**Floor Competition Requirements for the Frank Williams Competition 2018**

The moves have been divided into 2 groups. Some moves are in more than one group.

**Group 1: Gymnasts Aged 6 – 10 Years**

Gymnasts aged 6 – 10 must choose 6 moves from the group 1 list below, any moves not on this list will not be counted, so please check thoroughly.

Forward Roll (to stand or to straddle) Backward Roll (to stand or to straddle)

Frog Balance Sideways roll on floor from dish to arch (hold each for 2 seconds)

Teddy Bear Roll Tuck Jump

Stretch Jump (or stretch jump ½ turn) Cat Leap

Balance on 1 Foot (hold 3 seconds) Arabesque (hold 3 seconds)

Bunny Hop x 3 From lying on back – push to bridge (hold 3 seconds)

Cartwheel Show Splits (hold 3 seconds)

Roundoff Backwalkover

Scissor Leap Handstand Forward Roll (must show handstand)

**Extra Moves – For Boys Only:** Swedish Fall 3 press ups

**Group 2: Gymnasts Aged 11 and Over**

Gymnasts aged 11+ must choose 6 moves from the list below, any moves not on this list will not be counted, so please check thoroughly.

Stretch jump full turn Y balance, leg above waist height (hold 3 seconds)

Handstand forward roll (must show handstand) Japana - legs at 90 deg, body on floor (hold 3 seconds)

Show Splits (hold 3 seconds) Forward / Backward roll to Straddle

Back Flick (flick to 1 / flick to 2) Backward roll to handstand

Split leap Scissor leap Cat Leap / Cat Leap Full Turn

Full spin Cartwheel Wolf Jump

Back walkover Tic-Tock Forward walkover

Round off Free cartwheel One handed Cartwheel

Handspring Arabesque (hold 3 seconds) Tuck Jump half turn / full turn

**Extra Moves – For Boys Only:** Swedish Fall 3 press ups Frog Balance

**Tips for a Floor Routine**

So what are the judges looking for? There are some common mistakes and coaches can end up wondering why their girls have not scored as highly as they would have expected. So a few pointers on how the judges score the routines and how to avoid costly mistakes.

Start Value

You will get 9 points, 1.5 for each of the BAGA moves and the other 4.5 will be for general impression, which includes artistry and use of all the floor. So make the dance interesting and don't go up and down the floor in a line.

Moves

The judge is looking for 6 BAGA moves, make sure they see them. If they only see 5 then you have immediately lost 1.5 marks. So make sure the moves are recognisable, even dish and arch shapes should be held long enough for the judge to recognise that it is a move, not just a roll on the floor.

Another big mistake we see is the number of moves. The competition is 6 moves. You will not get any extra marks for more than 6 moves, in fact all you will get is more deductions when the moves are poorly executed. The record is 15 moves. Very low score guaranteed.

Choose your moves carefully. I would rather see a well-executed handstand than a poorly executed flick. Make everything neat and stretch for every move. Judges like to see extension.

Deductions

Judges will not knock marks off for mistakes in the dance. They only look at the moves, which is where most of the marks are lost. They will also knock marks off for not presenting, for fiddling with hair and leotards. If you fall you will lose a full mark, so don’t do moves where you will fall. For badly bent legs you will lose 0.5 of a mark, so it is better to do a handstand with straight legs, than a back walkover with bent legs.

Music

Music must not contain singing. Please make it 60 seconds or less. You do not lose marks for not having music, it just makes the competition more enjoyable for the audience if you do. As some gymnasts have music and others don't, you do not lose marks for not being in time with the music.