

**West Midlands George Finney Set Floor & Vault Disability Rules 2018**

**Sunday 11<sup>th</sup> March 2018**

**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 VAULTS 2018**

### **Code of Points for Vault**

Two attempts at the same or different vaults, highest score to count. Vault height to suit the gymnast. Vaults on or over box vault.

### **Physical Disability**

2 vaults the same SV – 9.50

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

Stretch to finish.

Or SV – 10.00

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 finish

### **Beginner, Intermediate, Advanced**

SV – 8.50 Run and hurdle step onto springboard, stretch jump off

Run and hurdle step onto springboard, tuck jump off

Run and hurdle step onto springboard, star jump off

SV - 9.00 Squat on or straddle on, immediate straight jump off.

Squat on or straddle on, tuck jump off

Squat on or straddle on, straddle jump off

SV - 9.50 Squat through or straddle over cross vault.

SV - 9.50 From springboard, handstand flatback to low mat

SV - 10.00 Handspring over cross vault