George Finney Championships

FLOOR

Without music, on a straight line of mats. All routines are marked out of 10.00, some set routines are rewarded bonus marks for difficulty (C and D).

Choice of Routines

Beginners Set **A or B All age groups**

Intermediate Choice of set routines **B C or D All age groups**

Advanced Choice of set routines **B C or D All age groups**

**Set A**

1. ‘h’ balance - *arms optional, straight back and supporting leg, knee at 90°*

2. Forward roll - *squat with straight back, legs straight in roll, stand up without using hands*

3. Star Jump - *arm swing, legs at 90° split.*

4. Forward roll into dish - *arms optional, 0.5 deduction if feet touch floor*

5. Hold dish (3 sec) - *loss of value if not held, 0.3 deduction if back not touching floor*

6. Roll to arch (3 secs) - *loss of value if not held, 0.3 deduction if arms or leg touch floor, legs together*

7. Front support, jump to crouch - *looking for hands under shoulders, straight back, legs together*

8. Cartwheel - *cartwheel is front to side*

**Set B**

**1.** Balance with leg in front at 45° - *arms optional, legs straight*

or above (3 secs), linked into..

**2.** Cartwheel - *cartwheel is front to side*

**3.** Handstand forward roll - *arms optional during roll, up to 0.5 taken if handstand not vertical before roll*

**4.** Forward roll to pike sit, push to bridge *squat with straight back, legs straight in roll*

OR Forward Roll to non supported V-Sit *V-Sit Arms parallel to floor*

**5.** Tucked shoulder stand into ½ turn jump *up to 0.5 deduction hips not over shoulders / jump arms optional*

**6.** Backward roll to straddle-stand - *entry optional*

**7.** Tucked headstand - *entry optional, straight back, return to feet optional*

OR Straddle headstand

**8.** Round off, controlled rebound - *run or jump entry, show speed/ power, 0.3 deduction if no rebound.*

OR Jump step in cartwheel 1/4 turn.

Floor Continued ...( routines C and D )

Set C – Receives a 0.5 Bonus in start value.

**1.** Arabesque -*arms optional, 0.3 deduction if leg/ chest not above horizontal*

OR Y balance - *up to 0.5 deduction, leg must be above horizontal*

**2.** Handstand forward roll - arms straight during roll, *handstand must be vertical before roll*

**3.** One handed cartwheel, *linked into… - free arm optional (must not be behind body 0.3 deduction)*

**4.** Cartwheel - *finish ¼ turn inwards*

**5.** Backward walkover - *arms by ears, show split, optional finish*

ORBackward roll to handstand - *entry, arms by ears, up to 0.5 taken if handstand not vertical*

OR backward roll to front support (3 secs) - *must be competed with straight arm entry*

**6.** Full turn jump - *arms optional, height needed*

**7/8** Handspring, rebound, stop, Straddle jump - *speed/ power/ tempo.*

OR Round off flick

Set D - Receives a Bonus of 1.00 in Start Value

1. Balance with leg in front at a minimum of 45 Degrees, - *must show full leg extension and control throughout*

held for 3 sec’s. Leg then travels 180 degrees continuously held

 at a minimum of 45 degrees, finishing in Arabesque (3 sec’s)

2. Forward walkover - *straight Legs and fluid movement*

OR Backward roll to handstand - *entry optional must show vertical shape*

OR Valdez. - *High leg lift entry, smooth fluid movement*

3. Round off flick, tuck back somersault - *run/ jump optional, speed/ power/ tempo, straight arms, landing still*

OR Round off double flick, rebound - *run/ jump optional, speed/ power/ tempo, straight arms, landing still*

4. One handed cartwheel – linked - *free arm optional (must not be behind body 0.3 deduction)*

5. Handstand half pirouette, roll out - *two hand movements*

6. Full turn jump - *looking for height and control*

OR full spin - *360 degree must be completed*

7. Forward roll into ½ turn tuck -*½ turn completed before shape, legs at hip level*

 OR ½ turn straddle jump -*½ turn completed before shape, legs at hip level*

8.Aerial cartwheel - *jump/ run, arms optional*

OR Handspring, controlled rebound - *jump/ run optional*

**George Finney - Vault**

Vault Height

*9 and Under / 11 and under 1.00m – 1.10m*

*13 and under 1.00m – 1.10m or 1.20 – 1.30m (Gymnast has the choice)*

*15 and under, Men’s/ Ladies 1.20 - 1.30m*

Vaults

|  |  |  |
| --- | --- | --- |
| **Vault**  | **Tariff** | **Categories and Age group** |
| **Squat on, immediate stretch jump off**  | 8.5 | All categories and age groups |
| **Straddle over / Squat through (Cross box)**  | 9.0 | All categories and age groups |
| **Straddle over / Squat through (Long box)** | 9.5 | All categories and age groups |
| **Handspring (Cross box)**  | 10.00 | 11 and under and above, Intermediate and Advanced categories only. |
| **Half on (Cross box)**  | 10.00 | 11 and under and above, Intermediate and Advanced categories only. |

* Each gymnast may have two attempts at the **SAME** vault.
* The highest scored vault will count as their final vault score.
* Advanced Level Gymnasts can perform **ALL** vaults in **ALL** age categories apart from 9 and under.
* There will be no vault in warm-up gym

**Further Information -**

 **George Finney Trophy Eligibility.**

* Beginners, top 10 mixed (mixed trophy)
* Intermediate, top 10 girls, top 10 boys (existing boys and girls separate)
* Advanced trophy top 10 mixed (mixed trophy)

Teams

Girls - 4 to 6 gymnasts - 4 scores to count.

Boys - 4 to 6 gymnasts - 4 scores to count.

Mixed - 4 to 6 gymnasts - 4 scores to count

*(with a minimum of two from each gender)*