

Skills & Tariff Sheet Nottinghamshire County GfA Floor & Vault Competition 2022

Requirements – Floor

	Years 1 & 2	Years 3 & 4	Years 5 & 6	Years 7+
Specific Information:	<ul style="list-style-type: none"> Select X6 elements (skills) from list. Performed in any order. Elements can't be repeated. Routines to be performed on a single row of mats (length of floor). 			
Difficulty Value: (DV score)	<ul style="list-style-type: none"> Each routine will have a starting value of 10.0 			
Execution Score: (E score)	<ul style="list-style-type: none"> Execution of elements scored out of 10 An overview of execution deductions is found within the 'Deductions – Floor' section. Judges will deduct from this value only. 			
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 			

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 – Floor

Category:	Years 1 & 2	Years 3 & 4	Years 5 & 6	Years 7+
Elements: (Pick x6)	<ul style="list-style-type: none"> • Forward roll. • Front support. • Bunny hop. • Crab (bent leg bridge). • Stretch jump. • Stork balance (knee in line with hips). • X2 chasses. 	<ul style="list-style-type: none"> • Forwards roll. • L shape handstand. • Backwards roll (tucked) to feet. • Bridge. • Tuck jump. • Side balance. • X1 chasse cat leap. 	<ul style="list-style-type: none"> • Handstand forward roll. • Backward roll to front support. • ½ jump. • Arabesque. • X1 chasse cat leap. • Side to side cartwheel. 	<ul style="list-style-type: none"> • Tick tock. • Round off. • Handspring. • Front to back cartwheel. • Full turn jump. • Y balance. • X1 chasse cat.

Requirements – Vault

	Years 1 & 2	Years 3 & 4	Years 5 & 6	Years 7+
Specific Information:	<ul style="list-style-type: none"> Two attempts permitted, best scoring attempt to count Vault height during warm up must suit group 			
Difficulty Value: (DV score)	<ul style="list-style-type: none"> Elements values can be found within the relevant 'Skills – Vault' section. 			
Execution Score: (E score)	<ul style="list-style-type: none"> Execution of elements scored out of 10.0 An overview of execution deductions is found within the 'Deductions – Vault' section. Judges will deduct from this value only. 			
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Composition Score + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 			

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 – Vault

Element:	Equipment:	Years 1 & 2	Years 3 & 4	Years 5 & 6	Years 7+
1 Run, stretch jump.	Springboard to landing mat	10.0			
2 Squat on block, stretch jump off.	Springboard 0.8m block Landing mat (longways)		10.0		
3 Squat on	Springboard Table vault (optional height) Landing mat			10.0	
4 Handstand flatback onto block & mats	Springboard 0.8m block & optional number of additional mats to increase height				10.0