

GFA Voluntary Floor & Vault Championships – Sunday 1st December 2019

GIRLS & BOYS FLOOR – 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



(Please note that all rolls and headstands must start and finish on the feet unless otherwise stated and jumps must start and finish on two feet)

Minimum 1x BALANCE	Minimum 1x JUMP / LEAP	Minimum 1x AGILITY	Single SKILLS
'A' Skills - No Bonus			
'h' Balance	Tuck Jump	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 (<i>tucked</i>)	Chasse Cat Leap		½ Spin
			Forward Roll
			Backward Roll (<i>tucked or to straddle stand</i>)
			Cartwheel
			Handstand (<i>momentary hold</i>)
			Handstand Forward Roll (<i>bent arms roll</i>)
'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 (<i>straight arms roll</i>)
Splits (<i>any direction</i>)	Straddle Jump		Backward Roll to Straddle Stand (<i>straight arm/ legs throughout</i>)
Headstand (<i>straight legs</i>)	Swedish Fall		Double Cartwheel
From Straddle or Pike	'W' Jump		Full Spin
	Full Turn Jump		Handstand ½ Pirouette
	Chasse Split Leap	Backward roll to handstand (<i>bent arms</i>)	
			One Handed Cartwheel
'C' Skills - Bonus 0.2			
'Y' Balance	Chasse Full Turning Cat Leap	Back Flick (<i>can be repeated once</i>)	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 (<i>straight arms</i>)

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

- 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 utmost 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

Floor

- ⇒ 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.