GFA Voluntary Floor & Vault Championships – Sunday 2nd December 2018

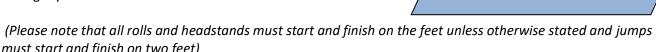
<u>GIRLS & BOYS FLOOR</u> – Each team member will perform an individual floor routine in a straight line using a non-sprung floor area of 12m x 2m. Gymnast will perform without music.

Beginner level gymnasts can only perform 'A' and 'B' skills. If perform 'C' skills a 0.5 penalty will be added for each 'C' skill performed. Intermediate and Advanced level gymnasts can perform 'A', 'B' or 'C' skills.

CONTENT

A sequence must contain **8** skills from the table below. If a skill/ requirement is missed, there will be **0.5 penalty**. 8 skills with the following requirements:

- 1x balance
- 1x jump/ leap
- 1x agility



Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Single SKILLS
'h' Balance	Tuck Jump	'A' Skills - No Bonus Jump Step into Cartwheel ¼ turn (Lunge & feet together landing acceptable)	Front Support (3 secs)
'half star' Balance	Half Turn Jump		Teddy Bear Roll (180°)
Headstand (tucked)	Chasse Cat Leap	7	½ Spin
			Forward Roll
			Backward Roll (tucked or to straddle stand)
			Cartwheel
			Handstand (momentary hold)
			Handstand Forward Roll (bent arms roll)
		'B' Skills - Bonus 0.1	
Bridge	Chasse Scissor Kick	Round off, rebound	Forward Roll to Straddle Stand
Arabesque	Chasse ½ Turning Cat Leap		Handstand Forward Roll (straight arms roll)
Splits (any direction)	Straddle Jump		Backward Roll to Straddle Stand (straight arm/ legs throughout)
Headstand (straight legs)	Swedish Fall		Double Cartwheel
From Straddle or Pike	'W' Jump	1	Full Spin
	Full Turn Jump	1	Handstand ½ Pirouette
	Chasse Split Leap	1	Backward roll to handstand (bent arms)
		1	One Handed Cartwheel
		'C' Skills - Bonus 0.2	
'Y' Balance	Chasse Full Turning Cat Leap	Back Flick (can be repeated once)	Forward Walkover
Straddle/ Pike Lever	Chasse Change Leg Split Leap	Handspring, step out	Backward Walkover
	Chasse Stag Leap ½ turn	Handspring, rebound	Valdez
	•	Aerial Cartwheel	Handstand Full Pirouette
		Tuck Back Somersault	1 ½ Spin
		Tuck Front Somersault	Double Spin
			Leg raised 90° Full Spin
			Backward Roll to Handstand (straight arms)

GIRLS & BOYS VAULT

VAULT HEIGHT

9 & Under / 11 & Under:	1.00m – 1.10m
13 & Under	1.00m – 1.10m or 1.20 – 1.30m (Gymnast has the choice)
15 & Under, Men's/Ladies:	1.20 - 1.30m

Vault	Tariff	Categories and Age group
Squat On or Straddle On,	8.00	All categories and age groups
immediate Stretch Jump Off		
(Cross Box)		
Straddle Over/Squat Through	9.00	All categories and age groups
(Cross Box)		
Straddle Over/Squat Through	9.50	All categories and age groups
(Long Box)		
Handspring and Half On	10.00	See below notes
(Cross Box)		

- Each gymnast may have two attempts at the **SAME** vault.
- The highest scored vault will count as the gymnast's final vault score.
- **Beginner** Level gymnasts **CANNOT** perform Handspring or Half On Vaults at 9 & Under and 11 & Under age groups.
- Intermediate Level gymnasts can perform ALL vaults in ALL age categories.
- Advanced Level gymnasts can perform ALL vaults in ALL age categories.
- At all levels, it is of the upmost importance that coaches ensure that all vaults are safe and of quality.
- There is no guarantee of a vault in the warm-up gym.

MARKING GUIDE FOR FLOOR

E Score + Bonus for Difficulty = Total Score

Execution 5.00 B Skills – 0.1 for each skill Max score available

+ C Skills – 0.2 for each skill with bonus

Content 4.00

+

Composition 1.00

- If skills with a bonus mark are performed correctly and fully completed, the total bonus will be added to the E score (execution, content, composition) to give the gymnast a total floor score.
- If a skill from the B or C list that carries bonus points is attempted but fails to be completed or is performed with unrecognisable execution, the bonus points will not be awarded.
- 4.00 marks for Content 0.5 awarded for each element completed on floor. Extra skills over the 8 on floor will
 not count for content but will carry execution penalties, therefore only the first 8 moves will be counted.
 Missing skills will incur a 0.5 penalty per missing skill.
- 5.00 marks for **Execution** judges can deduct up to 5.00 marks for execution faults.
- 1.00 marks for **Composition** marks will be awarded as follows
 - \Rightarrow 0.25 Performance style i.e stretching, poise, full variety of ground, medium and airborne skills.
 - ⇒ 0.25 At least 1 length of mats used
 - ⇒ 0.25 At least 1 direction change
 - ⇒ 0.25 Creative linking, routine that flows well without many stops, pauses.