Event Skills & Tariff Sheet

Erewash Valley Spring Invitational 2022
Level 1 – 3
Boys

Requirements

		Level 1	Level 2	Level 3

Specific Information:		• Compulsory apparatus = Floor and Vault
		• Optional apparatus = Bar, P bars, and Rings
		    o Required to compete four apparatus in total, therefore one of the 'optional apparatus' can be left out of each gymnasts' competition
		    o Optional apparatus to be stated on the entry form		

Floor Information:		• Not performed to music		
Vault Information:		• Two attempts permitted, best scoring attempt to count • Vault height during warm up must suit group		
Bar Information:		• Performed on the high bar (metal) with glove and loops		
P Bars Information:		• Specific considerations are allowed on certain elements e.g., aided by coach. See Skill section for details		
Rings Information:		• Specific considerations are allowed on certain elements e.g., aided by coach. See Skill section for details		
Difficulty Value: (DV score)	**Floor:**	• This is valued at 1.0	• This is valued at 1.0	• This is valued at 1.0 • Bonus' available
	Vault:	• Each element is valued next to the element in the Vault section.		
	Bar:	• This is valued at 1.0	• This is valued at 1.0	• This is valued at 1.0 • Bonus' available
	P bars:	• This is valued at 1.0	• This is valued at 1.0	• This is valued at 1.0 • Bonus' available
	Rings:	• This is valued at 1.0	• This is valued at 1.0	• This is valued at 1.0 • Bonus' available
Compositional Score: (C score)		• This isn't required for this event.		
Execution Score: (E score)		• Execution of elements scored out of 10.0 • An overview of execution deductions is found within the 'Deductions sections. • Judges will deduct from this value only.		
Scoring Information:		• **Difficulty Value + Composition Score + Execution Score = Starting Score** Judges may amend this where requirements aren't met. • **Starting Score – Judges Execution Deductions = Final Score**		

Skills – Floor

Category:	Level 1	Level 2	Level 3
Routine	• Forwards roll to stand, • Tuck jump, • Forwards roll to pike sit, • Back support, • Turn to front support, • Squat in stretch jump ½ turn, • Cartwheel – ¼ or ½	• Cartwheel into, • Cartwheel into, • Handstand forwards roll, • Stretch jump 1/1 turn, • Arabesque (2 secs), • Swing leg through with kick ½ turn, • Round off into stretch jump.	• Round off stretch jump, • Backwards roll to straddle stand (straight or bent arms), • Jump to handstand forwards roll into jump ½ turn, • Scissor kick step ½ turn, • Y balance (2 secs), • Dive forwards roll.
Bonus			• Round off flic stretch jump instead of Round off stretch jump = 1.0 • ½ pirouette pike down into forwards roll jump ½ turn instead of Jump to handstand forwards roll into jump ½ turn = 1.0 • Forwards somersault – tucked instead of Dive forwards roll = 1.0

Deductions – Floor

		0.1	0.3	0.5	1.0
Artistry deduction throughout:	Insufficient flow/ dynamics of routine	X	X	X	
Specific floor deductions:	Touch of hair/ leotard/ clothing	X			
	Missing competition requirements			X	
Execution 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		
	Feet not pointed/ loose/ body alignment	X			
Landing deductions: (Each time)	Landing from tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Not landing flat (flatback)		X	X	
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
Falls: (Each skill)	Falls				X

Skills – Vault

	Element:	Equipment:	Level 1	Level 2	Level 3
1	Stretch jump on, immediate rebound stretch jump off	Run up (10.0m) to Block (0.6m) with Landing mat (0.2m)	10.0		
2	Front somersault into immediate dive roll	Run up (15.0m) to Landing mat (0.3m) +/- Top mat (0.1m)		10.0	
3	Handspring	Table vault, height optional between 1.0m – 1.2m with Landing mat (0.2m) +/- Top mat (0.1m)			10.0
4	Round off	Table vault, height optional between 1.0m – 1.2m with Landing mat (0.2m) +/- Top mat (0.1m)			10.0

Deductions – Vault

		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 center	X			
	Brush on apparatus			X	
	Fall				X
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Skills – Bars (Gloves & Loops)

Category:	Level 1	Level 2	Level 3
Routine	• Chin up (2 secs), • Hanging arch (2 secs), • Hanging dish (2 secs), • X2 leg lifts, • Beat into X3 swings (shape is focus) [coach to stop gymnast on third swing].	• X2 leg lifts, • Circle upwards, • Undershoot, • X3 swings (hips above bar with each swing getting higher) [coach to stop gymnast on third swing].	• Circle upwards, • Cast into (horizontal – shoulder to hips), • X3 swings (hips above bar with each swing getting higher), • Back uprise to support into, • Back hip circle into, • Stop in support.
Bonus			• Upstart instead of circle upwards = 1.0

Deductions – Bars (Gloves & Loops)

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Movement 'smoothness' (no stutter) in strength movements	X	X	X	
	Not reaching desired height/position in movements	X	X	X	
	Legs, arms not straight	X	X	X	
	Support not held during leaning back phasing in undershoot	X	X		
	Full height, extension not gained in undershoot		X	X	
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	Continuous movements between elements listed with 'into'			X	
	Not stopped in Level 3 final element			X	
General	Chronological error			X	
	Missing element				X
	Coach assistance			X	
	No presentation	X			

Skills – P Bars

Category:	Level 1	Level 2	Level 3
Routine	• Jump to support in the middle of the bars (can be aided by coach), • Support hold (2 secs), • X2 Dips, • Tuck hold (2 secs), • Lower to support and drop to stand.	• Jump to support on the end of the bars (can be aided by coach), • Walk to middle, • X2 Dips, • Tuck hold (2 secs), • Pike lever (2 secs), • X3 Swings (each to horizontal), • Drop between bars at back of third swing to stand.	• Upstart to straddle sit (can be aided by coach), • X2 Dips, • Tuck hold (2 secs), • Pike lever (2 secs), • Lift towards Russian lever (legs to 45° above horizontal), • Kick out into X3 swings (each to horizontal), • Face vault dismount at back of third swing.
Bonus			• Upstart to support instead of straddle sit = 1.0

Deductions – P Bars

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Straight arms, legs not shown	X	X	X	
	Full dip not shown	X	X	X	
	Hold not for two seconds		X		
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	High swing with hand transition in dismount		X	X	
	Landing upright, no movement	X	X	X	
General	Chronological error			X	
	Missing element				X
	If support on one rail not shown		X		
	No presentation	X			

Skills – Rings

Category:	Level 1	Level 2	Level 3
Routine	• Hang in tuck (2 secs), • Hang in pike (2 secs), • Lift to pike inverted hang (2 secs), • Lower to German hang (2 secs), • Pull back round to hang (2 sec), • Drop off to land.	• Chin up and hold (2 secs), • Circle to German hang (2 secs), • Pull to pike hang inverted hang (2 secs), • Open into straight inverted hang (2 secs), • Beat out into X3 swings (backwards – forwards = x1 swing) [coach to stop gymnast on third swing].	• Support hold [lifted by coach] (2 secs), • Muscle down to hold in chin up position (2 secs), • Circle to pike inverted hang (2 secs), • Beat out into X3 swings (backwards – forwards = x1 swing), • Backwards somersault – tucked dismount.
Bonus			• Muscle up instead of being lifted up by coach = 1.0

Deductions – Rings

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Movement 'smoothness' (no stutter) in strength movements	X	X	X	
	Not reaching desired height/position in movements	X	X	X	
	Hangs not held for two seconds		X		
	Hangs to be either vertical or horizontal (element dependant)	X	X	X	
	Legs, arms not straight	X	X	X	
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	Height in somersault		X	X	
	Rotation in somersault		X	X	
	Landing too low, high, wide		X	X	
General	Chronological error			X	
	Missing element				X
	No presentation	X			