Event Skills & Tariff Sheet

Erewash Valley Spring Invitational 2022
Level 4 – Open Age
Girls

Requirements

		Level 4	Level 5	Open Age
Specific Information:		• All apparatus to be performed.		
Floor Information:		• Performed to music.		
Vault Information:		• Two attempts permitted, best scoring attempt to count. • Vault height during warm up must suit group.		
Bars Information:		• Performed on the A bars. • Height and distance optional.		
Beam Information:		• X3 length of the beam required.		
Difficulty Value: (DV score)	**Floor:**	• This is scored out of 10.0 • Bonus' are available/ added to this score for certain levels.		
	Vault:	• Each element is valued next to the element in the Vault section.		
	Bars:	• This is scored out of 10.0 • Bonus' are available/ added to this score for certain levels.		
	Beam:	• This is scored out of 10.0		
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 4	Level 5	Open Age
Routine	• Jump series (linked with a 360° rotation), • Leap series (including a split), • Round off flic, • Handspring star jump, • Handstand ½ turn, • 1 ½ spin.	• Jumper series (one to be a split and one a 360° rotation), • Leap series (including a split change) • Round off flic, backwards somersault – tucked, • Forwards somersault – tucked, • Handstand 1/1 turn, • 2/1 spin.	• Jump series, • Leap series (including split change), • Mixed tumble (forwards somersault, round off, flic, backwards somersault), • Spin – FIG valued A or B, • Ariel OR Free walkover, • Final tumble (including straight somersault).
Bonus	• Round off, flic, flic = 0.3 • Handstand 1/1 turn = 0.3	• Ariel/free walkover = 0.3 • Handspring before forwards somersault = 0.3	• Twisting somersault ½ = 0.3 • Twisting somersault 1/1 = 0.5

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 4	Level 5	Open Age
1	Handspring	Table vault, with height optional between 1.0m – 1.2m	10.0		
2	½ on	Table vault, with height optional between 1.0m – 1.2m		10.0	
3	½ on, ½ off	Table vault, with height optional between 1.0m – 1.2m			10.0
4	Round off, flic, repulsion off	Table vault, with height optional between 1.0m – 1.2m			10.0
5	Round off, ½ on, repulsion off	Table vault, with height optional between 1.0m – 1.2m			10.0
6	Tsukahara	Table vault, with height optional between 1.0m – 1.2m			10.5
7	Yurchenko	Table vault, with height optional between 1.0m – 1.2m			10.5

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

Category:	Level 4	Level 5	Open Age
Routine	• Upwards circle, • Cast back hip circle, • Squat on, catch high bar, • Long swing (3/4 giant), • Straddle undershoot dismount.	• Upwards circle, • Cast back hip circle, • Squat on, catch high bar, • Long swing, • Cast into ¾ giant • Straddle undershoot ½ turn dismount.	• Upstart both bars, • Straddle catch OR sole circle, • Cast towards handstand, • Back away dismount – tucked.
Bonus	• Cast above 45° = 0.3 each time	• Upstart on either/both bars = 0.3 each time • Soul circle on low bar after squat on = 0.3	• Cast to handstand = 0.3 • Giant = 0.5

Deductions – Bars

		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 – Beam

Category:	Level 4	Level 5	Open Age
Routine	• Squat through or japana, • 2 x jumps/leaps linked (one must be split), • Balance, • 2 x different acro skills, • 1/1 spin, • Somersault dismount (either direction).	• Jump to splits or jump to japana or jump to back support, • 2 x leaps/jumps linked (one is split), • Backwards walkover into immediate tuck jump or Cartwheel into immediate tuck jump, • 1 x different acro skill, • Somersault dismount (either direction).	• Spin – FIG valued A or B, • Leap/jump series (one element must be a split change leg), • Acro series linked (one element must be flighted), • Balance, • Linked dismount.
Bonus		• Cartwheel into backwards somersault – tucked (cartwheel doesn't count) = 0.3 • Flic = 0.3	• Acro series element both flighted = 0.3

Deductions – Beam

		0.1	0.3	0.5	1.0
General	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	
Artistry deductions	Insufficient flow/dynamics of routine (throughout)	X	X	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/tuck, pike or stretch	X	X		
	Element not held for three seconds	X	X	X	X
	Feet not pointed/loose/body alignment	X			
Landing deductions (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	
Falls	Falls (each skill)				X
Additional	Touch of hair/leotard/clothing	X			
	Skill attempted but not completed			X	
	Skill not attempted at all / Support from coach				X