

Levels 1-5 - Floor Routines

| Level 1 Up to 2 hours | Level 2 Up to 2 hours | Level 3 Up to 4 hours | Level 4 Up to 4 hours |
|---|--|---|---|
| One leg Balance (H) | One leg Balance (H) | Arabesque (H) | Arabesque (H) |
| Forward roll | Forward roll | Forward roll | Forward roll |
| Tuck or Star Jump | Tuck or Star Jump | Tuck or Star Jump | Tuck or Star Jump |
| Three traveling steps | Three traveling steps | Three traveling steps | Three traveling steps |
| Jump ½ turn | Jump ½ turn | Jump ½ turn | Round off |
| Tuck roll to straddle sit | Tuck roll to straddle sit | Roll to shoulder stand with hands (H) | Cartwheel |
| One Dolly roll | One Dolly roll | Lower to straddle sit | Backward roll - tuck or straddled exit |
| Lie back and roll to front | Lie back and roll to front | One Dolly roll | Rock down to back |
| Push up to front support (H) | Push up to front support (H) | Lie back and roll to front | Shoulder stand or V sit-both no hands (H) |
| Lift arm round to rear support | Headstand (H) - tucked legs | Push up to front support (H) | Rock in tuck to stand up |
| Lower and lift to shoulder stand | Stand up | Headstand (H) - legs optional | Jump Full turn |
| Rock forwards in tuck to stand up | Cartwheel | Stand up | |
| | | Catleap or Scissor Leap or W Jump | |
| | | Cartwheel | |
| Level 5 | | | |
| Up to 6 hours | | | |
| <i>Option A or B plus one skill from Extras</i> | | | |
| Option A | Option B | Extras | |
| Y Scale - leg above waist (H) | Arabesque (H) | Flick to one or two feet* | |
| Handstand Forward roll | Handstand Forward roll | Handspring to on or two feet | |
| Tuck | Tuck | Forward or Back walkover | |
| Star Jump | Star Jump | Backward roll through handstand | |
| Three traveling steps | Three traveling steps | Handstand full pirouette | |
| Round off | Round off | | |
| Cartwheel | Cartwheel | | |
| Backward roll - tuck or straddled exit | Backward roll - tuck or straddled exit | <i>*can be standing or from cartwheel or round off</i> | |
| Rock down to back | Rock down to back | | |
| Shoulder stand or V sit-both no hands (H) | Half lever or Tucked Russian lever | Note | |
| Rock in tuck to stand up | or Tucked Hold (H) | <i>If gymnast needs more space to complete final move, please add more choreographed travelling steps before the final move</i> | |
| Jump Full turn | Rock in tuck to stand up | | |
| | Jump Full turn | | |
| | | | |
| All Routines are marked out of 10.00 | | | |

Level 6 - Floor Criteria

| Level 6 Up to 6 hours | |
|--|--------------|
| Max 10 agilities | |
| Start Value (SV) | |
| <i>Comprising of</i> | |
| Difficulty Content (DC) | 3.50 |
| 3 x A elements @ 0.1 each | |
| 4 x B elements @ 0.3 each | |
| 2 x C element @ 0.6 each | |
| 1 x D element @ 0.8 each | |
| <i>and</i> | |
| 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 1 and an element from group 3 | |
| Flight Series – Connection of two flight elements | |
| <i>and</i> | |
| 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 be used to cover the missing A and therefore a D is missing | |
| One skill can work towards fulfilling two special requirements | |
| Max SV | 10.00 |

Level 1-6 Floor

NOTES

Set routines have been designed with SE Regional GG F&V criteria in mind, to help clubs transition between the competitions. However, clubs are advised to always double check the SE criteria if they choose to use these routines at SE competitions.

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 (BSGA/BG) Floor & Vault table of faults

Falls will be deducted 0.5

No music

(H) = Hold for 2 seconds

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 | | Level 2, 3 and 4 | | Level 5 | | Level 6 | |
|---|------|---|------------|-----------------------|------------|-----------------|------------|
| Vaulting Block or Mat | | Vaulting Horse or Box | | Vaulting Horse or Box | | Vaulting Horse | |
| 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 |
| Stretch Jump onto Mat | 7.00 | Squat or Straddle On Straight or Tuck jump off | 8.00 | Squat Through | 9.00 | Squat Through | 9.00 |
| Tuck Jump onto mat | 7.50 | | | Straddle Over | 9.00 | Straddle Over | 9.00 |
| Squat or Straddle On Straight or Tuck jump off | 8.00 | Squat or Straddle On Straddle jump off | 8.50 | Handspring | 10.00 | Handspring | 10.00 |
| Squat or Straddle On Straddle jump off | 8.50 | 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 gymnast 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) |
| 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 wit 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.