

## Event Skills & Tariff Sheet

### Erewash Valley Spring Invitational 2022

#### Level 1 – 3

#### Girls

#### Requirements

		Level 1	Level 2	Level 3
<b>Specific Information:</b>		<ul style="list-style-type: none"> <li>All apparatus to be performed.</li> </ul>		
<b>Floor Information:</b>		<ul style="list-style-type: none"> <li>Not performed to music.</li> </ul>	<ul style="list-style-type: none"> <li>Not performed to music.</li> </ul>	<ul style="list-style-type: none"> <li>Performed to music.</li> </ul>
<b>Vault Information:</b>		<ul style="list-style-type: none"> <li>Two attempts permitted, best scoring attempt to count.</li> <li>Vault height during warm up must suit group.</li> </ul>		
<b>Bars Information:</b>		<ul style="list-style-type: none"> <li>Performed on the high bar with landing mat underneath.</li> </ul>	<ul style="list-style-type: none"> <li>Performed on either the low or high bar (optional).</li> <li>Springboard may be used – if used to be moved after first skill.</li> </ul>	<ul style="list-style-type: none"> <li>Performed on the A bars.</li> <li>Height and distance optional.</li> </ul>
<b>Beam Information:</b>		<ul style="list-style-type: none"> <li>x1 length of the beam required.</li> </ul>	<ul style="list-style-type: none"> <li>x2 lengths of the beam required.</li> </ul>	<ul style="list-style-type: none"> <li>Up to x3 lengths of the beam required.</li> </ul>
<b>Difficulty Value:</b> (DV score)	<b>Floor:</b>	<ul style="list-style-type: none"> <li>This is scored out of 10.0</li> <li>Bonus' are available/ added to this score for certain levels.</li> </ul>		
	<b>Vault:</b>	<ul style="list-style-type: none"> <li>Each element is valued next to the element in the Vault section.</li> </ul>		
	<b>Bars:</b>	<ul style="list-style-type: none"> <li>This is scored out of 10.0</li> <li>Bonus' are available/ added to this score for certain levels.</li> </ul>		
	<b>Beam:</b>	<ul style="list-style-type: none"> <li>This is scored out of 10.0</li> </ul>		
<b>Compositional Score:</b> (C score)		<ul style="list-style-type: none"> <li>This isn't required for this event.</li> </ul>		
<b>Execution Score:</b> (E score)		<ul style="list-style-type: none"> <li>Execution of elements scored out of 10.0</li> <li>An overview of execution deductions is found within the 'Deductions sections.</li> <li>Judges will deduct from this value only.</li> </ul>		
<b>Scoring Information:</b>		<ul style="list-style-type: none"> <li><b>Difficulty Value + Composition Score + Execution Score = Starting Score</b> Judges may amend this where requirements aren't met.</li> <li><b>Starting Score – Judges Execution Deductions = Final Score</b></li> </ul>		

## Skills – Floor

Category:	Level 1	Level 2	Level 3
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Stretch jump to land,</li> <li>• Tuck jump to land,</li> <li>• Chasse cat leap,</li> <li>• Arabesque,</li> <li>• Handstand,</li> <li>• Forwards roll to straddle,</li> <li>• Japana,</li> <li>• Lie flat, push up to bridge,</li> <li>• Dish,</li> <li>• Roll to arch,</li> <li>• Push to front support,</li> <li>• Jump feet in and stand,</li> <li>• Front to back cartwheel.</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch jump, tuck jump (linked),</li> <li>• Chasse cat leap ½ turn,</li> <li>• Arabesque,</li> <li>• Handstand forwards roll,</li> <li>• Backwards roll to front support,</li> <li>• Show best leg front splits,</li> <li>• Swing ack leg around to pike sit,</li> <li>• Lie flat and push to bridge,</li> <li>• Kick over,</li> <li>• Round off, ½ turn jump into front to back cartwheel.</li> </ul>	<ul style="list-style-type: none"> <li>• Jump series (linked),</li> <li>• Leap series (including a split),</li> <li>• Round off,</li> <li>• Handspring,</li> <li>• Walkover – forwards or backwards,</li> <li>• 1/1 spin.</li> </ul>
<b>Bonus</b>			<ul style="list-style-type: none"> <li>• Flic = 0.3</li> <li>• 1 ½ spin = 0.3</li> </ul>

## Deductions – Floor

		0.1	0.3	0.5	1.0
<b>Artistry deduction throughout:</b>	Insufficient flow/ dynamics of routine	X	X	X	
<b>Specific floor deductions:</b>	Touch of hair/ leotard/ clothing	X			
	Missing competition requirements			X	
<b>Execution deductions:</b> (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			
<b>Landing deductions:</b> (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	
<b>Falls:</b> (Each skill)	Falls				X

## Skills – Vault

Element:		Equipment:	Level 1	Level 2	Level 3
1	Squat on, immediate star jump off	Full size springboard, sideways and flat block (0.6m), and landing mat	10.0		
2	Squat on, kick to handstand and flatback onto landing mats	Full size springboard, lengthways and flat block (0.9m), safety mats piled up level to block at the end		10.0	
3	Handstand flatback	Full size springboard, lengthways block with safety mat of top (0.9m), safety mats piled up level to block at the end			10.0

## Deductions – Vault

		0.1	0.3	0.5	1.0
<b>First flight:</b>	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	
<b>Repulsion:</b>	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		
<b>Second flight:</b>	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		
<b>Landing:</b>	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
<b>Additional:</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

## Skills – Bars

Category:	Level 1	Level 2	Level 3
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Hanging on bar,</li> <li>• Lift to tuck hold (3 secs),</li> <li>• ½ turn (face opposite direction),</li> <li>• Full leg lift – straight legs,</li> <li>• Release to land.</li> </ul>	<ul style="list-style-type: none"> <li>• Upwards circle,</li> <li>• Cast to back hip circle,</li> <li>• Cast away from the bar to land (low bar) / Forwards circle to land (high bar).</li> </ul>	<ul style="list-style-type: none"> <li>• Upwards circle,</li> <li>• Cast back hip circle,</li> <li>• Squat on, catch the high bar,</li> <li>• Swing forwards from catch, swing backwards and release.</li> </ul>
<b>Bonus</b>		<ul style="list-style-type: none"> <li>• Cast to squat on, stretch jump off to land = 0.3</li> </ul>	<ul style="list-style-type: none"> <li>• Cast above 45° = 0.3 each time</li> </ul>

## Deductions – Bars

		0.1	0.3	0.5	1.0
<b>Technical</b>	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	
<b>General</b>	Chronological error			X	
	Missing element				X
	Coach assistance			X	
	No presentation	X			

## Skills – Beam

Category:	Level 1	Level 2	Level 3
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Jump to front support, swing leg over and stand (springboard can be used),</li> <li>• Low turn,</li> <li>• Tuck jump,</li> <li>• Arabesque,</li> <li>• Cat leap,</li> <li>• Kick towards handstand (no hold required, and legs can be split),</li> <li>• Star jump dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Squat/straddle on (springboard can be used),</li> <li>• Cat leap linked to tuck jump,</li> <li>• Balance,</li> <li>• 1 x acro skill (handstand, cartwheel, backwards walkover, forwards roll),</li> <li>• ½ turn on toes (relevé),</li> <li>• Round off dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Squat on or straddle on,</li> <li>• 2 x jumps/leaps linked,</li> <li>• Balance,</li> <li>• 2 x different acro skills,</li> <li>• ½ spin,</li> <li>• Handspring dismount.</li> </ul>
<b>Bonus</b>			

## Deductions – Beam

		0.1	0.3	0.5	1.0
<b>General</b>	Poor rhythm/adjustments (each)	X			
	Excessive arm swings (each)	X			
	Pause (more than 2 seconds) (each)	X			
	Body posture/amplitude throughout	X			
	Additional support of leg against the side surface of the beam		X		
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance			X	
<b>Artistry deductions</b>	Insufficient flow/dynamics of routine (throughout)	X	X	X	
<b>Skill focused deductions</b> (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/tuck, pike or stretch	X	X		
	Element not held for three seconds	X	X	X	X
Feet not pointed/loose/body alignment	X				
<b>Landing deductions</b> (Each time)	Landing from tumbles (step)/trunk movement to balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
<b>Falls</b>	Falls (each skill)				X
<b>Additional</b>	Touch of hair/leotard/clothing	X			
	Skill attempted but not completed			X	
	Skill not attempted at all / Support from coach				X