

# George Finney Championships 2016

## 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 secs) - *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° or above (3 secs), linked into... - *arms optional, legs straight*
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  
OR Forward Roll to non supported V-Sit *squat with straight back, legs straight in roll*  
*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  
OR Straddle headstand - *entry optional, straight back, return to feet optional*
8. Round off, controlled rebound  
OR Jump step in cartwheel 1/4 turn. - *run or jump entry, show speed/ power, 0.3 deduction if no rebound.*

Floor Continued ... ( routines C and D )

Set C – Receives a **0.5 Bonus** in start value.

1. Arabesque  
OR Y balance
  - *arms optional, 0.3 deduction if leg/ chest not above horizontal*
  - *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  
OR Backward roll to handstand  
OR backward roll to front support (3 secs)
  - *arms by ears, show split, optional finish*
  - *entry, arms by ears, up to 0.5 taken if handstand not vertical*
  - *must be competed with straight arm entry*
6. Full turn jump
  - *arms optional, height needed*
- 7/8 Handspring, rebound, stop, Straddle jump  
OR Round off flick
  - *speed/ power/ tempo.*

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 secs. Leg then travels 180 degrees continuously held  
at a minimum of 45 degrees, finishing in Arabesque (3 secs)
2. Forward walkover  
OR Backward roll to handstand  
OR Valdez.
  - *straight Legs and fluid movement*
  - *entry optional must show vertical shape*
  - *High leg lift entry, smooth fluid movement*
3. Round off flick, tuck back somersault  
OR Round off double flick, rebound
  - *run/ jump optional, speed/ power/ tempo, straight arms, landing still*
  - *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  
OR full spin
  - *looking for height and control*
  - *360 degree must be completed*
7. Forward roll into ½ turn tuck  
OR ½ turn straddle jump
  - *½ turn completed before shape, legs at hip level*
  - *½ turn completed before shape, legs at hip level*
8. Aerial cartwheel  
OR Handspring, controlled rebound
  - *jump/ run, arms optional*
  - *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 or Straddle on, immediate stretch jump off	8.00	All categories and age groups
Straddle over / Squat through (Cross box)	9.00	All categories and age groups
Straddle over / Squat through (Long box)	9.50	All categories and age groups
Handspring and 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 the gymnast's final vault score.
- Advanced Level Gymnasts at 9 and under **CANNOT** perform handspring and half on vaults
- There is no guarantee of a vault in the 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)