



National Gymnastics Championships

Group Sequence Rules and Regulations

Hosted by Kent College, Pembury.

Saturday 19 November 2022

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.
- The exercise must contain twelve gymnastic moves only taken from the I.S.G.A* 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. The CD 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 five-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 partners), 3+1	1.0
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 bodyparts.
- 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