold.</b> Deduct 0.1 for hands not on floor by feet. Deduct 0.1 each second not held.	
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 in dish position. 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 for arms not by ears in turn. 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 lack of stretch and tension in arch position. Deduct 0.1 for toes not turned under in front support i.e. they are pointed. Deduct 0.1 for back not straight or arms not forward in squat position. Deduct 0.1 for each second the arch, front support or squat not held.	0.1 for straight body pushed up to front support.
<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 mat into a <u>frog balance</u> . Hold for 3 seconds. Return to feet and stand with arms in a high V above head.	0.6	Deduct 0.3 if thumbs do not face forwards in same direction as fingers during frog Deduct 0.1 for each second the frog balance is not held. Deduct 0.1 for arms not finishing in a high V position 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>high straight jump 180°</u> . Arms swing down then up above head during the jump and finish in a high V position above head.	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 in a high V position above head.	0.1 for a 360° high straight jump. 0.1 for secure landing after the 180° or 360° high straight jump turn.
<b>Total of Content</b>	<b>9.0</b>	<b>Total of bonuses</b>	<b>1.00</b>