

# FLOOR & VAULT (SCHOOL GYM) COMPETITION RULES

## School Team Competition on Floor & Vault

National Final to be held at Fenton Manor Sports Complex on 10th & 11th May 2014

### Age Groups:

- Under 11 (Years 3 to 6) Under 14 (Years 7,8 & 9) Under 19 (Yrs 7 to13)
  - A gymnast may compete in his/her age group or the age group immediately above but may not 'skip' an age group.
  - A gymnast may not compete in two age groups or teams in the same competition.

### Team Numbers

- Regions/home countries can enter a male, a female and a mixed team in each age group at the national finals (9 teams in total).
- Each team must consist of 4, 5 or 6 gymnasts from the same school. A mixed team must include a minimum of 2 boys and 2 girls.
- Where 6 gymnasts make up a team, only 5 can perform on each apparatus, **but each of the 6 gymnasts must perform at least once.**

### Dress

- Teams must be uniformly dressed in the same colour scheme. Girls must wear leotards and/or plain shorts. Boys must wear leotards and shorts/trousers or smart school PE kit with shorts/trousers. Baggy, un-tucked T-Shirts will incur a deduction.

### Music

- Refer also to rules common to all BSGA competitions.
- Only girls may use music in their individual routine. There is no penalty if music is not used.

### Medals Positions

- The teams finishing in 1st, 2nd and 3rd positions in each age group competition will receive medals
- The team finishing 1st in each competition in each age group will receive a BSGA Team trophy. (This will be retained by the school for one year)
- Medals will be provided to participants only. (Schools will be able purchase a medal for a team reserve).

### Scoring

- The highest four scores on each apparatus added together count towards the overall result. (In a mixed team this must include the scores of 2 boys and 2 girls on each piece).
- In the event of a tie the best 5 marks in each section will be added together
- Individual gymnasts can score a possible **maximum of 16** on Floor and **16** on Vault.
- The gymnasts' final score has **TWO** components – **D-score (difficulty)** and **E-score (execution)**.
- The **D-score** will give the gymnast marks for the skills and requirements included in the routine.

#### Individual Floor Exercise

Content 3.00 marks

Composition 3.00 marks

**On vault the tariff is the D score**

**E-score** – Each gymnast starts with an E-score of 10.00. Deductions will be taken every time the performance is less than perfect.

- Small errors e.g; 1 step on landing 0.10
- Medium errors e.g; Bent arms 0.30
- Large errors e.g; Deep squat on landing vault 0.50
- Very large errors e.g; A fall 1.00

**E-score** = 10.00 minus total of deductions e.g; 10.00 minus 4.00      **E-score = 6.00**

The D-score and E-score are added together to give the Final score.

E.g; 6.00 + 6.00      FINAL SCORE = 12.00

### **Floor Routine (Individual) ~ (Maximum 16.0 marks)**

- A routine up to 60 seconds from first movement to last, performed on a 12 metre square un-sprung matted floor

Content	6 x skills @ 0.50	= 3.00
Composition	6 x categories @ 0.50	= 3.00
Maximum D Score		= 6.00
Maximum E (execution) Score = 10.00 – total deductions for poor execution		
Final Score = D Score (up to 6.00) + E score (up to 10.00) = maximum of 16.00		

### Content (D~ Value up to 3.0)

- Six different and distinct moves from the published tables of approved moves must be included. (A 0.5 deduction will be applied for each move omitted)
- A jump half turn OR full turn may be included as one of the six counting moves
- Leaps, jumps (except half & full turn jumps), spins and turns are not considered as moves but should be included to link the sequence together
- Additional moves from the approved table can be included and moves can be repeated. However, no extra marks will be gained and marks may be lost for poor execution
- Dive rolls are not recommended but if included will be considered as linkages not one of the counting moves.

### Composition (D~ Value up to 3.0)

The routine should include choreography that demonstrates each of the categories listed below. There will be a deduction of up to 0.50 for each missing category

- Use of floor space and variety of patterns
- Changes in direction and levels
- Variety of linking skills ,leaps, spins, jumps ,(except half & full turn jumps) and dance
- Musical interpretation (girls) & rhythm /tempo (boys and girls)
- Strength, flexibility & balance
- Difficulty, variety and originality appropriate for the age and maturity of the gymnast (difficulty should not be included at the expense of good execution)

### Execution (E ~ Value up to 10.0)

Marks for execution will take into consideration all parts of the routine.

- Any balances or static moves must be held for 3 seconds except for a handstand which must be held for 2 seconds – failure to hold a balance for the required time will incur a deduction as either a loss of element and/or execution/artistry if six other moves are present.
- Judges will be looking for
  - Straight legs and pointed toes
  - Good extension and posture
  - Good height in flight elements
  - Accurate body shapes
  - Light, controlled landings
- Judges will take deductions for anything which falls short of perfection
  - Small errors e g; 1 step on landing 0.10
  - Medium errors e g; Bent arms 0.30
  - Large errors e g; Incorrect body shape 0.50
  - Very large errors e g ; A fall 1.00
- Judges will review the entire routine and can deduct up to 1.0 for lack of Artistry and presentation.

### Vault ~ (Between 14 and 16 marks depending on tariff of vault selected)

Vault Tariffs = D Score

- 6.00 Handspring, straddle & squat through
- 5.00 Cat Spring
- 4.00 Squat on - various jump offs

Final Score = D Score (Vault Tariff) + E Score (up to 10.00) = maximum of 16.00

- Power boards will be available at the National Final
- Gymnasts must use apparatus provided
- Gymnast will perform 2 vaults each (the same or different) from the appropriate list. Only their highest mark will count
- Any vault performed that is not listed will be deemed void

## Execution Penalties for Floor and Group Exercises

### Floor

Small faults	0.10	
Medium faults	0.30	
Large faults	0.50	
Very Large faults	1.00	
General		
Step off floor	0.10	
Stops/pauses	0.10	
No presentation	0.30	
No Links	up to 2.00	
Technique		
Incorrect body shape in any skill	up to 0.50	
Bent arms	up to 0.50	
Bent knees	up to 0.50	
Legs separated	up to 0.30	
Insufficient height of jumps	up to 0.30	
Insufficient flight in flight elements	up to 0.30	
Insufficient tuck/pike/stretch	up to 0.30	
Insufficient split	up to 0.30	
Incomplete turns	up to 0.30	
Hop/Steps on feet or hands	0.10 each time – maximum of 0.70 for any one skill	
Movements to maintain balance	up to 0.30	
Touch down with hands	0.50	
Fall	1.00	
Poor Posture throughout the routine	0.30	



*Photos by DE Photo*

### Artistry & Choreographic Deductions

Faults	0.10	0.30	0.50
– Insufficient artistry of performance throughout the entire exercise		x	
<input type="checkbox"/> Expressiveness	x		
<input type="checkbox"/> Confidence	x		
Personal style	x		
– Inability to play a role or a character throughout performance	x		
– Performance of the entire exercise as a series of disconnected elements & movements		x	
– Lack of creativity of movements and transitions	x		
– Incorrect selection of movements for particular music <i>Example: “Tango” music, but “Polka” movements</i>	x	x	
– Musicality	x		
<input type="checkbox"/> Inability to follow musical beats, rhythm and tempo	x	x	
<input type="checkbox"/> Background music <i>(‘Background music’ is when an exercise is connected to the music only at the beginning and the end)</i>			x
– Lack of synchronization between movement and musical beat at the end of exercise	x		
Not finishing the routine with the music		x	

## Execution Penalties for Vault

### First Flight

Bent knees	up to 0.50
Legs separated	up to 0.30
Insufficient stretch	up to 0.50
Poor technique e.g. hips bent	up to 0.50
No Layout	up to 0.50
Two knees on top	1.00
One knee + 1 foot on top	0.50
One knee + 1 leg hanging down	1.00



### Repulsion Phase

Touch with one hand only	1.00
Poor technique	up to 0.50
E.G. poor body shape, arched back, hips bent, too long on apparatus	
Bent arms	up to 0.50
Bent legs/knees	up to 0.50
Legs separated	up to 0.30
Legs round side of vault	0.50



### 2nd Flight

Bent legs	up to 0.50
Legs separated	up to 0.30
Insufficient height	up to 0.80
Poor technique/ body shape/body position E.g. back arched	up to 0.50
Insufficient stretch into landing	up to 0.30
Stop on top of box	0.50
Insufficient dynamics	up to 0.50

### Landing

Insufficient distance	up to 0.50
Arm or body movements to maintain balance	0.30
Deviation from straight line	up to 0.30
Deep squat on landing	up to 0.50
Steps	0.10 each to a maximum of 0.70
Fall	1.00
Insufficient stretch into landing	0.30
Full Support from coach during vault	2.00
Support from coach on landing	1.00

### Void Vault

- Touching the apparatus without vaulting
- Performing a vault not on the list



*Photos by DE Photo*

## Music at Competitions (RULING EFFECTIVE IMMEDIATELY)

It is now not possible to use music composed by the following for sequences: Andrew Lloyd Webber e.g. Variations, Cats, Phantom etc, Cirque De Soleil e.g. Alegria, Quidam etc, Disney / Pixar e.g. Pirates of the Caribbean, Narnia or any Disney Classic.

Anyone using those pieces of music will have the music turned off during the gymnast's performance and they will have to continue without music, no matter how bad that seems. The directive from British Gymnastics leaves us in no way uncertain about the effect of a lawsuit on BSGA and our individual schools.

## FLOOR COMPETITION REQUIREMENTS

**List of Approved Moves for use in Regional and National Finals for 'School Gym' and MilanoTeam Competitions only ~ (Applies to all age groups)**  
*(Reference ~ Core and Advanced Skills on BG Proficiency Award Charts)*

BG Proficiency Awards Core Skills	Card	Level	Category	BG Proficiency Awards Advanced Skills	Card	Level	Category
Japana 45° or less	6	3	<b>Flexibility</b>	One handed cartwheel, either arm	A1	B	
Splits - front or side	7	1	<b>Flexibility</b>	Two cartwheels linked, (same or different)	A1	B	
Bridge - push up from lying on back and return to floor in the same way	8	2	<b>Flexibility</b>	Backward roll to front support	A3	B	
Press up forwards and backwards	9	6	<b>Strength</b>	Backward roll to straddle stand	A3	B	
Move from dish to arch (log roll)	10	5		Forward roll to straddle stand	A4	B	
Shoulder stand – arms optional.	11	4	<b>Balance</b>	Handstand forward roll with straight arms	A4	B	
Straddle or pike ½ lever	12	1	<b>Strength</b>	Headspring	A5	S	
Half OR full jump turn (not both in single routine)	17	2/1		Round off	A6	S	
V sit with or without hand support	19	6	<b>Balance</b>	Handstand (hold for 2 seconds)	A7	S	<b>Balance</b>
T balance	20	5	<b>Balance</b>	Backward walkover	A8	S	<b>Flexibility</b>
Frog balance.	21	4	<b>Balance+ Strength</b>	Planche tucked or straight.	A8	S	<b>Strength</b>
Headstand – legs optional (Return to feet)	22	1	<b>Balance</b>	Standing Back flic,	A9	G	
From front support, jump legs in and jump up.	23	7	<b>Strength</b>	Free cartwheel	A9	G	
Cartwheel or dive cartwheel	25	3		Round off, flic (counts as 2 moves)	A10	G	
Handstand forward roll with bent arms	26	1		Handspring to two feet	A10	G	
Forward roll	29	3		Handspring to one foot	A10	G	
Backward roll	29	2		Forward walkover	A11	G	<b>Flexibility</b>
Back support, turn to front support (or vice versa)	31	7		Elephant lift to handstand	A11	G	<b>Strength</b>
Side support turn to side support other arm	31	6	<b>Balance</b>	Backward roll through handstand	A12	G	
Circle roll (teddy bear roll)	33	3		Handstand 180° or 360° pirouette	A12	G	
<b>Additional permitted moves not on BG Proficiency Award charts</b>							
Y Balance or arabesque	-	-	<b>Balance</b>	Pike fold Sitting or standing	-	-	<b>Flexibility</b>
Headstand-push to handstand with straight legs.	-	-	<b>Strength</b>	Valdez	-	-	<b>Flexibility</b>
Russian Lever	-	-	<b>Strength</b>	Tinsica	-	-	<b>Flexibility</b>
Back flic, step out	-	-	-	Free walkover	-	-	-
One handed flic	-	-	-	Side somersault, shape optional	-	-	-
Fly spring	-	-	-	Back somersault, shape optional	-	-	-
	-	-	-	Front somersault, shape optional	-	-	-

**All balances and static moves MUST be held for 3 seconds with the exception of handstand (2 seconds)**

## VAULT COMPETITION REQUIREMENTS

**List of Approved Vaults for use in Regional and National Finals**

**Junior ~ Under 11 ~ Box minimum of 1 metre high (or as close as equipment permits)**

Direction of Box	Description of Vault	Tariff (Value)
widthways	Squat on. Immediate straight or star jump off	4.0
widthways	Squat on. Jump off with half turn	4.0
lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways	Squat (through) or straddle	6.0
lengthways	Squat (through) or straddle	6.0
widthways	Handspring	6.0

**Senior ~ Over 11 ~ Box 1 metre or 1.25 metres high or as close as equipment permits (Choice)**

lengthways	Squat on (Cat spring), Leap frog off	5.0
widthways or lengthways	Squat (through) or straddle	6.0
widthways or lengthways	Handspring	6.0
widthways or lengthways	Yamashita	6.0