

# Multi Discipline Floor, Vault & Physical Preparation

## Routines and Guidelines

## **Multi Discipline Floor, Vault & Physical Preparation Rules**

- This event is open age Male & Female
- Each club may enter as many teams or individuals as they wish
- Teams are made up of 2- 3 gymnasts (The 3 pieces of apparatus must be covered by the team members)
- Individual gymnasts must compete on the 3 apparatus
- All 3 scores count to the final score
- The medals are presented to 1st, 2nd ,3rd place per grade for both team and individuals
- Floor and physical preparation are competed on a 12 metre floor strip (non sprung)
- Vault height for grade 1 is 60cm mats only with one vault permitted
- Vault height for grade 2 is 80cm mats only with one vault permitted

**Multi Discipline Floor, Vault and Physical Preparation code of points**

**M.D. Grade 1 (All routines have a 10.00 Start Value)**

<u>Floor</u>	<u>Vault</u>	<u>Physical Preparation</u>
<p><b>Gymnasts may select 8 Skills from the following list and perform them in a sequence/routine.</b></p> <ol style="list-style-type: none"> <li>1. Jump Full Turn</li> <li>2. Cartwheel</li> <li>3. Arabesque</li> <li>4. Forward roll to Straddle sit or stand</li> <li>5. Tuck Jump</li> <li>6. Kick to Handstand (momentary hold, exit optional)</li> <li>7. Backward roll piked</li> <li>8. Teddy bear roll</li> <li>9. Bridge kick over</li> <li>10. Spin prep on toes 2 sec, (releve on 1 foot)</li> <li>11. Tic Toc</li> <li>12. Backward roll to straddle stand</li> <li>13. Handstand forward roll</li> <li>14. Shoulder stand 2 sec.</li> </ol>	<ol style="list-style-type: none"> <li>1. Hecht dive roll - 60cm mats</li> </ol> <p><b>Vault to be judged as per FIG with additional GI levels deductions.</b></p>	<ol style="list-style-type: none"> <li>1. With feet shoulder width apart, perform 3 squats</li> <li>2. Pike fold for 2 sec,</li> <li>3. Walk hands out to front support, lower to elbows 1 arm at a time.</li> <li>4. Hold Plank on elbows for 5 sec</li> <li>5. Turn to side plank on right side on elbow, top arm behind back. Hold for 5 sec.</li> <li>6. Turn to side plank on left elbow 5 sec</li> <li>7. Turn back to front plank, push to front support one arm at a time and squat in.</li> <li>8. Immediate stretch jump followed by immediate</li> <li>9. Roll back to shoulder stand with arms in tight by the ears then immediately.</li> <li>10. Roll forwards to pike sit.</li> <li>11. Very slowly roll back to long lie one vertebrae at a time</li> <li>12. Bend knees to 90° with feet flat and arms by side, lift the hips up to Shoulder Bridge. Hold for 5 sec.</li> <li>13. Lower slowly, straighten legs and slowly roll back up to pike sit.</li> <li>14. Straddle legs &amp; lift to straddle hold for 5 sec.</li> <li>15. Lower down, Straddle legs wider &amp; turn to right or left splits</li> <li>16. Turn back to face the strip &amp; reach forwards to front lie.</li> <li>17. With arms shoulder width, out straight, &amp; keeping the forehead on the floor, lift both arms as high as possible and hold for 5 sec</li> <li>18. Place hands under shoulders and from here do 3 press ups with elbows in</li> <li>19. Squat in and stretch jump to finish.</li> </ol>



**Notes for Physical Preparation;**

- a) Squat & One Leg Squat Technique;
  - Neutral spine
  - Knee(s) behind toes
  - Knee(s) in line with 2<sup>nd</sup> toes
  - Bum moves backwards
  
- b) Front and Side Plank Technique;
  - Perform on elbows
  - Neutral head and spine
  - Top leg resting on bottom leg in side plank not in front
  
- c) Reverse Plank Technique;
  - Perform on straight arms
  - Neutral head and spine
  - No hip angle
  
- d) Shoulder Bridge Technique
  - Neutral spine
  - No hip angle
  
- e) Front Plank with one leg lift slightly off the floor
  - Neutral spine
  - Do not lean to one side
  
- f) Side Plank with free arm to ceiling, roll under supporting arm
  - Neutral spine
  - No hip angle
  - Top leg resting on bottom leg not in front

**Judge each Skill on Floor and each Exercise in the Physical Preparation routine as follows;**

Skill / Exercise performed perfectly – No Deduction

Skill / Exercise performed with just a small fault – Deduct 0.1

Skill / Exercise performed with medium faults, but held for the correct number of seconds/reps – Deduct 0.3

Skill / Exercise performed badly – Deduct 0.5

Skill / Exercise not held for the prescribed time or number of reps – Deduct 0.5

For each Skill / Exercise not attempted – Deduct 1.00.



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