



## Gymnastics for All

### 776 GfA O8's Adv, Adv+, and Adv+ Challenge Competition Boys

#### Advanced

#### Skills and Tariff sheet

##### Requirements

	Advanced
<b>Key information</b>	<ul style="list-style-type: none"> <li>Boys and girls will compete together but will be in separate categories</li> <li>Max floor routine length = 1min 30secs</li> <li>This is <b>not to music</b></li> <li>Table vault height optional, but warm up must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> </ul>
<b>Floor information</b>	11m x 9m Sprung floor
<b>Vault information</b>	Table vault (1.20m) Or Block and safety mats (1.20m)
<b>Difficulty Value</b> (DV score)	<ul style="list-style-type: none"> <li>This score is stated at the top of each routine/element on the 'Skills section'</li> </ul>
<b>Compositional Score</b> (C score)	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>
<b>Execution Score</b> (E score)	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>
<b>Scoring Information</b>	<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Execution Deductions = Final Score</li> </ul>



### Skills – Floor

#### Advanced

Max score: 10.00

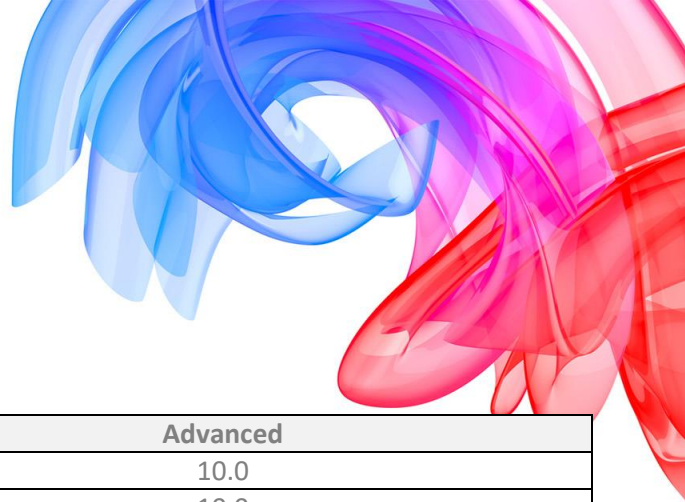
The following skills can be performed in any order with added steps (creating a floor routine):

- Backward roll to handstand (arm bend is optional) \*,
- Handstand forward roll to pike sit, lift to pike lever 3secs hold,
- Min. two skills acro series – One skill must be flighted, Round off, flic, handspring, cartwheel are accepted
- Handspring,
- Jump series – Two different jumps linked together,
- Handstand ½ pirouette \*,
- Y balance or arabesque 3secs hold,
- Splits 3secs hold (forwards or box).
- **Bonus** 0.5 if both skills in the acro series are flighted e.g. round off, flic, handspring.

**Note:** Skills marked with a \* can't be supervised by a Level 2 General Gymnastics coach.

### Deductions – Floor

	Deductions	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 (Each time)</b>	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 (Each time)</b>	Landing from tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
<b>Falls (Each skill)</b>	Falls				X



**Skills – Vault**

	<b>Advanced</b>
Handspring	10.0
Handstand flatback (block and safety mat 1.20m)	10.0

**Deductions – Vault**

	<b>Deductions</b>	<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<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 centre	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