

SECTION 11 - FLOOR SKILL GROUPS AND LEVELS



A Elements	B Elements	C Elements	D Elements	E Elements
Group 1 Jumps, Leaps, Turns				
Straight jump Jump ½ turn Star jump Tuck jump 2 x dynamic 1/2 turns on knees	Split leap / jump (120°) Stag leap or jump Cat leap Jump full turn Scissor jump W jump	Split leap or jump (150°) Fouette Turn Cat leap ½ turn Jump 1 ½ turn Straddle jump Tuck jump ½ turn Full Spin	Split leap or jump (180° split) Change leg split leap or jump ↓ (180° split) Sissone Cat leap full turn Jump double turn Jump to Prone Straddle jump (feet hip high) Tuck jump full turn 1½ Spin	Split leap - sissone Split leap - cat leap full turn Change leg split leap - split leap Split leap - W jump Full turn jump - straddle jump Jump 1/2 Turn to Prone Straddle jump Shushunova Straddle jump - pike jump Double spin Full spin 1 leg extended, min 45 deg
Group 2 Strength & Flexibility				
H = Held S = Strength F= Flexibility. Where 2 letters shown e.g. H/S this counts as either a Held or Strength element				
1 leg balance H Splits (F or S) F Japana (up to 45° chest) F/H D Shape F/H Bridge F/H F or B support (lower or push up) S/H F Support turn to B Support S/H Piked V sit (hand supp.) S/H ½ lever (1 foot on floor) S/H Headstand (leg optional) H Shoulder stand (hip supp) H	Arabesque H Japana (flat back, chest to floor) H/F Fall to prone push to Front Support S Swedish Fall S Piked V sit (no supp.) S/H 1/2 lever shown (straight or straddled)	Y scale (leg above waist height) H/F 2 way Splits F Japana Swim Through F Fall to Prone Jump to Straddle Stand S F Supp jump legs through straddle - to Pike Sit S Tuck 'Russian' Lever S/H Tucked hold (press off knees) S/H 1/2 lever held 2 secs (pike / straddle) S/H S Straddle stand press to h/stand S	Y Scale (leg at shoulder height) H/F 3 way Splits F F Supp jump legs through straddle - to Back Support S Straddle 'Russian' Lever S/H Straddle 1/2 Lever lift to Stand S H/stand from straddle stand full turn S H/stand lower to Straddle 1/2 Lever S/H Chest Roll to Bent Arms Handstand S	From Splits position lift to H/stand Full V 'Russian' lever S/F/H Tucked top planché (held) S/H Straddle lever to handstand - return to straddle lever S/H Straddle lever to h/stand full turn Chest Roll to Handstand S

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Group 3 Rotations - non flighted Acrobatic Skills

Forward Roll	F Roll to straddle stand Handstand F roll	Forward roll with straight legs H/stand F Roll straight arms	H/stand FR piked exit (straight arms)	
Back Roll & to straddle	B Roll to pike stand	B Roll through h/stand	B Roll to h/stand (straight arms)	B Roll to h/stand, 1/2 or full turn - (straight arms throughout)
Circle ('teddy bear') roll Side Roll (various shapes) Egg roll (leg shape optional)	Handstand ½ turn	Handstand full pirouette	Handstand 1½ pirouette	Handstand double pirouette
Tuck Bunny Hop to Handstand - (exit optional)	Straddle Bunny Hop to Handstand - (exit optional)	Pike Bunny Hop to Handstand - (exit optional)		
	Single Leg Circle	Half Double Leg Circle		Double Leg Circle
	Backward walkover	Forward walkover	Tic toc	Valdez

Group 4 Agilities and Rotations with flight *CARE - at Int, Adv & Bronze levels there are restrictions on using this group for Bonus. See Floor Criteria*

Handstand return to feet		Standing Flic to 2 feet FS Standing Flic to 1 foot FS Standing Flic to Front Support FS Back Walkover, Flick (1or2 feet) AFS	Flyspring FS Tucked Front Salto FS	Flyspring Front Salto AFS
Cartwheel	Cartwheel ¼ turn in (Front to Back)↓ (finish feet together or lunge)	Cartwheel, Flick AFS	Free Cartwheel FS Free Cartwheel Flick AFS	Free Forward Walkover FS
Bunny Hop / Jump - (Long) Bunny Hop / Jump - (High) <i>Both can be used in a Nov routine</i>	Cartwheel ¼ turn out 1 Arm Cartwheel 2 x side C/wheels (opt. entry / exit) Dive C/wheel (must show flight) FS Roundoff FS Roundoff jump (optional shape) FS	Roundoff, Flic to 1 foot AFS Roundoff, Flic to 2 feet AFS Roundoff, Flic, Flic AFS	Front Salto, R/O, flic AFS F Salto step out, R/O, B Salto AFS R/O Tuck Back Salto AFS R/O, Flic, Tuck Back Salto AFS	Dive Forward Roll (with flight) FS Pike Front Salto FS Straight Front Salto FS F Salto step out, R/O, Flic, B Salto AFS R/O, Flic, Pike/ Straight B Salto AFS R/O, Flic, B Salto with ½ twist AFS R/O, Flic, B Salto with 1/1 twist AFS R/O, 2 Flics, straight Back Salto AFS R/O Flick Arabian AFS
In this group on the right FS = Flight Skill AFS = Acrobatic Flight Series		Handspring to 2 feet FS Handspring to 1 foot FS 2 Handsprings 1 – 2 feet AFS Handspring, Roundoff, Flic AFS	Handspring Flyspring FS Handspring, Front Salto AFS	H/spring to 1, H/spring to 2, F Salto AFS Headspring FS

SECTION 12 - FLOOR CRITERIA. IMPORTANT - SEE ALSO SECTION 8: FLOOR and ROUTINES CONSTRUCTION RULES incl UPGRADING



NOVICE	INTERMEDIATE	ADVANCED	BRONZE	SILVER	GOLD						
Max 10 agilities	Max 10 agilities	Max 10 agilities	Max 10 agilities	Max 10 agilities	Max 10 agilities						
Start Value (SV)	8.00	Start Value (SV)	8.40	Start Value (SV)	8.70	Start Value (SV)	8.80	Start Value (SV)	8.50	Start Value (SV)	8.40
<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>	<i>Comprising of</i>
Difficulty Content	1.60	Difficulty Content	2.00	Difficulty Content	2.30	Difficulty Content	2.60	Difficulty Content	2.70	Difficulty Content	2.60
8 x A elements @ 0.2	4 x A elements @ 0.2 4 x B elements @ 0.3	3 x A elements @ 0.2 4 x B elements @ 0.3 1 x C element @ 0.5	2 x A elements @ 0.2 4 x B elements @ 0.3 2 x C elements @ 0.5	1 x B element @ 0.3 2 x C elements @ 0.5 2 x D elements @ 0.7	2 x B elements @ 0.3, plus the following elements: 1 x C @ 0.5, 1 x D @ 0.7 and 1 E @ 0.8						
Groups	Groups	Groups	Groups	Groups	Groups	Groups	Groups	Groups	Groups	Groups	Groups
2 skills from each group	2 skills from each group:	2 skills from each group:	At least 2 skills, maximum 4, from each group. Bonus skills can be used to achieve this	At least 2 skills, maximum 4, from each group. Bonus skills can be used to achieve this	At least 2 skills, maximum 4, from each group. Bonus skills can be used to achieve this						
Only A & B skills used	Only A,B,&C skills used (No C4)	Only A,B,C,& D skills used(No D4)									
Special Requirements	1.00	Special Requirements	1.00	Special Requirements	0.80	Special Requirements	0.60	Special Requirements	0.60	Special Requirements	0.60
GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS
1 held position (2 secs) from Group 2	1 Group 1 Skill B 1 held position (2 secs) from Group 2	1 Group 1 skill - B or C 1 Group 2 held skill (2 secs)	1 leap / hop series or passage from Group 1 (B or C)	1 leap / hop series or passage from Group 1 (B, C or D)	1 leap / hop series or passage from Group 1 (C, D or E)						
Jump/ Leap series		BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS
		2 Group 2 skills - 1 must be held (2 secs)	2 Group 2 skills B or C - 1 must be held (2 secs)	2 Group 2 skills B, C or D - 1 must be held (2 secs)	2 Group 2 skills B, C, D or E - 1 must be held (2 secs)						
BOYS	BOYS	ALL	ALL	ALL	ALL	ALL	ALL	ALL	ALL	ALL	ALL
1 held position (2 secs) from Group 2	2 Group 2 skills - 1 must be held (2 secs)	Mixed series: 1 x Group 1 skill + 1 x another group	Mix series: 1 x Group 1 (any) + one other Group (B or C)	Mix series: 1 x Group 1 (any) + one other Group (B, C or D)	Mix series: 1 x Group 1 (any) + one other Group (C, D or E)						
1 Strength skill	ALL	1 acrobatic skill - Group 3 or 4	1 Acrobatic skill Groups 3 or 4	1 Acrobatic series of 2 flight skills (C or D)	1 Acrobatic series of 2 flight skills (D or E)						
	1 Group 1 skill 1 acrobatic skill - Group 3 or 4 1 Group 4 flight skill - No C4 skills permitted	1 Group 4 flight skill or flight series - No D4 Skills permitted	1 C flight skill or series from Group 4								
Execution	5.00	Execution	5.00	Execution	5.00	Execution	5.00	Execution	5.00	Execution	5.00
Transition	0.40	Linkage	0.40	Artistry / Linkage	0.40	Artistry / Linkage	0.20	Artistry / Linkage	0.20	Artistry / Linkage	0.20

The Difficulty Content and Special Requirements MUST have been fully met first, then bonuses can added if required. (Note also the Groups rules re Bonuses at BSG levels, above)

Bonus (optional)	0.60	Bonus (optional)	1.00	Bonus (optional)	1.20	Bonus (optional)	1.20	Bonus (optional)	1.50	Bonus (optional)	1.60
1 x B skill @ 0.3	1 x C skill @ 0.5	1 x C skill @ 0.5 - <i>different Group to the C above</i>	1 x C Acro flight series @ 0.5	1 x E skill @ 0.8	1 x E skill @ 0.8 from Groups 2, 3 or 4						
1 x B skill @ 0.3	1 x C skill @ 0.5	1 x D skill @ 0.7 <i>Both bonuses must use groups 1, 2 & 3 only</i>	1 x D skill from Groups 1, 2 or 3 @ 0.7	1 x D Acro flight series @ 0.7	1 x E Acro flight series @ 0.8						
<i>Must be from different groups</i>	<i>Must be from different groups, using groups 1, 2 & 3 only</i>										
Max possible score	8.60	Max possible score	9.40	Max possible score	9.90	Max possible score	10.00	Max possible score	10.00	Max possible score	10.00

SECTION 13 - VAULT CRITERIA



NOVICE		INTERMEDIATE		ADVANCED		BRONZE		SILVER		GOLD	
Vaulting Horse (Table option) #		Vaulting Horse (Table option) # or Handspring Flat Back Platform		Vault Horse / Table ## or Handspring Flat Back Platform		Vault Horse / Table ## or Handspring FB Platform		Vault Horse / Table ##		Vault Horse / Table ##	
Vault Height	cms	Vault Height	cms	Vault Height	cms	Vault Height	cms	Vault Height	cms	Vault Height	cms
Up to 9 years	100	Up to 9 years	100								
10 years	110	10 years	110	11 years & under	110 or 120	11 yrs & under	110 or 120	11 yrs & under	110 or 120	11 yrs & under	110 or 120
11 years	110 or 120	11 years	110 or 120	12 years +	120	12 years +	120	12 years +	120	12 years +	120
12 years +	120	12 years +	120								
Cat B only FB platform	110 approx	F Back mat platform	110 approx	F Back mat platform	110 approx	F Back mat platform	110 approx	F Back mat platform	110 approx		
1 or 2 springboards		1 springboard		1 springboard		1 springboard		1 springboard		1 springboard	
Vaults and Start Values (SV)											
Vault	SV	Vault	SV	Vault	SV	Vault	SV	Vault	SV	Vault	SV
Squat or Straddle On	7.00	Squat Through	8.00	Squat Through	8.00	Squat Through	8.00	Squat Through	8.00	Handspring	8.80
Straight jump off		Straddle Over	8.00	Straddle Over	8.00	Straddle Over	8.00	Straddle Over	8.00	Yamashita	9.00
Squat or Straddle On	7.50	Handspring Flat Back*	8.20	H/spring Flat Back*	8.20	H/spring Flat Back*	8.20	Handspring	8.80	Handspring 1/2 on	9.00
Tuck jump off		<i>* must advise on entry</i>		<i>* must advise on entry</i>		<i>* must advise on entry</i>		Handspring 1/2 on	9.00	or 1/2 off **	
Squat Through	8.00			Handspring	8.80	Handspring	8.80	or 1/2 off **		H/spring 1/2 on	9.20
Straddle Over	8.00							H/spring 1/2 on	9.20	& 1/2 off **	
Category B only:								& 1/2 off **		H/spring full twist	9.40
Handspring Flat Back*	8.20							** hands must contact		H/spring 1/2 on **	
<i>* must advise on entry</i>								with a full 180 turn		full twist off	9.60

Where Vault Tables are available, organisers may optionally use these at GG Novice / Intermediate events. In exercising this option, organisers should ensure that both Vault types are available so that clubs without Tables are not prevented from entering.

A Vault horse is acceptable at all levels but at Bronze, Silver & Gold levels this may not be available. Organisers to advise in advance.

VAULT GENERAL GUIDELINES

- Two attempts are allowed from the vaults listed above. Best score counts
- Gymnasts deemed not competent during warm up will be required to perform one of the alternative, more suitable, vaults. Judges to advise
- All Squat / Straddle vaults should be working towards layout. Deductions from the relevant start value will be made with this in mind
- Tall gymnasts may vault higher than specified. This must be advised on the entry form
- Penalties are deducted using the table of faults in the (BSGA/BG) Floor & Vault table of faults with the start value applied
- Judges are looking for good technique and body form in the flight on, the action on and repulsion from vault, the flight off, and the landing
- Any steps on landing will be deducted 0.1 for each step
- Balance correcting movements will be deducted according to severity
- A fall, or a touch with hands, on landing, will be deducted 0.5
- Any physical assistance by the coach to deal with an unexpected problem on the day will incur a 2.00 deduction. Where the gymnast depends on support to perform the vault, the vault will be void. A simpler vault should be performed