

West Midlands GFA George Finney Set Floor & Vault Championships 2018
Sunday 11th March 2018

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 OR
Round off tuck back somersault
 - *run/ jump optional, speed/ power/ tempo, straight arms, landing still*
 - *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	See below notes

- Each gymnast may have two attempts at the **SAME** vault.
- The highest scored vault will count as the gymnast's final vault score.
Beginner Level gymnasts CANNOT perform Handspring or Half on Vaults at 9 & Under and 11 & Under age groups.
- Intermediate Level gymnasts can perform ALL vaults in ALL age categories.
- Advanced Level gymnasts can perform ALL vaults in ALL age categories.
- At all levels it is of the utmost importance that coaches ensure that all vaults are safe and of quality.
- 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)