

Skills & Tariff Sheet GfA Four Piece Competition Levels Primary 2 and Primary 1 Boys

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"> • Forwards roll into an immediate star jump, • Jump ¼ turn, • Side to back cartwheel (this is not a round off), • Show handstand back to stand, • Jump ½ turn (to change the direction), • Side leg lift (45°), • Squat down and jump legs forward to back support hold for 3secs, • Turn over to front support hold for 3secs, • One press up, • Jump feet into hands to squat, • Backwards roll to stretch jump to finish. 	<ul style="list-style-type: none"> • Tucked backward roll to front support, • Jump feet into squat to stand, • Handstand forwards roll, • X2 cartwheels linked, the second to feet together (to change the direction), • Swedish fall with a leg raised, • Lower raised leg to finish in front support, • X2 press ups, • Squat feet in, stretch jump to stand, • Skip step into round off, • Star jump (not linked to round off), • Stretch jump ½ turn.
Bonus:		

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	Table vault (height optional)	10.0	
2	Handstand flatback	Block and safety mat = 0.8m		10.0

Requirements – High Bar

	Advanced
Specific Information:	<ul style="list-style-type: none"> Set routine.
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 – High Bar' 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 – High Bar' 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 – High Bar

		0.1	0.3	0.5	1.0
General:	Legs apart		X		
	Lack of swing or pause	X	X		
	Low amplitude on flight elements	X	X		
	Deviation from plane of movement	X	X		
	Layaway on the back swing		X		
	Bent arms	X	X		
	Bent knees (each time)	X	X		
	Elements not continuing in their intended direction			X	
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X		
	Fall				X
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Skills – High Bar

Category:	Primary 2	Primary 1
Routine:	<ul style="list-style-type: none"> Coach assistance onto bar, Immediate chin up, hold (2 seconds), lower down with control, X1 leg lift to 45° from the bar, X3 fish swings, Release to safe landing. 	<ul style="list-style-type: none"> Coach assist jump to high bar, X1 chin up, Upward circle, Cast, Forward circle down, Trolley swing into X3 swings, Dismount at back of 3rd swing.
Bonus:		

Requirements – Trampoline

	Primary 2	Primary 1
Specific Information:	<ul style="list-style-type: none"> Set routine. 	
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 – Trampoline' 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 – Trampoline' 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 – Trampoline

		0.1	0.3	0.5	1.0
Unclear body shapes:	Hip and knee angle faults	X	X	X	
	Split, crossed legs, head, or feet faults	X			
	Arms are not close to body/ rotation axis	X			
Unclear twisting:	Initiating the twist too soon/ late	X	X		
	Finishing the twist too late	X			
	Under/over rotation		X	X	
Lift off the trampoline:	Lack of lift		X		
	No visible lift			X	
Distance in element:	Too low		X		
	Too long	X			
Body position before landing:	Late opening	X			
	No opening		X		
Landing deductions: (Per skill)	Leaning position	X	X	X	
	Hips/knees bending	X	X	X	
	Loss of control	X	X	X	
	Light touch with one hand/knee	X			
	Light touch with two hands/knees		X		
	Falling (sitting, rolling, etc.)				X
	Not landing feet first				X
Coaches' actions:	Not landing along the center line	X	X		
	Supporting				X
	Not acting in a dangerous situation				X
	Helping the gymnast achieve element				X

Skills – Trampoline

Category:	Primary 2	Primary 1
Routine:	<ul style="list-style-type: none"> Stretch jump, Tuck jump, Star jump. 	<ul style="list-style-type: none"> Straddle jump, Pike jump, Jump ½ turn.
Bonus:		