

Yorkshire Regional General Gymnastics Competitions

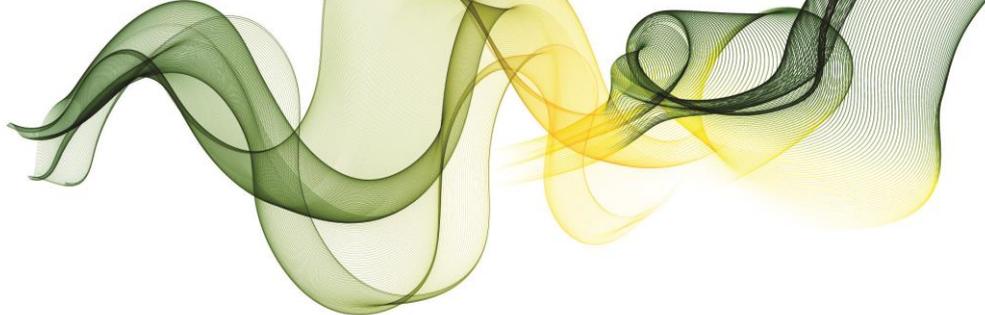
Floor and Vault competition

Girls

Skills and Tariff sheet – Introductory to Advanced+ Levels

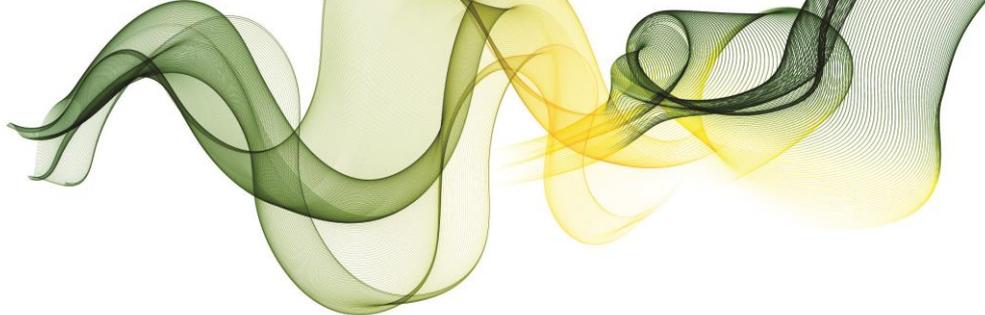
Requirements – Floor and Vault

		Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
Key Information		<ul style="list-style-type: none"> Equipment dimensions/type can be found within the handbook 			
Floor Information		<ul style="list-style-type: none"> 8 elements are required All holding elements are to be held for two 'Mississippi' (or similar choice of wording) Music is required Music length 45 sec – 1 min 15 sec 			<ul style="list-style-type: none"> Bonus can be added to the DV score One bonus per routine permitted
Vault Information		<ul style="list-style-type: none"> Vault height as per handbook, warm up vault must suit the group Two attempts permitted on vault, best score to count 			
Difficulty Value (DV score)	Floor	<ul style="list-style-type: none"> Each Element is valued at 0.1 Max DV score = 0.8 Additional Elements performed don't count towards DV score but may incur Execution Deductions (unless stated as a bonus – Adv+ Level only) Bonus are added to the DV score 			
	Vault	<ul style="list-style-type: none"> This is listed next to the skill within the Skills section of this document 			
Compositional Score (C score)	Floor	<ul style="list-style-type: none"> For each 'Category' selected a value of 0.5 is added to the C score Max C score = 2.5 At least 1 Element to be selected from each Category Elements selected from the 'Other skills' section don't count towards an 'Category' but do count towards your total element count 			
	Vault	<ul style="list-style-type: none"> This is not required in this part of the competition 			
Execution Score (E score)		<ul style="list-style-type: none"> Scored out of 10.0 See deduction table included within this document for guidance of the type of Execution Deductions judges will make 			
Scoring Information		<ul style="list-style-type: none"> Difficulty Value (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score Starting Score – Judges Execution Deductions = Final Score 			



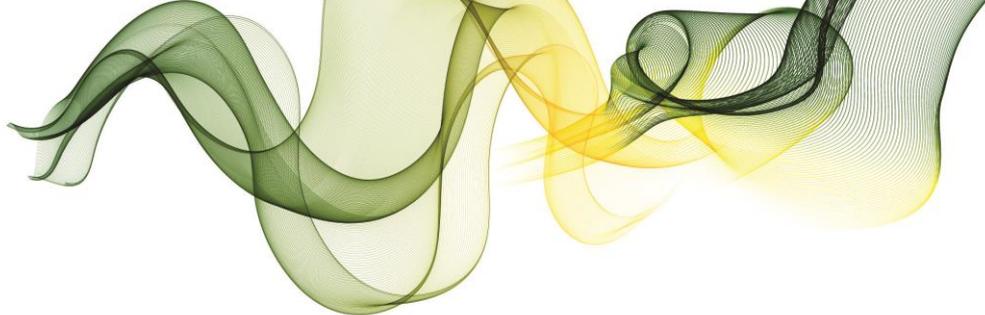
Skills – Floor

Category	Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
Forwards (Min of 1)	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 legs at a time) Forwards roll to sit (tuck or straddle) Forwards roll to straddle stand Handstand tucked (high bunny jump) Handstand 	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 feet) Forwards roll to sit (straddle) Forwards roll to straddle stand Handstand Handstand to bridge Handstand forwards roll (bent or straight arms) Dive forwards roll 	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 feet) Forwards roll to straddle stand Forwards roll to pike (straight arms and legs) Handstand (straight, splits, stag or etc.) Handstand to bridge to stand Handstand forwards roll (straight arms) Forwards walkover (2 hands, 1 handed, free – no run permitted) Dive forwards roll 	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 feet) Forwards roll to straddle stand Forwards roll to pike (straight arms and legs) Handstand (straight, splits, stag or etc.) Handstand to bridge to stand Forwards walkover (2 hands, 1 handed, free – no run permitted) Handspring (to 2 or 1) Headspring Flyspring Dive forwards roll Forwards somersault (tucked)
Backwards (Min of 1)	<ul style="list-style-type: none"> Backwards roll to tuck Backwards roll to stand (straddle, pike, or front support) Shoulder roll Rock to stand Shoulder stand then rock to stand 	<ul style="list-style-type: none"> Backwards roll to tuck to feet Backwards roll to stand (straddle, pike, or front support) Backwards roll with straight arms and legs Push up to bridge, kickover Backwards walkover 	<ul style="list-style-type: none"> Backwards roll to stand (tuck, straddle, pike, or front support) Backwards roll with straight arms and legs Backwards roll to handstand (bent or straight arms) Backwards walkover Valdez Flic (to 1 or 2 feet) 	<ul style="list-style-type: none"> Backwards roll to stand (tuck, straddle, pike, or front support) Backwards roll with straight arms and legs Backwards roll to handstand (bent or straight arms) Backwards walkover Valdez Flic (to 2, walkout, or a 2nd flic) Backwards somersault (tucked)
Sideways (Min of 1)	<ul style="list-style-type: none"> Log roll Egg roll tucked Side roll with knees passing through straddle 180° Teddy bear roll Cartwheel 	<ul style="list-style-type: none"> Dish roll to arch Side roll with knees passing through straddle 180° Teddy bear roll Cartwheel Cartwheel ¼ in/out Cartwheel one handed (2nd hand down) 	<ul style="list-style-type: none"> Side roll to knee Cartwheel Cartwheel ¼ in/out Cartwheel one handed (2nd hand down) Free cartwheel (no run permitted) Dive cartwheel Round off Tinsica 	<ul style="list-style-type: none"> Side roll to knee Cartwheel Cartwheel ¼ in/out Cartwheel one handed (2nd hand down) Cartwheel x2 (smoothly linked) Free cartwheel (no run permitted) Dive cartwheel Round off Tinsica



Skills – Floor (continued)

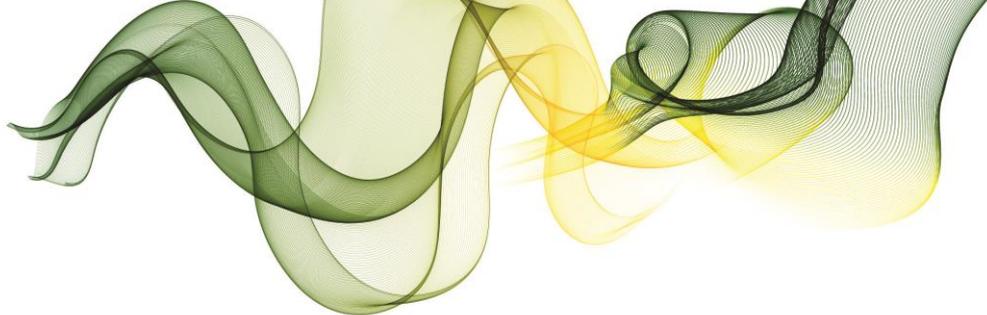
Category	Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
Flight (Min of 1)	<ul style="list-style-type: none"> Jumps (straight, star, tuck, ½ turn, or 1/1 turn) Leaps (scissor kick, cat) 	<ul style="list-style-type: none"> Jumps (tuck, star, straddle, ½ turn, or 1/1 turn) Leaps (scissor kick, cat) 	<ul style="list-style-type: none"> Jumps (tuck, straddle, split, wolf, ½ turn, 1/1 turn, tuck ½ turn) Leaps (scissor kick, stag, split, cat leap, cat ½ turn) 	<ul style="list-style-type: none"> Jumps (tuck, straddle, split, wolf, ½ turn, 1/1 turn, tuck ½ turn, straddle ½ turn) Leaps (scissor kick, stag, split, cat leap, cat ½ turn, cat leap 1/1 turn, change leg split leap)
Balance (Min of 1)	<ul style="list-style-type: none"> V sit (with or without aid of arms) Supports (front or back) Straddle sit Single leg balance/ passé/ arabesque ½ Lever (one leg on floor) Frog balance Headstand tucked Dish Arch 	<ul style="list-style-type: none"> V sit (with or without aid of arms) ½ Lever (pike or straddle) Single leg balance/ passé/ arabesque Headstand straight legged (can pass through tuck) 	<ul style="list-style-type: none"> V sit (without aid of arms) ½ Lever (pike or straddle) Handstand (leg position optional) Elephant lift held Single leg balance/ passé/ arabesque Y-balance/ ring balance 	<ul style="list-style-type: none"> V sit (without aid of arms) ½ Lever (pike or straddle) Handstand (leg position optional) Elephant lift to handstand Single leg balance/ passé/ arabesque Y-balance/ ring balance
	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance 	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance 	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance Chest balance (fish) 	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance Chest balance (fish)
Other skills	<ul style="list-style-type: none"> Releve turn Spin (½) 	<ul style="list-style-type: none"> Releve turn Spin (½ or 1/1) 	<ul style="list-style-type: none"> Releve turn Spin (½, 1/1, 1/1 with extended straight leg) 	<ul style="list-style-type: none"> Releve turn Spin (½, 1/1, 1/1 with extended straight leg, illusion, 1/1 with high leg held)
Bonus				<ul style="list-style-type: none"> Linking of two acrobatic tumbling elements = 0.5 Linking of two aerial elements = 0.5 Use of Dance passage of two skills from Flight Category = 0.5



Deductions – Floor

		Deductions	0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
		Touch of hair/leotard/clothing	X			
	Specific floor deductions	Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Missing competition requirements			X	
	Skill focused deductions (Each time)	Bent arms or bent knees	X	X	X	
		Balance/flexibility not held for time required	X	X		
		Leg or knee separation	X	X		
		Insufficient height of element	X	X		
		Insufficient tuck, pike or stretch	X	X		
		Element not held for two seconds	X	X	X	X
		Balance Element not held for two seconds			X	
	Landing deductions (Each time)	Feet not pointed/loose/body alignment	X			
		Landing from tumblers (step)	X	X		
		Trunk movement to maintain balance	X	X		
		Extra steps up to 0.5	X			
Very large step or jump			X			
Falls (Each skill)	Deep squat			X		
	Falls				X	

		Deductions	0.1	0.3	0.5	1.0
Head Judge Deductions (Create DV score and C score)	DV score	Missing elements (max 0.8)	X			
		Forwards (max 0.5)			X	
	Categories covered (Up to 2.5)	Backwards (max 0.5)			X	
		Sideways (max 0.5)			X	
		Flight (max 0.5)			X	
		Balance (max 0.5)			X	
	Bonus (Adv+ Level only)	Performance of bonus element (0.5 per element)			X	



Skills – Vault

Vault		DV score			
		Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
1	Squat on	1.0	1.0	1.0	1.0
2	Straddle on	1.0	1.0	1.0	1.0
3	Squat through	2.0	2.0	2.0	2.0
4	Straddle over	2.0	2.0	2.0	2.0
5	Layout squat vault	3.0	3.0	3.0	3.0
6	Layout straddle vault	3.0	3.0	3.0	3.0
7	Straight jump up – handstand fall onto level mats	1.5	1.5	1.5	1.5
8	Straight jump up – round off dismount		2.0	2.0	2.0
9	Handstand flatback		2.5	2.5	2.5
10	Straight jump up – handspring dismount onto lower mats			3.0	3.0
11	Handspring stand up onto level mats			3.5	3.5
12	Handspring			4.0	4.0

Deductions – Vault

Deductions		0.1	0.3	0.5	1.0
First flight	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squad/ straddle	X	X	X	
Repulsion	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
Second flight	Lack of height	X	X	X	X
	Incomplete turn	X	X		
	Insufficient length	X	X	X	
	Bent knees	X	X	X	
	Leg separation	X	X		
Landing	Extra steps (each)	X			
	Large steps (over shoulder width)		X		
	Extra arm swing	X			
	Additional trunk movement	X	X		
	Body posture faults	X			
	Deep Squat			X	
	Deviation from centre	X			
	Brush on apparatus			X	
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X