



## Gymnastics for All

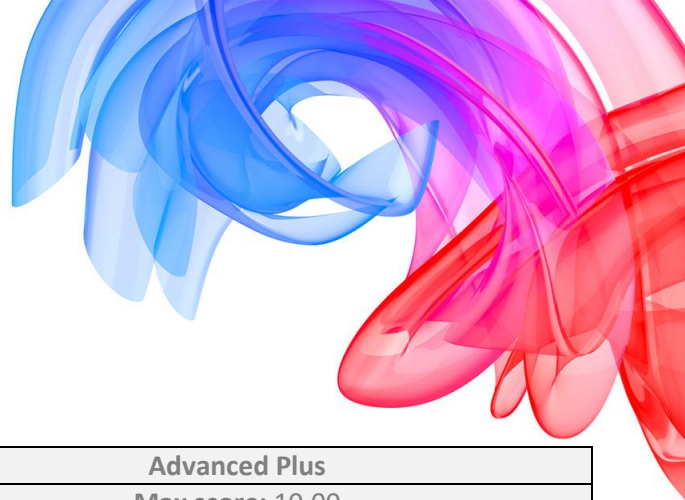
776 GfA O8's Adv, Adv+, and Adv+ Challenge Competition Girls

Advanced and Advanced Plus

Skills and Tariff sheet

### Requirements

	Advanced	Advanced Plus
<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>Maximum floor routine length = 1min 30secs to music To contain no words, not be Disney, Cirque de Soleil, or Lloyd Webber</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	11m x 9m Sprung floor
<b>Vault information</b>	Table vault (1.10m) Or Block (0.60m)	Table vault (height optional)
<b>Difficulty Value (DV score)</b>	<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 (C score)</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>	
<b>Execution Score (E score)</b>	<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>	



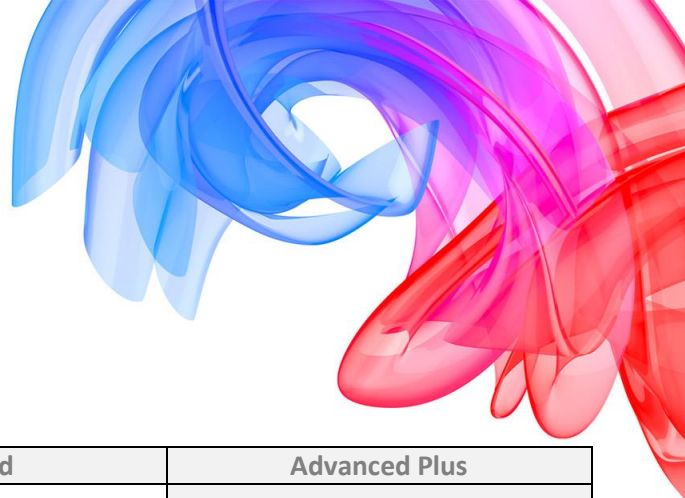
**Skills – Floor**

Advanced	Advanced Plus
Max score: 10.00	Max score: 10.00
<b>Routine</b>	
<ul style="list-style-type: none"> <li>• Handspring,</li> <li>• Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same),</li> <li>• Full spin,</li> <li>• Leap series – Split leap, cat leap,</li> <li>• Stretch jump full turn,</li> <li>• Walkover.</li> <li>• <b>Bonus</b> 0.5 if both skills are flighted in the acro series.</li> </ul>	<ul style="list-style-type: none"> <li>• Min. of two flighted skills acro series – Both skills must be flighted and different,</li> <li>• Handspring,</li> <li>• Somersault (forwards or backwards) *,</li> <li>• Leap series – Split leap, cat leap, full turn,</li> <li>• Full spin,</li> <li>• Backward roll to handstand (arm bends optional) *.</li> <li>• <b>Bonus</b> 0.5 if a skill is performed before or after the somersault e.g. front somersault walk out round off *.</li> </ul>
<b>Skills for series</b>	
<ul style="list-style-type: none"> <li>• Forwards roll</li> <li>• Backward roll</li> <li>• Walkover – forwards or backwards</li> <li>• Handspring</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Round off</li> <li>• Flic</li> </ul>
<ul style="list-style-type: none"> <li>• Walkover – forwards or backwards</li> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Round off</li> <li>• Flic</li> <li>• Handspring</li> </ul>	<ul style="list-style-type: none"> <li>• Somersault – forwards or backwards</li> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Round off</li> <li>• Flic</li> <li>• Handspring</li> </ul>

**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 tumblers (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

	Advanced	Advanced Plus
Handspring to feet (block)	10.0	
Handstand flatback (table vault)	10.0	
Handspring (table vault)		10.0
½ on, ½ off (table vault) **		10.5

**Note:** Skills marked with a \*\* can only be supervised by a Level 3 or above in General Gymnastics, Men's Artistic, or Women's Artistic.

### Deductions – Vault

	Deductions	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 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