Levels 1-5 - Floor Routines

Forward roll Tuck or Star Jump Three traveling steps Jump ½ turn Juck roll to straddle sit One Dolly roll Lie back and roll to front Push up to front support (H) Lift arm round to rear support Lower and lift to shoulder stand Rock forwards in tuck to stand up France Forwards Tuck roll to front Lift arm round to front Lift arm round to rear support Lower and lift to shoulder stand Rock forwards in tuck to stand up C	Up to 2 hours One leg Balance (H) Forward roll Tuck or Star Jump Three traveling steps Jump ½ turn Tuck roll to straddle sit One Dolly roll	Up to 4 hours Arabesque (H) Forward roll Tuck or Star Jump Three traveling steps Jump ½ turn	Arabesque (H) Forward roll Tuck or Star Jump	
Forward roll Tuck or Star Jump Three traveling steps Jump ½ turn Jump ½ turn Tuck roll to straddle sit One Dolly roll Lie back and roll to front Push up to front support (H) Lift arm round to rear support Lower and lift to shoulder stand Rock forwards in tuck to stand up Forward Tuck or Star Jump Tuck or Star Jump Tuck roll to straddle sit Tick or Tuck roll Tuck roll to straddle sit Tick or Tuck roll Tuck roll to straddle sit Tick or Tuck roll Tuck roll to straddle sit Tick or Tuck roll Tuck roll to straddle sit Tick roll to stradd	Forward roll Tuck or Star Jump Three traveling steps Jump ½ turn Tuck roll to straddle sit One Dolly roll	Forward roll Tuck or Star Jump Three traveling steps	Forward roll Tuck or Star Jump	
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One Dolly roll Lie back and roll to front Push up to front support (H) Lift arm round to rear support Lower and lift to shoulder stand Rock forwards in tuck to stand up C	One Dolly roll		Round off	
Lie back and roll to front Push up to front support (H) Pitt arm round to rear support Lower and lift to shoulder stand Rock forwards in tuck to stand up C		Roll to shoulder stand with hands (H)	Cartwheel	
Push up to front support (H) Lift arm round to rear support Lower and lift to shoulder stand S Rock forwards in tuck to stand up C		Lower to straddle sit	Backward roll - tuck or straddled exit	
Lift arm round to rear support Lower and lift to shoulder stand S Rock forwards in tuck to stand up C	Lie back and roll to front	One Dolly roll	Rock down to back	
Lower and lift to shoulder stand S Rock forwards in tuck to stand up C	Push up to front support (H)	Lie back and roll to front	Shoulder stand or V sit-both no hands (H)	
Rock forwards in tuck to stand up C	Headstand (H) - tucked legs	Push up to front support (H)	Rock in tuck to stand up	
	Stand up	Headstand (H) - legs optional	Jump Full turn	
	Cartwheel	Stand up		
		Catleap or Scissor Leap or W Jump		
		Cartwheel		
		Level 5		
	Up	to 6 hours		
	Option A or B pl	us one skill from Extras		
Option A O	Option B	Extras		
		Extra skill can be performed at any point of the routine		
Y Scale - leg above waist (H)	Arabesque (H)			
	Handstand Forward roll	Flick to one or two feet*		
Tuck jump Tu	Tuck jump	Handspring to on or two feet		
	Star Jump	Forward or Back walkover		
	Three traveling steps	Backward roll through handstand		
	Round off	Handstand full pirouette		
	Cartwheel	1		
Backward roll - tuck or straddled exit B	Backward roll - tuck or straddled exit	*can be standing or from cartwheel or round	i off	
Rock down to back	Rock down to back	1		
	Straddle hold or Tucked Russian lever	Note		
` ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '	or Single leg L hold (H)	If gymnast needs more space to complete fi	inal move, please add more	
·	Rock in tuck to stand up	choreographed travelling steps before the final move		
	Jump Full turn	I		
	Jump Full turn			

Level 6 - Floor Criteria

Level 6 Up to 6 hours					
Max 10 agilities Start Value (SV)					
Comprising of					
Difficulty Content (DC)	3.50				
3 x A elements @ 0.1 each	0.00				
4 x B elements @ 0.3 each					
2 x C element @ 0.6 each					
1 x D element @ 0.8 each					
and					
Special Requirements (SR) @ 0.3 each	1.50				
2 Group 1 skills					
2 Group 2 skills					
2 Group 3 skills					
Mixed series - Connection of an element from group ${\bf 1}$ and an element fro	m group 3				
Flight Series – Connection of two flight elements					
and					
Execution	5.00				
Notes					
Higher valued skills can be used to cover lower valued skills for difficulty content eg. 1 A, 6 B's, 2 C's and 1 D shown DC 3.5 will be given as extra B's will cover missing A's					
Higher value skills will not be given unless lower valued skills have been shown also eg. 2 A's, 4 B's, 2 C's, 1 D Shown DC will be 2.7 – as D will used to cover the missing A and therefore a D is missing					
One skill can work towards fulfilling two special requirements					
Most SV	10.00				
Max SV	10. 00				

Level 6 - Floor Group Skills

A Elements	B Elements	C Elements	D Elements		
Group 1 Jumps, Leaps, Turns	D Elements	O Liements	B Liements		
Straight jump	Scissor jump	Straddle jump	Straddle jump (feet hip high)		
Tuck jump	W jump	Tuck jump ½ turn	Tuck jump full turn		
Star jump	Split leap / jump (120°)	Split leap or jump (150°)	Split leap or jump (180° split)		
Jump ½ turn	Jump full turn	Jump 1 ½ turn	Jump double turn		
	Cat leap	Cat leap ½ turn	Cat leap full turn		
	Stag leap or jump	Full Spin	1½ Spin		
			Change leg split leap or jump ↓		
			(180° split)		
			Sissone		
Group 2 Strength & Flexibility (2 se	ec hold)				
1 leg balance	Arabesque	Y scale (leg above waist height)	Y Scale (leg at shoulder height)		
Splits (F or S)		2 way Splits	3 way splits		
Japana (up to 45° chest)	Japana (flat back, chest to floor)				
Piked V sit (hand supp.)	Piked V sit (no supp.)	Straddle stand press to h/stand			
½ lever (1 foot on floor)	1/2 lever shown (straight or straddled)	1/2 lever held 2 secs (pike / straddle)	H/stand from straddle stand full turn		
F or B support (lower or push up)		Tucked hold (press off knees)			
Shoulder stand (hip supp)	Shoulder stand (no support)	Tuck 'Russian' Lever	Full V 'Russian' lever		
Group 3 Rotations - non flighted					
Forward Roll	F Roll to straddle stand	Forward roll with straight legs			
Back Roll & to straddle	B Roll to pike stand	B Roll through h/stand	B Roll to h/stand (straight arms)		
Circle ('teddy bear') roll	Handstand F roll	H/stand F Roll straight arms	H/stand FR piked exit (straight arms)		
Side Roll (various shapes)	Handstand ½ turn	Handstand full pirouette	Handstand 1½ pirouette		
Egg roll (leg shape optional)	Backward walkover	Forward walkover	Tic toc		
Group 4 Agilities and Rotations wi	th flight				
Bridge	Cartwheel ¼ turn in (Front to Back)↓	Handspring to 2 feet FS	Flick to 2 feet FS		
Headstand (leg optional)	(finish feet together or lunge)	Handspring to 1 foot FS	Flick to 1 foot FS		
Handstand return to feet	Cartwheel ¼ turn out				
Cartwheel	1 Arm Cartwheel				
Bunny Hop / Jump	2 x side C/wheels ↓				
	(optional entry & exit)				
	Dive C/wheel (must show flight) FS				
	Roundoff FS				
	FS = Flight Skill				

Level 1-6 Floor

NOTES

Levels 1-5 routines are marked out of 10

All routines are to be performed on a 12m x 2m strip of non-sprung floor

Missing elements in levels 1-5 will have 0.5 taken from SV

If a gymnast need prompting for their routine then 0.2 will be taken each time up to 0.6

Routines performed in the wrong order will incur a 0.5 deduction

Gymnasts are encouraged to have a starting and ending position of their choice

Traveling steps in levels 1-5 can be marching, skipping, chassés or movement (running) into the round off

Level 6 routines SV will be determined by judges evaluation of content in accordance to the criteria. However we do ask clubs

to fill in Intentions slips for the gymnasts, to help with a smooth judging process. These are available to download from our website, and will need to be handed to the floor judge during the gymnasts floor warm up.

All other penalties are deducted using the table of faults in the (PCCA/PC). Floor 9. Voult table of fa

All other penalties are deducted using the table of faults in the (BSGA/BG) Floor & Vault table of faults

Falls will be deducted 0.5

No music

(H) = Hold for 2 seconds - no hold 0.3 deduction

Examples of the routines can be found on "NeonGymnasticsUK" YouTube channel

Cartwheels in Level 2-4 can be side to side or front to back

Cartwheels in Level 5 can be side to side or front to back or one armed

Gymnasts can hold the back of the knee in Y scale

Please make sure gymnasts are aware that scores at Neon events will be different from regional or county events

Vault

Level 1 Vaulting Block or Mat		Level 2, 3 and Vaulting Horse or	-	Level Vaulting Hors		Leve Vaulting H	_
Vault Height	cms	Vault Height	cms	Vault Height	cms	Vault Height	cms
Block	60	Up to 9 years	100	Up to 9 years	100	Up to 9 years	100
		10 years	110	10 years	110	10 years	110
		11 years	110 or 120	11 years	110 or 120	11 years	110 or 120
		12 years & over	120	12 years & over	120	12 years & over	120
1 springboard		1 springboard		1 springboard		1 springboard	
Vault	SV	Vault	SV	Vault	SV	Vault	SV
Squat or Straddle On	8.00	Squat or Straddle On	8.00	Squat Through	9.00	Squat Through	9.00
Straight or Tuck jump off		Straight or Tuck jump off					
				Straddle Over	9.00	Straddle Over	9.00
Squat or Straddle On	8.50	Squat or Straddle On	8.50				
Straddle jump off		Straddle jump off		Handspring	10.00	Handspring	10.00
		Squat Through	9.00			1/2 on	10.00
		Straddle Over	9.00				
NOTES							

Two attempts are allowed from the vaults listed above. Best score counts

Penalties are deducted using the table of faults in the (BSGA/BG) Floor & Vault table of faults

Any physical assistance by the coach will void the vault - except at Level 1 where a 2.00 mark penalty will be taken

Approximate vault heights are shown, please allow for ± 5cm

Please make sure gymnasts are aware that scores at Neon events will be different from regional or county events as start values are generally higher

Once a gymnast has touched the spring board or the vault this will be counted as one of their two vault

If a gymnasts runs to the side of the vault, then a second attempt of the vault will be allowed

Gymnasts that have extra bounces on the spring board will incur a 0.5 deduction for every extra bounce.

If a club is to bring a springboard, it must be cleared by a Neon event staff member. Then the spring board must stay on the selected vault for the whole round and all gymnasts can choose to use it, or use the one provided by Neon.

Level AP

Level AP					
Floor	Vault		Beam		
12m x 2m strip of floor-non sprung	Vault Height cms		Beam 80cm high, with 20cm mats under		
SV - Set routine + Bonus (9.5+0.5)			SV 10.00		
Forward roll	Block	60	Jump to hip support		
Split (100 degrees) or Star Jump			Swing leg round to sit on beam		
Three traveling steps			Straddle hold (H)		
Jump ½ turn			Swing legs to squat position on the beam		
Tuck roll to straddle sit			Stand up		
One Dolly roll			Two steps bringing toe to knee on each one		
Japana (H)	Vault	SV	(spin prep position) – show not hold		
Join legs and lie back			Forward roll		
Bridge (H)	Straight jump onto block	9	Stretch Jump		
Lower to back			Arabesque (H)		
Tuck roll to stand up	Handstand flat back	10	Traveling steps to end of beam		
Cartwheel			Optional shape jump off the end		
Bonus- Once only					
Tic toc					
Backwalkover					
Forward walkover					

Notes

If the routine is performed in the incorrect order a 0.5 deduction will be taken

Missing elements on floor and beam will have a 0.5 taken from SV plus the 0.5 for incorrect order.

Gymnasts are encouraged to have a starting and ending position of their choice on floor

Traveling steps on floor and beam can be marching, skipping or chassés. On beam only they can be running into jump

Penalties are deducted using the table of faults in the (BSGA/BG) Floor & Vault table of faults

Falls will be deducted 0.5

No music on floor

(H) = Hold for 2 seconds

Examples of the routines can be found on "NeonGymnasticsUK" YouTube channel

If gymnast hits mat on first part of beam, coaches can remove the first mat by mount, but mat must stay under for forward roll.

Two vaults with the best score to count - Judging on vault finishes once gymnast has landed on the vault - Dismount off block is not judged

Any physical assistance by the coach on vault will incur a 2.00 mark penalty

Approximate vault and beam heights are shown, please allow for ± 5cm

Coaches are encouraged to pay attention to execution first before increasing SV

If a gymnasts runs to the side of the vault, then a second attempt of the vault will be allowed

Gymnasts that have extra bounces on the spring board will incur a 0.5 deduction for every extra bounce.