



Event skills & tariff sheet

GFA, GFA Plus

DEV, DEV Plus

ADV, ADV Plus, ADV Ultimate

Boy and Girls

Requirements	GFA	DEV	ADV
Specific information	<ul style="list-style-type: none"> All apparatus too be performed 		
Floor information	<ul style="list-style-type: none"> No music required 	<ul style="list-style-type: none"> DEV – Music not required DEV Plus – Music optional 	<ul style="list-style-type: none"> All ADV levels – Music required ADV Plus & ADV Ultimate – Linked series must be flighted
Vault information	<ul style="list-style-type: none"> Vault height in warm up must suit the group. TWO attempts permitted, best score counts 		
Execution score	<ul style="list-style-type: none"> Execution of elements is scored out of 10 An overview of execution deductions is found in ‘deduction sections’ Bonuses are found under each routine, as stated above. 		
Scoring information	<ul style="list-style-type: none"> Difficulty value + composition score + execution score = Starting score Judges may amend this when requirements are not met. Starting score – Judging execution deductions = Final score 		



<u>GFA</u>	<u>GFA Plus</u>
<ul style="list-style-type: none"> • Walk 3 steps forward with arms by ears • Forward roll too tuck (hold for 3 seconds) • Show dish shape for 3 seconds (hold for 3 seconds) • Lower to floor with arms by ears • Log roll onto tummy • Arch shape (hold for 3 seconds) • Lower to floor • Circle arms push to finish under shoulders • Push too front support (hold front support for 3 seconds) • Jump feet to squat shape • Immediate Stretch jump to landing (hold landing for 3 seconds) • 3 skips • Star jump. (hold landing for 3 seconds) 	<ul style="list-style-type: none"> • Stretch up tall • X2 chasse • Arabesque (hold for 3 seconds) • Forward roll • Cartwheel • Stretch jump half turn (hold landing for 3 seconds) • Backwards roll into front support • ¾ splits (hands can be on floor) • Sit in pike • Rock in tuck too stand
<ul style="list-style-type: none"> • No music required 	<ul style="list-style-type: none"> • No music required
No bonuses	Bonus <ul style="list-style-type: none"> • 0.3 Immediate stretch jump out of forward roll • 0.3 full splits (180 degree)

Element	Equipment	GFA	GFA Plus
Leap stretch jump	Springboard, hard matt	10	10
Squat on, stretch jump off	Springboard, 60cm vault		10.5



<u>DEV</u>	<u>DEV Plus</u>
<ul style="list-style-type: none"> • Chasse x2 cat leap (linked together) • Arabesque (hold for 3 seconds) • Handstand (hold for 3 seconds) • Half spin • Backwards roll too front support (hold for 3 seconds) • Full spits (hold for 3 seconds) • Dish log roll too arch (each shape is held for 3 seconds each time) • From front support, jump feet together and stretch jump • Cartwheel too star linked too cartwheel too lunge. (Linked and flowing no stopping) 	<ul style="list-style-type: none"> • Chasse x2 cat leap (no pause) • Arabesque (hold for 3 seconds) • Handstand forward roll (hold handstand for 3 seconds) • Half spin • Backwards roll too standing • Hurdle steps round off • Jump series; link two different jumps together
<ul style="list-style-type: none"> • No music required 	<ul style="list-style-type: none"> • Music optional
<p>Bonus:</p> <ul style="list-style-type: none"> • 0.3 Handstand forward roll 	<p>Bonus:</p> <ul style="list-style-type: none"> • 0.3 Extend the round off link a backwards roll to standing • 0.3 Handspring

Element	Equipment	DEV	DEV Plus
Squat on stretch jump off	1m vault block	10.0	
Straddle over	1m vault block	10.5	10.0
Handstand flat back	1m Vault block		10.5



<u>ADV</u>	<u>ADV Plus</u>	<u>ADV Ultimate</u>
<ul style="list-style-type: none"> • Linked series of 2 skills. (I.e., hurdle steps round off stretch jump into cartwheel) • Handstand hop forward roll with straight arms (can be straight arms) • Jump series: two different jumps linked (Straight after one another, no stops) • Half spin • Backwards or forwards walk over 	<ul style="list-style-type: none"> • Linked series of 2 skills (i.e., round off flic) • Handspring • Split leap (180 degree) • Full spin • Jump series: two different jumps linked (Straight after one another, no stops) • Backwards or forwards walk over (always start with leg up for backwards walk) 	<ul style="list-style-type: none"> • Linked series of 3 skills (i.e., round off flic tuck back) • Handspring • Forwards somersault – tucked (hold for 3 seconds) • Split leap (180 degree) • Full spin • Jump series; two different jumps linked (Straight after one another, no stops/ pause)
<ul style="list-style-type: none"> • Music required 	<ul style="list-style-type: none"> • Music required • Linked series must be flighted 	<ul style="list-style-type: none"> • Music required • Linked series must be flighted
Bonus: <ul style="list-style-type: none"> • 0.3 Y balance 	Bonus <ul style="list-style-type: none"> • 0.3 aerial • 0.3 Y balance 	Bonus <ul style="list-style-type: none"> • 0.3 aerial • 0.3 Y balance

Element	Equipment	ADV	ADV Plus	Adv Ultimate
Handstand flat back	1m matts, springboard	10.0	10.0	
Handspring	1m block or vault, springboard		10.5	10.0
Half on	Table vault 1m			10.5



Deductions for floor

		0.1	0.3	0.5	1.0
Artistry deductions throughout	Insufficient flow / dynamics in routine	x	x	x	
Specific floor deductions	Touch hair / Leo / clothing	x			
	Missing competition requirements			x	
Execution deduction	Bent arms or knees	x	x	x	
	Leg or knee separation	x	x		
	Insufficient height of element	x	x		
	Insufficient tuck, pike or stretch	x	x		
	Balance / flexibility not held for required time	x	x		
	Feet not pointed / loose / body alignment	x			
Landing deductions (each time)	Landing from tumblers / linked skills (step)	x	x		
	Trunk movement to maintain balance	x	x		
	No rebound (I.e., roundoff, into backwards roll)		x	x	
	Extra step up to 0.5	x			
	Very Large step or jump		x		
	Deep squat			x	
Falls: (each skill)	Falls				x



Deductions for 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 squat / 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	
	Incomplete turn	x	x		
	Inefficient length	x	x	x	
	Bent knees	x	x	x	
	Leg separation	x	x		
Landing:	Extra step (each time)	x			
	Large steps (over shoulder width)		x		
	Extra arm swing	x			
	Additional trunk movements	x	x		
	Body posture faults	x			
	Deep squat			x	
	Deviation from centre	x			
	Brush on apparatus			x	
Fall				x	
Additional:	Skill attempted but not completed				x
	Support from coach			x	