

GFA Voluntary Floor & Vault Championships Disability Rules – Sunday 1st December 2019

Code of points for Floor

GIRLS & BOYS FLOOR – Each gymnast will perform an individual floor routine in a straight line using a non-sprung floor area of 12m x 2m without music.

CONTENT

A sequence must contain **8** skills from the table below. If a skill/requirement is missed, there will be 0.5 penalty. 8 skills with the following requirements:

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



Intermediate

Minimum 1x BALANCE	Minimum 1x JUMP/LEAP	Minimum 1x TRAVELLING	Other SKILLS
h balance	Stretch jump	Chasse sideways	Log roll
½ star balance	Tuck jump	Chasse forwards	Front support, jump to crouch
V-sit	Star jump	March	Back rock
Shoulder stand	½ turn jump	Skip	¾ handstand (teeter totter)
Arabesque (leg at 30 to 45 degrees)	Cat leap	Steps lifting legs to 45 degrees or above, at front or back	Forward roll
Handstand (momentary hold)			Cartwheel
Hold dish 3 secs			Backward roll
Hold arch 3 secs			Japana

Advanced

Minimum 1x BALANCE	Minimum 1x JUMP/LEAP	Minimum 1x AGILITY	Other SKILLS
Arabesque 45 degrees or above	Straddle jump	Chasse cartwheel	Teddy bear roll
Balance with leg in front at 45 degrees or above	Full turn jump	Chasse cartwheel ¼ turn	Variation of sideways roll eg egg roll, shoulder roll
Bridge	Split leap	Round off	Forward roll to straddle stand
Splits	Scissor kick	Backward walkover	Backward roll to straddle stand
Handstand (1 sec or more)	½ turning cat leap	Forward walkover	Backward roll over 1 shoulder
Headstand tucked		Backward roll to handstand	Pivot
Headstand straight			½ or ¾ spin

			Full spin
			Body wave
			Any strength skill
			Handstand forward roll
			Cartwheel ¼ turn
Also any skill from	Intermediate and	Mainstream skill	tables

Beginner

Skills may be performed in any order and any direction, on a straight line of mats.

- 1 beginning pose – optional shape
- 2 side chasse x2
- 3 two footed pivot turn
- 4 forward arm wave
- 5 lower to the floor
- 6 back rock
- 7 stretched sideways roll
- 8 end pose – optional shape

Physical Disability

Skills may be performed in any order and any direction, on a straight line of mats

- 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

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