

# GIRLS' INDEPENDENT SCHOOLS GYMNASTICS ASSOCIATION



## THE 2009 / 2010 GISGA CHAMPIONSHIPS RULES

### 1. **There will be competition in the following age groups:-**

a.	An Under 9 competition	Under 9	on 1 <sup>st</sup> September 2009*
b.	An Under 10 competition	Under 10	on 1 <sup>st</sup> September 2009*
c.	An Under 11 competition	Under 11	on 1 <sup>st</sup> September 2009*
d.	An Under 13 competition	Under 13	on 1 <sup>st</sup> September 2009*
e.	An Over 13 competition	Over 13	on 1 <sup>st</sup> September 2009*

\*i.e. midnight on 31<sup>st</sup> August 2009

### 2. **TEAMS**

A team will consist of five gymnasts, from the same school. It is possible to make up a team with up to two girls who are under age in the U10, U11, and U13 age groups. Small schools may appeal in writing to the GISGA chairman if they wish to include more than two girls competing out of age.

(Small schools are those having fewer than 35 girls in Years 5 & 6). Girls in the Under 9 age group have no lower limit. Girls competing in the Over 13 category must be 13 years or over on 1st Sept 2009.

The top four scores on each discipline will count.

A team may consist of four members only, if desired.

The scores will be added together to produce an Individual and a Team score.

No school may enter more than the allotted five gymnasts.

A school may not enter an individual.

Once a team has started its first discipline no reserve may take part. The team still has four scoring gymnasts.

### 3. **COMPETITION FORMAT - FOR ALL AGE GROUPS**

Each gymnast will perform the following:-

- A
  - 1. Set Vault
  - 2. Voluntary Vault
  - 3. Individual Set Floor
  - 4. Individual Voluntary Floor (to music)
- B Group Sequence – performed by four of the five team members.

### 4. **ENTRY FORMS:-** These will follow at a later date to all affiliated schools.

The deadline for affiliating is 14 September 2009.

Payments may be made from 1 May 2009.

Note: When submitting names for the programme, gymnasts must compete in programme order for their Voluntary Floor.

### 5. **IMPORTANT - Please note the DISCLAIMER overleaf.**

## **DISCLAIMER**

GISGA cannot accept legal liability for any damage or accident during any of the competitions. It is incumbent upon all teachers and coaches to check with their schools that they are adequately insured.

GISGA regrets that it cannot accept liability for loss or damage however caused to the personal property of any person attending this or any other event organised under the auspices of the Association.

'If any item is of significant value then members are advised to check the cover that may be in place under existing policies (e.g. House Contents Insurance etc) and, if in doubt, to effect specific insurance to cover the item in question for the duration of this event – it is suggested that this should cover travel to and from the venue'.

**NB. You are now requested to sign and return a copy of this disclaimer before attending a National competition run under GISGA rules. Your Headteacher is also required to sign the disclaimer.**

## GENERAL COMPETITION RULES AND DEDUCTIONS

1. The team should be uniformly dressed, ie. all dressed alike. Deduction 0.2
2. Gymnasts should not pull down their clothing eg. leotard whilst being judged. Deduction 0.1  
Underwear, if worn, should not show.
3. Hair should be tied back neatly. Deduction for untidy hair 0.1
4. No jewellery must be worn. This includes small ear studs. Deduction 0.1
5. Teams must line up before the judging panel, at the start of each discipline.
6. Each gymnast must present to the judges at the start and finish of her individual floors and vaults. The team or an individual must present at the start and finish of the Group Sequence. Deduction 0.1
7. The gymnast performs her Set Floor and Voluntary Floor once only and has two attempts at both the Set Vault and the Voluntary Vault, unless in the judge's opinion there has been outside interference. Gymnasts who exit from floor sequences part-way through a sequence will not be permitted to start again.
8. A fall on Floor or Vault - Deduction 0.5
9. One cassette or CD per gymnast and per group is needed. The music must be recorded at the start of the tape/CD and rewind ready to be handed in to the music steward. One CD per team with a clear playlist in competition order may also be submitted.
10. **It is now forbidden to use music from Walt Disney, Andrew Lloyd Webber and Cirque de Soleil. British Gymnastics, who have lost a court ruling, have issued a warning to all competition organisers to turn off any of the above music if any attempt is made to play them.**
11. It is strongly advised that each school bring a set of back-up cassettes/CDs for each competitor and group sequence. Each cassette/CD and box must be clearly labelled with Name, School, Age Group, and Competitor's Number (if known). Please note cassettes will not be used after 31<sup>st</sup> August 2010.
12. Deposit cheques will not be given until all trophies have been returned in good condition.

### INDIVIDUAL SET FLOOR

a.	Evaluation of Marks:	Good posture	
	Handstand forward roll, split jump		1.3
	Full 360 spin		1.1
	Jump lunge cartwheel		1.1
	Turn on toes		0.3
	Fwd leg lift and Arabesque balance		1.1
	Round Off, star jump		1.6
	Backward roll to straddle stand		1.1
	Forward roll, straight 360 jump		<u>1.2</u>
			8.8
	Virtuosity and Amplitude		<u>1.2</u>
	TOTAL		<u>10.0</u>

Each element to be marked on a deduction basis as follows:-

Small faults up to 0.2

Medium faults up to 0.3

Large faults up to 0.5

Missing elements – deduct the value of the move.

Attempted moves will receive a deduction on execution only i.e. Handstand forward roll, falls backwards to feet and backward roll through handstand, falls backwards - Deduct 0.5.

- b. The sequence to be performed along a strip of matting.
- c. Please see page 5 for a diagrammatic form of the sequence and page 6 for the accurate text.

## SET FLOOR

Please note:

A clear directive was made at the 2008 AGM of GISGA about the way the Handstand Forward Roll Split Jump should be marked. There is also a directive about the performance of a Backward roll that has implications for Set Floor (back roll to straddle) and Voluntary Floor (all backward rolling elements) Please read the following carefully so that you understand the implications.

### Handstand Forward Roll Split Jump

The whole move is worth 1.3. It is a move that must be linked and the forward roll is the linking factor.

If the gymnast performs the handstand forward roll but omits the split jump, deduct 0.6.

If the gymnast performs the forward roll split jump but omits the handstand then deduct 0.6

If the handstand falls back down to the feet, ie no roll deduct 0.5 for a 'fall'. The gymnast must then perform a forward roll immediate split jump. **If there is no forward roll before the split jump** then the whole value of the move is forfeited 1.3

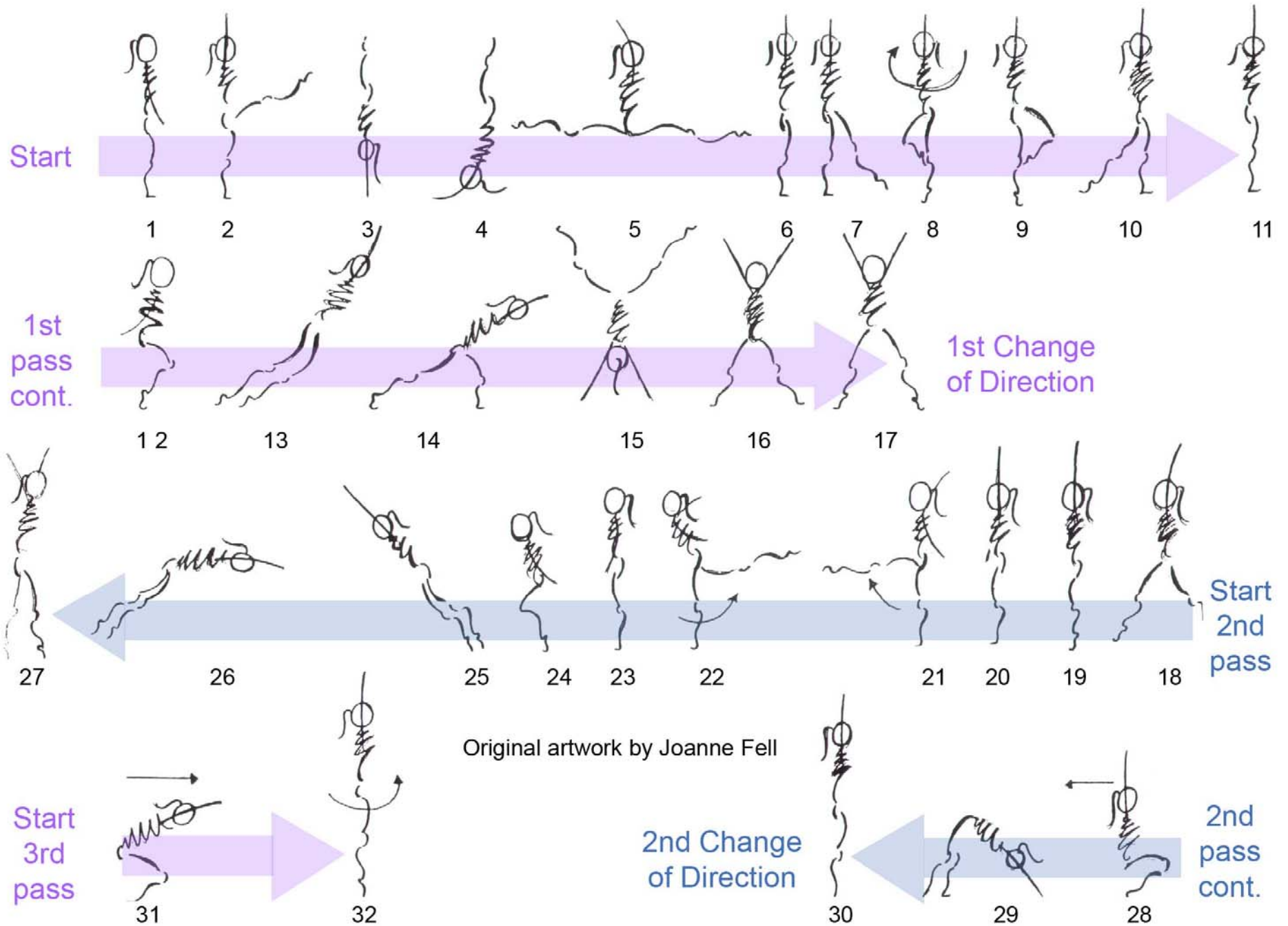
### Backward Roll

You can do a backward roll with straight legs and you can put your hands down to touch and then put them by your ears with no deduction.(ie. 2 touches in the roll).

A bonus can be given for keeping the legs straight but there is no bonus available for touching only once.

'A backward roll can be performed from standing or from a crouched position. Either is acceptable. If the roll is performed from crouch then the roll is on the back with hands going on the floor behind the head in order to achieve the push up to standing straddle. Performed from standing it may be performed 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.

(Agreed by Robin Leeworthy, GB Judge at the Olympics, and Joan Jackman, chair of BSGA and retired international judge).



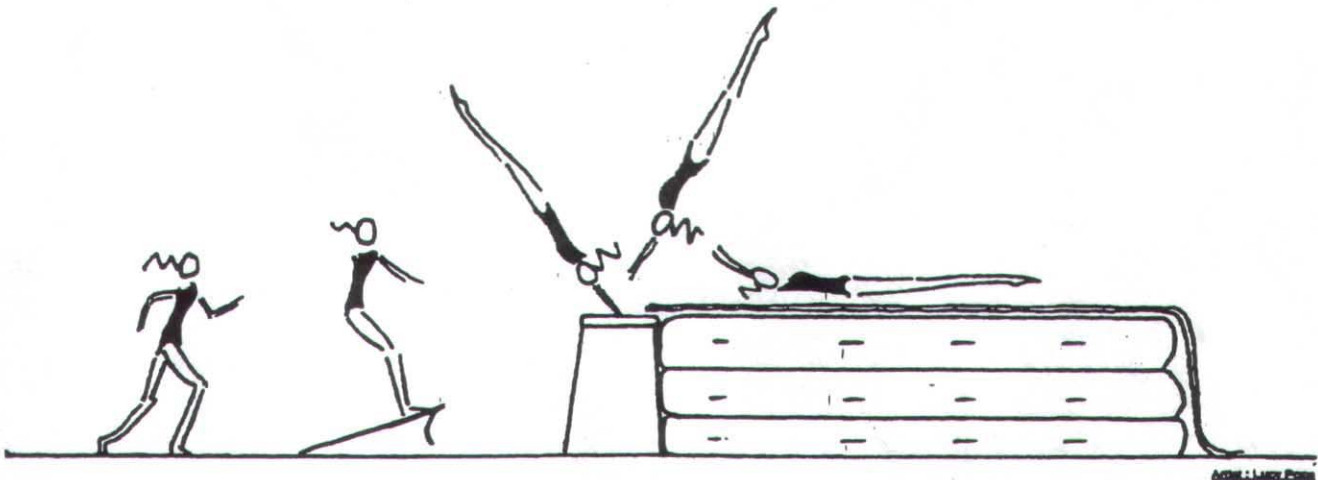
DIAG- RAM	SET FLOOR SEQUENCE TEXT	CONTENT Total marks: 8.80	NOTES AND DEDUCTIONS	BONUS VIRTUOSITY AND AMPLITUDE
1	Stand showing good upright posture for 2 secs		Not shown for 2 secs or poor posture – deduct 0.1	
2 - 6	Step into, or immediately lift into, <u>handstand forward roll, immediate split jump</u> out of the roll, to finish in a standing position, arms above head.  See page 4 for new further specific deductions for this element	1.3	If the handstand falls backwards down to the feet, deduct 0.5, the handstand should not be repeated, but the roll and split jump must then be performed.	Held handstand 0.1 Straight arm roll 0.1 Height in jump 0.1
7 - 10	Step forward into <u>360<sup>o</sup> spin</u> on toe. Free leg, high with toe to knee, finishing in front with foot turned out. Back foot extended with toes behind on mat (pose). Arms optional in spin, but should finish diagonally high.	1.1	Deduct 0.1 if spin is reversed. Deduct 0.1 if pose is not held.	Control and balance 0.1
11 -16	Join the back foot to the front, jump forwards into a lunge and <u>cartwheel</u> . Finish facing sideways (arms finish diagonally high)	1.1	No aerial cartwheels – deduct 1.0	Flight in 0.1
17 - 20	Up on toes, <u>¼ turn backwards</u> on toes to face the way you have just come, join back foot to front foot on toes. Lower heels.	0.3	Turn must show control and body tension throughout.	
21 - 23	Lift a straight leg forwards and <u>upwards, hold balance 3 secs</u> . Take held leg round to the back into an <u>upright arabesque balance</u> , hold for 3 secs. Lower to join feet.	1.1	Arms out to the side, chest and head upright in fwd and arabesque balances positions, support leg should not bend at knee. Foot should not touch the floor during the move - deduct 0.5	Forward leg lift above 90 degrees, held 3 secs 0.1
23 – 27	Jump forwards into a <u>lunge and round off, immediate rebound high star jump with controlled landing</u> .	1.6	Dynamic but showing good shape, height and slight dish shape in the rebound, and controlled throughout.	Dynamic 0.1  Height and shape in rebound 0.1
28 - 30	<u>Backward roll</u> to finish in <u>straddle stand</u> with arms diagonally high above head.	1.1	Aim to roll with straight legs, then lift the hips into handstand, feet together, exit to stand in straddle stand. A second attempt is not permitted if the roll is unsuccessful and falls backwards, deduct 0.5	Straight legs 0.1 Lift to handstand, feet together 0.1
31 - 32	Jump feet together and <b>forward roll</b> , with 360 high straight jump finish, out of the roll, to a secure landing.	1.2		Height in jump 0.1 Secure landing after full turn 0.1

## General Vault Notes

1. Vaulting before receiving the Judge's signal - void vault
2. Support from coach on the landing side of the vault - 1.0 Deduction
3. Support from coach on take off side of vault - 2.0 deduction  
(Vault void if coach lifts or throws.)
4. If head touches on a handspring, the vault is still awarded but deductions will obviously be made at various stages.
5. A gymnast is allowed ONE 'run out' per vault, provided that she has not touched the apparatus. The SECOND attempt will be judged
6. Schools may use their own springboard, but at other times it must be available to other teams.
7. After warm-up rounds gymnasts will be given 2 further warm up vaults when they arrive at the vault competition round. This is only applicable if the competition is run with a system of preliminary warm-ups on all four disciplines before competing on all four disciplines.

## SET VAULT

### HANDSPRING FLATBACK - ON TO PLATFORM OF CRASH MATS



- a. All ages will use a vault in front of the crash mats as shown in the diagram.
- b. The vault shall be covered with an agility mat to avoid a gap between vault and safety mats.
- c. The maximum combined height of the total vault plus any agility mat shall not exceed the heights listed below.
- d. Two attempts at this vault - the higher score will count.

e. **Breakdown of marks.**

Take off and flight on	3.0
Repulsion from vault (height)	2.0
Flight Off (length)	1.0
Shape of overall vault	3.0
Landing (shape and tension)	<u>1.0</u>
	<u>10.0</u>

**Compulsory Maximum Height of Vault**

Under 9 - 70-75 cms*
*depending on height available
Under 10 - 85-90 cms
Under 11 - 100 cms
Under 13 - 110 cms
Over 13 - 120 cms

## **VOLUNTARY VAULT**

- a. The vault will be used width-ways only.
- b. Two vaults to be performed from the list below.  
The vaults may be the same or different. Coaches may request gymnast's first vault score, before the second vault. The higher score will count.

### **VAULTS**

### **TARIFF**

Squat on, immediate straight jump off from squat position	7.00
Squat through Vault	8.50
Straddle Vault	8.50
Handspring	9.50
Any vault more difficult than a handspring	10.00

### **Height of Vault**

Under 9	80-90 cms*	Under 11	100 cms
* depending on equipment available		Under 13	110 cms
Under 10	90 cms	Over 13	110 cms

These are minimum vault heights. Gymnasts may vault higher if they choose.

Host School to publish exact heights and length of run ups well in advance of the competition, to the competing schools. Measurement to be taken from the floor to the vault top in a straight line.

### **Voluntary Vault - Deductions**

Take off and flight on deductions	up to	2.5
Repulsion from vault (height) deductions	up to	1.0
Flight off (length) deductions	up to	2.5
Shape of vault overall deductions	up to	3.0
Landing deductions	up to	1.0
Too deep knee bend on landing	up to	0.2
Brush of hand on landing deductions	up to	0.1
Each step on landing deductions	up to	0.1 (max. 0.5 deduction)
Fall on landing deductions (taking weight on other body parts or floor)	up to	0.5

So, for example, in a straddle vault, the judge will add up any deductions made and then take this figure away from the tariff of 8.50 to give a final score.

Crashmats may be used on top of the landing area if desired and available, with no extra deductions.

### **NB Decision made at 2008 AGM about support of vault**

Penalty for touching gymnast on take off side has now been changed from a void vault to a 2.0 deduction. 2.0 deduction if gymnast is touched going on to vault. 1.0 deduction if they are touched on the landing side of the vault. This applies only to a 'touch'. It is a void vault if the gymnast is lifted or thrown over the vault.

## INDIVIDUAL VOLUNTARY FLOOR RULES

- a. Floor work must use the entire body and should contain acrobatic elements artistically performed, movements and linkages combining liveliness, poise, balance, variations of elements, change of pace, musical interpretation and must use the floor area, (normally 12 m x 12 m), as fully as possible.
- b. The sequence must be performed to music. The music and movement must be in harmony. The music must be instrumental and not vocal ie no words. It may have up to an 8 beat introduction.
- c. The duration of the exercise should be between 50 – 70 secs. The exercise is timed from the gymnast's first movement until her last movement. The gymnast must finish with the end of the music. Coaches or musical operator will not be allowed to stop the CD/cassette early.
- d. Good quality CDs/cassettes must be used for recording. One CD/cassette per gymnast is required. The gymnast's music must be recorded on the first track. Each box and CD/cassette must be clearly labelled with the gymnast's Name, School, Age Group and Competition Number (if known). One CD per team with a clear play list in competition order may also be submitted. Cassettes will no longer be accepted after 31 August 2010.
- e. **Content:** The content used to construct the floor exercise should be taken from the GISGA Code. The sequence must contain a diagonal tumble run.

A sequence must contain at least **ten different moves** drawn from those listed in the Code. 0.3 of a mark will be deducted per move for less than ten performed.

The ten moves may include any number from each list, but only one 'Intermediate Move' (worth 0.4) and a maximum of two 'Advanced Moves' (each worth 0.3) are to be added to the gymnast's score.

Where a gymnastic move is used more than once in a sequence, only its first performance will be counted as one of the required moves. This includes moves used in the tumble run, with the exception of the 'tumble run' subsections (iii) and (iv) below.

An Intermediate or Advanced move repeated in a sequence will only be credited once with the Intermediate or Advanced tariff mark.

The sequence must include a diagonal gymnastic tumble run with a minimum of three elements and no connecting steps, subject to the following:

- i) No more than one jump or leap may be included and if used it will count as one of the elements.
- ii) Gymnastic moves used in the tumble run will count towards the minimum ten moves required in the sequence.
- iii) Two consecutive cartwheels may be used in a tumble run and if so used will count as two of the minimum three elements, but will only be counted as one of the required ten moves in the sequence.
- iv) A double backflip used in a tumble run will count as two elements of the minimum three elements, but will only be counted as one of the required ten moves. It will be counted as an 'Advanced Move'.

**In the GISGA U9 national competition only one 'Advanced Move' is required to obtain 0.6**

- f. **Composition:** marks are awarded for: - use of the floor area and different levels, linkages, leaps, jumps, balances, strength, flexible and dynamic moves, turns, interesting pathways, use of forwards, backwards and sideways movements, etc, musical interpretation and originality.

Marks for composition will be allocated as follows:

Use of the floor	0.3
Use of different levels	0.3
Links and dance	0.3
Leaps and jumps	0.3
Strength/flexibility/balance moves	0.3
Patterns and pathways	0.3
Musical interpretation	0.3
Originality, dynamics, overall impression	<u>0.4</u>
Total	2.5

g.	Evaluation of marks is as follows:	
	Content	3.0
	Execution	3.5
	Composition	2.5
	1 x Intermediate Move	0.4
	2 x Advanced Moves	<u>0.6</u> (0.3 each)
	Total	10.0

h. Deductions

For vocals, ie words in the music		0.2
For no music used		0.5
For over time or under time		0.2
For stopping musical recording early		0.2
For missing tumble run		0.5
For stepping out of the floor area		0.1 each time
For small execution faults	up to	0.2
For medium execution faults	up to	0.3
For large execution faults	up to	0.5
For a fall	up to	0.5
For missing move		0.3 per move for less than ten performed

i. All gymnasts must compete in programme order on the voluntary floor.

### Guidance Notes to Coaches When Constructing Individual Floor Sequences

- More than ten moves from the Code may be included in the sequence, but no extra marks will be given.
- If no 'intermediate moves' or 'advanced moves' are included, then ten elementary moves have to be performed. The value of the move may be lost unless it is performed safely and correctly.
- Repetition of moves is allowed, but a repeated move will not count towards the content and may lose execution marks.
- Judges prefer quality rather than quantity.
- The aim of the tumble run is to be dynamic and should accelerate. It does not have to include a back flip.
- Coaches are advised to be aware that the rule above which allows only the first performance of a move in the sequence to be counted towards the required ten moves would make the tumble run invalid if a move which has already been performed earlier in the sequence is then repeated in the tumble run. Because it would not be counted, the judge would deem that the tumble run does not have the required three elements. A way to reduce the likelihood of this problem occurring would be to place the tumble run relatively early in the sequence.
- Coaches must list their gymnasts' names in voluntary floor order when filling in their entry form.

## GISGA FLOOR CODE

ELEMENTARY	INTERMEDIATE	ADVANCED
Forward roll		Handspring
Forward roll to straddle stand		Flyspring
Backward roll	Backward roll passing through handstand	
Backward roll to straddle stand		
Backward roll to straight legs together		
Backward roll to front support		
Front support jump to crouch – straight upward jump		
Headstand – 2 secs legs and exit optional	From headstand – thrust or press to handstand	
Handstand	Handstand 180° pirouette. Optional hand moves and leg positions	Handstand 360° pirouette. Optional hand moves and leg positions
Handstand forward roll	From straddle stand press to handstand	
Cartwheel		
One-handed cartwheel – optional hand		
Dive cartwheel	Cartwheel ¼ turn back flip	Aerial cartwheel
Round off	Round off back flip	Back flip x 2
	Standing flip	One-handed back flip
Circle roll (180° only)		Whip flip
Pike fold sitting		Back somersault
Japana		Forward somersault
Splits	Show splits two ways	Show splits all three ways
Bridge	Backward walkover	Aerial walkover
Supported shoulder stand – 2 secs	Forward walkover	Valdez
'V' sit with or without support – 2 secs	Tic Toc (FWO to BWO retaining hands on floor – finish in arabesque)	One-handed walkover (forward or backward)
Straddle half lever 2 secs	Straddle lever 2 secs then 180° turn	Straddle half lever press to handstand (elephant lift) optional exit
Piked half lever 2 secs		Russian lever piked or straddled 2 secs
Tuck balance 2 secs	"Y" balance held for 2 secs	
Arabesque balance 2 secs Body position optional	Any Arabesque balance held on toes for 2 secs	
Body wave	360° spin on one foot	540° Spin 720° spin
Star jump	'W' jump	
Tuck jump	Tuck jump with 360° turn	Tuck jump with 540° turn
Split jump	Split leap	Change leg split leap
Catleap with no turn, or 180° turn		
Catleap with 360° turn	Catleap with 540° turn	
Stag leap or jump		Ring leap
Straddle jump	Straddle jump with 180° turn	Straddle jump with 360° turn
Side straddle leap		
Straight jump with 180° turn		
Straight jump with 360° turn	Straight jump with 540° turn	Straight jump with 720° turn

- Note:
1. All other jumps and leaps will be classed as links and will therefore not count in the tariff.
  2. All rolls must start and finish on two feet to count in the tariff.
  3. Balances should be held for 2 seconds.

Code revised June 2009

## GROUP FLOOR SEQUENCE RULES

- a. The Group Sequence is **compulsory** for the Under 9, U10, U11, U13, and Over 13 age groups. The marks are counted towards the overall team total.
- b. Each team of **four** girls will present in unison a synchronised group sequence 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 sequence. All girls must attempt each move and all of the sequence. All gymnasts must show the same position as each other at the start and finish of the sequence.
- c. The exercise must contain twelve gymnastic moves only taken from the GISGA 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.
- d. 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 sequence.
- e. Synchronised work does not include movements in canon. No movements in canon are permitted.
- f. Music should be 50 – 90 secs in length and instrumental, not vocal ie. no words. An introduction of up to 8 beats is allowed. As with the voluntary floor, the team must finish their sequence with the music. The CD/cassette will not be turned off early. See 'General Competition Rules' page 3 items, 9, 10 and 11 for music requirements.
- g. 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 sequence takes place.
- h. Each team will be allowed at least a five minute warm-up on the floor area before competing.
- i. **Content:**  
The minimum to obtain the full tariff of 4.0 marks is 10 elementary moves and 2 intermediate moves. Sequences may be over-tariffed and can include advanced moves but cannot gain any more than the allocated 4.0 marks.

In the group sequence the intermediate and advanced moves are worth 0.5 unlike the individual voluntary floor where they are worth 0.4/0.3.

10 x elementary moves @ 0.3 each	3.0
2 x intermediate moves @ 0.5 each	1.0
Total	<u>4.0</u>

This will give the team the maximum tariff of 4.0 for content. Should a team not be able to produce a sequence with intermediate or advanced moves, they will lose in difficulty only, eg. it is possible for a team to have a sequence with 12 elementary moves which will score a tariff of 3.00 marks.

### Breakdown of Marks:

Synchronisation	12.0
Inventiveness of Composition	12.0
Execution	12.0
Content	<u>4.0</u>
Total	<u>40.0</u>

The judges will make deductions for:

Stepping out of the floor area		0.1 each time
Failure by all of the girls to attempt each move and all of the sequence		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 ie words in the music		0.2
No music		0.5
Over or under time		0.2
Music turned off early		0.2
For small execution faults	up to	0.2
For medium execution faults	up to	0.3
For large execution faults	up to	0.5
For a fall		0.5

The judges will award **Composition** marks out of the following maximums:

Use of the floor		1.0
Use of different levels		1.0
Leaps and jumps		1.0
Links and dance and expressive use of arms, hands, head and free foot		2.0
Patterns and pathways		2.0
Combination of and shapes made by gymnasts		2.0
Elements of surprise	)	
Musical interpretation	)	
Dynamics	)	3.0
Originality	)	
Overall impression	)	
	Total	12.0

### Guidelines for Constructing the Group Sequence

- Use the whole floor by the group and each individual
- Show the high, medium and low levels.
- When possible include a variety of moves from the code including those showing flexibility, strength, balance, control, dynamics, flight, and using forwards, sideways and backwards movement.
- Be aware of the whole body when using dance and links. Use a variety of steps, turns, waves, leaps and jumps etc.
- Use as many different patterns and pathways as possible, ie 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.
- Use various combinations of the girls ie all 4 together, 2 & 2, 2 + 2 (different partners), 3 & 1.
- Also elements of surprise such as movements that change pattern shape as well as performing another function. If possible use a variety of preceding or following links or moves, provided that each move is fully executed plus unexpected changes of speed or direction.
- Dynamics can be achieved, for example, through showing speed, flight and energy.
- The music should not be background entertainment but be interpreted by the group in their work, showing flow, rhythm and harmony.