

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.