

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

### Requirements – Floor

	Primary 2	Primary 1
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>• Music isn't required</li> <li>• This is a set routine.</li> <li>• Performed on a strip of floor.</li> </ul>	
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>• This is a set score of 1.0 for all levels.</li> <li>• Bonus values can be found within the relevant 'Skills – Floor' section.</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 – Floor' section.</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 + 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>	

### 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 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	
<b>Falls:</b> (Each skill)	Falls				X

## Skills – Floor

Category:	Primary 2	Primary 1
<b>Routine:</b>	<ul style="list-style-type: none"> <li>• Forward roll star jump,</li> <li>• Chasse cat leap,</li> <li>• Arabesque,</li> <li>• Stretch jump ½ turn,</li> <li>• Handstand,</li> <li>• Side to side cartwheel,</li> <li>• Squat down to then lie flat on back,</li> <li>• Dish shape 3secs hold (arms by ears or on thighs),</li> <li>• Roll to lie on front,</li> <li>• Arch shape with arms by ears held for 3secs,</li> <li>• Push to front support,</li> <li>• Jump feet to hands,</li> <li>• Stretch jump from the squat position.</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand forward roll (arms may be bent),</li> <li>• Immediate tuck jump,</li> <li>• Chasse cat leap ½ turn,</li> <li>• ½ spin,</li> <li>• Backward roll to straddle stand,</li> <li>• 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),</li> <li>• From splits, turn to sit in straddle,</li> <li>• Join legs together,</li> <li>• Lie down on back and push to bridge,</li> <li>• Lie down from bridge and rock to stand,</li> <li>• From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel.</li> </ul>
<b>Bonus:</b>		If the: <ul style="list-style-type: none"> <li>• Kick over from the bridge is performed = 0.5</li> </ul>

## Requirements – Vault

	Primary 2	Primary 1
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Warm up vault to suit the group, discussed on the day.</li> <li>Vault heights can be found within the relevant 'Skills – Vault' section</li> <li>Two attempts permitted on vault, best score to count</li> <li>Two attempts permitted.</li> <li>Best scoring attempt to count.</li> <li>Each attempt can be the same or different element.</li> </ul>	
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>Elements values can be found within the relevant 'Skills – Vault' section.</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 – Vault' section.</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 + 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>	

## 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 – 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

## Requirements – A Bars

	Primary 2	Primary 1
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Set routine</li> </ul>	<ul style="list-style-type: none"> <li>Set routine</li> <li>Routine split into two parts; both must be completed.</li> </ul>
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>This is a set score of 1.0 for all levels.</li> <li>Elements values can be found within the relevant 'Skills – a Bars' section.</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 – A Bars' section.</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 + 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>	

## Deductions – A Bars

		0.1	0.3	0.5	1.0
<b>General:</b>	Body alignment	X	X		
	Adjusted grip position	X			
	Hit on apparatus with feet			X	
	Hit on mat with feet (fall)				X
	Poor rhythm in elements			X	
	Insufficient height	X	X		
	Under rotation	X			
	Insufficient extension in casts	X			
	Intermediate swing	X			
	Empty swing			X	
	Angle of completion of elements	X	X	X	X
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X	X	
Fall				X	
<b>Additional:</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (apart from jump to high bar in Primary 1)				X

## Skills – A Bars

Category:	Primary 2	Primary 1
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Coach assistance onto bar</li> <li>Immediate chin up, hold (2 seconds), lower down with control,</li> <li>X1 leg lift to 45° from the bar,</li> <li>X3 fish swings,</li> <li>Release to safe landing.</li> </ul>	<ul style="list-style-type: none"> <li>Low bar: <ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast,</li> <li>Cast dismount.</li> </ul> </li> <li>High bar (coach to assist jump to bar): <ul style="list-style-type: none"> <li>Trolley swing to X3 swings,</li> <li>Dismount on 3<sup>rd</sup> swing backwards.</li> </ul> </li> </ul>
<b>Bonus:</b>		

## Requirements – Beam

	Primary 2	Primary 1
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Set routine.</li> <li>Optional elements provided.</li> <li>Elements can't be repeated within series.</li> <li>Maximum routine length = 2.5 lengths</li> </ul>	
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>This is a set score of 1.0 for all levels.</li> <li>Elements values can be found within the relevant 'Skills – Beam' section.</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 – Beam' section.</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 + 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>	

## 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>Additional:</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

**Note:** Deductions are in addition to 'normal' beam execution deductions

## Skills – Beam

Category:	Primary 2	Primary 1
<b>Element group:</b>		
<b>Routine:</b>	<ul style="list-style-type: none"> <li>• Jump to front support mount,</li> <li>• X2 leaps or jumps (not linked),</li> <li>• Single leg balance,</li> <li>• ½ turn on toes,</li> <li>• Either:               <ul style="list-style-type: none"> <li>○ Dismount – Stretch jump.</li> <li>○ Dismount – Tuck jump.</li> <li>○ Dismount – Star jump.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Squat on mount,</li> <li>• X1 acro skill,</li> <li>• X2 linked skills (X1 must be a leap), e.g., cat leap into stretch jump</li> <li>• Single leg balance,</li> <li>• ½ spin,</li> <li>• Dismount – Round off.</li> </ul>
<b>Leaps/ jumps/ balance skills:</b>	<ul style="list-style-type: none"> <li>• Stretch jump</li> <li>• Tuck jump</li> <li>• W jump</li> <li>• Cat leap</li> <li>• Split leap *</li> <li>• Split jump</li> <li>• Arabesque</li> <li>• Y balance</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch jump</li> <li>• Tuck jump</li> <li>• W jump</li> <li>• Cat leap</li> <li>• Split leap *</li> <li>• Split jump</li> <li>• Arabesque</li> <li>• Y balance</li> </ul>
<b>Acro skills:</b>		<ul style="list-style-type: none"> <li>• Forwards roll</li> <li>• Handstand</li> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Walkover – Backwards *</li> <li>• Walkover – Forwards *</li> </ul>
<b>Bonus:</b>		

**Note:** Skills marked with a \* can't be supervised by a [Level 2 General Gymnastics Coach](#).