

George Finney Disability Rules 2016

DISABILITY FLOOR

Without music, on a straight line of mats. All routines are marked out of 10.00

Choice of routines

Physical Disability

Skills may be performed in any order and any direction

- 1 Beginning pose – optional shape
- 2 Stretched sideways roll
- 3 Balance – optional shape
- 4 Locomotive movement – optional mode of travel
- 5 Back rock
- 6 End pose – optional shape

Disability – Beginner

Skills may be performed in any order and any direction

- 1 Beginning pose – optional shape
- 2 Side chasse x2
- 3 Two footed pivot turn
- 4 Forward arm wave
- 5 Lower to floor
- 6 Back rock
- 7 Stretched sideways roll
- 8 End pose – optional shape

Disability Intermediate

Set A

- 1 h balance
- 2 Forward roll
- 3 Star jump
- 4 Forward roll into dish
- 5 Hold dish (2 secs)
- 6 Roll to arch (hold 2 secs)
- 7 Front support, jump to crouch
- 8 Backward roll or cartwheel

Set B

- 1 Forward roll
- 2 Tuck jump
- 3 Star jump
turn out 90 degrees, side chasse, turn forwards
- 4 Arabesque 30 degrees or above (hold 2 secs)
- 5 Rock back to momentary shoulder stand and rock forwards to a V sit with hand support (hold 2 secs)
- 6 Log roll to arch, and stand
- 7 Kick to teeter totter (ie. handstand without join of legs)
- 8 Three or four running steps to hurdle step, stretch jump (or ½ turn jump for 0.3 bonus).

Disability Advanced

Set A

- 1 Turn to face sideways along mats, side chasse to a cartwheel
- 2 Turn to face down mats, arabesque to 45 degrees or above
- 3 Kick to handstand (feet should come together above waist height)
- 4 Backward roll to straddle stand
- 5 Forward roll to knee lunge position, momentary hold, stand
- 6 Stretch jump with $\frac{1}{2}$ turn
- 7 Three or four running steps into round off
- 8 Stretch jump with $\frac{1}{2}$ turn or full turn for 0.3 bonus

Set B

- 1 Balance with leg in front at 45 degrees or above (hold 2 secs)
- 2 Cartwheel
- 3 Handstand forward roll
- 4 Forward roll to pike sit, push to bridge
Or forward roll to non-supported V sit
- 5 Tucked shoulder stand into $\frac{1}{2}$ turn jump
- 6 Backward roll to straddle stand
- 7 Tucked headstand or straddle up to headstand
- 8 Round off, controlled rebound
Or jump step into cartwheel $\frac{1}{4}$ turn

Disability Vault

Vault height appropriate to gymnast

2 vaults to be performed. The highest scored vault will count as their final vault score.

All vaults to be marked out of 10.00

Physical Disability

2 vaults the same

Stand at attention on a springboard. Stretched jump off board to land on mat.

Stretch to attention.

Disability Beginner

2 vaults the same.

Stand at attention a short distance from springboard.

Walk or run towards board.

Hurdle onto board, stretch jump off to land on mat. Stretch to attention.

Disability Intermediate

1 of each vault to be performed. Best vault to count as final score.

Run and hurdle step onto springboard, tuck jump off to land on mat.

Run and hurdle step onto springboard, star jump off to land on mat.

Disability Advanced

2 vaults to be performed, same or different. Best vault to count as final score.

Squat on box, stretch jump off

Squat on box, star jump off

Squat through on crossways box

Straddle over on crossways box

From springboard, handstand flat back to land on low mat