

Skills & Tariff Sheet GfA Two Piece Competition Levels Primary 2 and Primary 1 Girls

Requirements – Floor

	Primary 2	Primary 1
Specific Information:	<ul style="list-style-type: none"> • Music isn't required • This is a set routine. • Performed on a strip of floor. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> • This is a set score of 1.0 for all levels. • Bonus values can be found within the relevant 'Skills – Floor' 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 – 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 tumblers (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:	Primary 2	Primary 1
Routine:	<ul style="list-style-type: none"> • Forward roll star jump, • Chasse cat leap, • Arabesque, • Stretch jump ½ turn, • Handstand, • Side to side cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears held for 3secs, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position. 	<ul style="list-style-type: none"> • Handstand forward roll (arms may be bent), • Immediate tuck jump, • Chasse cat leap ½ turn, • ½ spin, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide, but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel.
Bonus:		If the: <ul style="list-style-type: none"> • Kick over from the bridge is performed = 0.5

Requirements – Vault

	Primary 2	Primary 1
Specific Information:	<ul style="list-style-type: none"> Warm up vault to suit the group, discussed on the day. Vault heights can be found within the relevant 'Skills – Vault' section Two attempts permitted on vault, best score to count Two attempts permitted. Best scoring attempt to count. Each attempt can be the same or different element. 	
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 + 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:	Primary 2	Primary 1
1	Squat on, immediate stretch jump off	Table vault (height optional)	10.0	
2	Handstand flatback	Block and safety mat = 0.8m		10.0