

GFA Four Piece (Three pieces to count)

Code of points for Floor

Girls Floor – Must be competed on a square floor area with music up to 60secs long. For further details on music please refer to the handbook page 6.

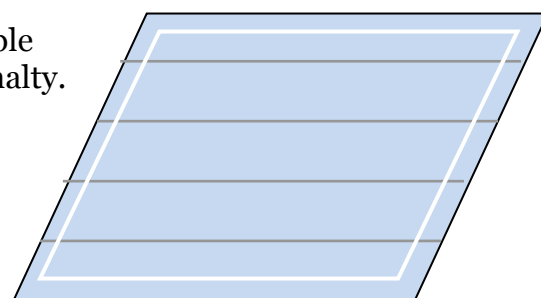
Boys Floor – must be competed on floor strip, no music.

CONTENT

A sequence must contain a minimum of **8** skills from the table below. If a skill/ requirement is missed, there will be 1.0 penalty.
8 skills with the following requirements:

- 1x balance
- 1x jump/ leap
- 1x agility

(Please note that all rolls and headstands must start and finish on the feet unless otherwise stated and jumps must start and finish on two feet)



Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Single SKILLS	
‘A’ Skills - No Bonus				
‘h’ Balance	Tuck Jump	Jump Step into Cartwheel ¼ turn	Front Support (3 secs)	
‘half star’ Balance	Half Turn Jump		Teddy Bear Roll (180°)	
Headstand (<i>tucked</i>)	Chasse Cat Leap			½ Spin
			Forward Roll	
			Backward Roll (<i>tucked or to straddle stand</i>)	
			Cartwheel	
			Handstand (<i>momentary hold</i>)	
			Handstand Forward Roll (<i>bent arms roll</i>)	
‘B’ Skills - Bonus 0.1				
Bridge	Chasse Scissor Kick	Round off, rebound	Forward Roll to Straddle Stand	
Arabesque	Chasse ½ Turning Cat Leap		Handstand Forward Roll (<i>straight arms roll</i>)	
Splits (<i>any direction</i>)	Straddle Jump			Backward Roll to Straddle Stand (<i>straight arm/ legs throughout</i>)
Headstand	Swedish Fall			

<i>(straight legs)</i>			
From Straddle or Pike	'W' Jump		Full Spin
	Full Turn Jump		Handstand ½ Pirouette
	Chasse Split Leap		Backward roll to handstand (<i>bent arms</i>)
			One Handed Cartwheel
'C' Skills - Bonus 0.2			
'Y' Balance	Chasse Full Turning Cat Leap	Back Flick (<i>can be repeated once</i>)	Forward Walkover
Straddle/ Pike Lever	Chasse Change Leg Split Leap	Handspring, step out	Backward Walkover
	Chasse Stag Leap ½ turn	Handspring, rebound	Valdez
		Aerial Cartwheel	Handstand Full Pirouette
			1 ½ Spin
		Tuck Back Somersault	Double Spin
		Tuck Front Somersault	Leg raised 90° Full Spin
			Backward Roll to Handstand (<i>straight arms</i>)

Code of Points for Bars

Gymnasts must have a mount and dismount in a routine.

Minimum of 5 skills - any skill can be repeated twice however the gymnast will receive a 0.2 penalty for every skill that is repeated.

MOUNTS

A skills:

Jump to support (springboard optional).

Supported lift to hang on high bar (this not counted as one of the 5 skills)

Step/Kick to circle up.

B Skills:

Two footed lift to Circle up.

Trolley swing into circle up (up to 3 swings permitted).

C Skills:

Upstart.

Trolley swing upstart.

SKILLS

A Skills:

Cast to 45 degrees.
Leg lift to 45 degrees (hold for 3 Seconds)
Hanging half turn on 1 arm to change grip.
Tuck hold (3 seconds).
Straddle hold for (3 seconds).
x3 swings (below bar height).
Trolley swing.

B Skills:

Leg lift to 90 degrees hold (3 seconds).
Back hip circle.
Cast to 90 degrees.
Circle down to tuck hang (straight arms).
Circle down to chin up hang (chin above the bar).
Chin up (undergrasp or over grasp).

C Skills:

Leg lift toes to touch bar.
Tucked sole circle to catch high bar.
Cast above 90 degrees.
Long Upstart.
3/4 giant transition from LB to HB.
3/4 giants from front support on HB.
Squat on (to catch top bar).
Circle up from hang.

DISMOUNTS

A Skills:

Release to land from any skill.
Cast away to land.

B Skills:

Squat on straight jump off low bar.
Straddle on undershoot.
Undershoot from front support.

C Skills:

Pike on undershoot.
Pike undershoot with half turn.
Straddle on undershoot with a half turn.

Code of Points for Trampette

Landing mats level with top of Trampette.

Two attempts at the same or different skills, highest score to count.

SV - 8.0 Jump options - Straddle, Tuck, Pike, Half turn.

SV - 8.5 Flyspring (controlled landing).

SV - 9.0 Tuck front.

SV - 9.5 Pike front.

SV - 10.00 Tuck front 1/2 twist or straight front

Code of Points for Vault

SV - 8.00 Squat on or straddle on immediate straight jump off.

SV - 9.00 Squat through and straddle over cross vault.

SV - 9.50 Squat through and straddle over long vault.

SV - 10.00 Handspring and Half on.

MARKING GUIDE FOR FLOOR & BARS

E Score	+	Bonus for Difficulty	=	Total Score
Execution 4.00		B Skills – 0.1 for each skill		Max score available
+		C Skills – 0.2 for each skill		with bonus
Content 5.00				
+				
Composition 1.00				

- If skills with a bonus mark are performed correctly and fully completed, the total bonus' will be added to the E score (execution, content, composition) to give the gymnast the total floor score.
- If a skill from the B or C lists that carry bonus points are attempted but fail to complete or are performed with unrecognisable execution, the bonus points will not be awarded.
- 5.00 marks for **Content** - 0.5 awarded for each element completed on floor and 1.00 completed for each completed move on bars. Extra skills over the 8 on floor and 5 on bars will not count for content but will carry execution penalties. Missing skills will incur a penalty of 1.0 each.

- 4.00 marks for **Execution** – judges can deduct up to 4.00 from the score for execution faults.
- 1.00 marks for Composition - marks will be awarded as follows

Floor

- ⇒ 0.25 Performance style i.e stretching, poise, full variety of ground, medium and airborne skills.
- ⇒ 0.25 At least 1 length of mats used
- ⇒ 0.25 At least 1 direction change
- ⇒ 0.25 Creative linking, routine that flows well without many stops, pauses.

Bars

- ⇒ 0.25 Performance style i.e stretching, poise and overall impression
- ⇒ 0.25 Use of at least one bar
- ⇒ 0.25 Variety of moves used
- ⇒ 0.25 Routine that flows well without stops, pauses.