



Gymnastics for All

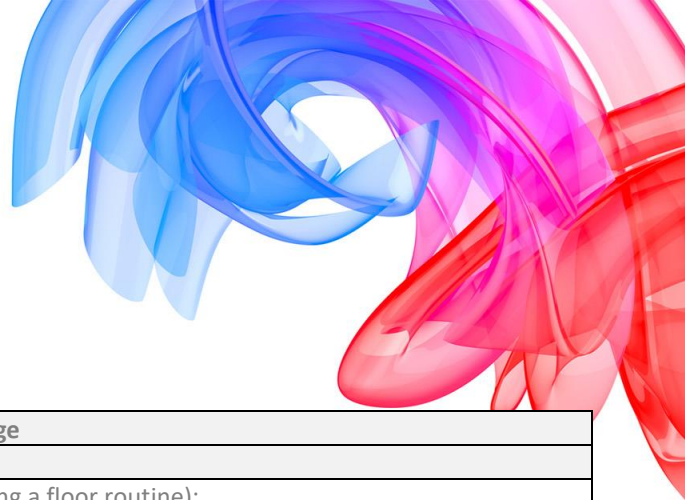
776 GfA O8 Adv, Adv+, and Adv+ Challenge Competition Girls

Advanced Plus Challenge

Skills and Tariff sheet

Requirements

	Advanced Plus Challenge
Key information	<ul style="list-style-type: none"> Boys and girls will compete together but will be in separate categories Maximum floor routine length = 1min 30secs to music To contain no words, not be Disney, Cirque de Soleil, or Lloyd Webber Table vault height optional, but warm up must suit the group Two attempts permitted on vault, best score to count
Floor information	11m x 9m Sprung floor
Vault information	Table vault (optional)
Difficulty Value (DV score)	<ul style="list-style-type: none"> This score is stated at the top of each routine/element on the 'Skills section'
Compositional Score (C score)	<ul style="list-style-type: none"> This is not required in this competition
Execution Score (E score)	<ul style="list-style-type: none"> Scored out of 10.0 See deduction table included within this document for guidance of the type of Execution Deductions judges will make
Scoring Information	<ul style="list-style-type: none"> Difficulty Value (DV score) + Execution Score (E score) = Starting Score Starting Score – Execution Deductions = Final Score



Skills – Floor

Advanced Plus Challenge

Max score: 10.00

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

- Round off, flic, tuck jump
- X2 leap series (one skill must be 180° split leap)
- X2 jump series
- Full spin
- Walkover – backwards or Handstand forward roll (straight arms)
- Min. of two acro series – One skill must be flighted but both to be different
- Cartwheel

Bonus'

If round off, flic, backwards somersault is completed instead of tuck jump at the end = 0.5*

If round off, flic, backwards somersault is completed in pike or puck = 0.5*

If free cartwheel is performed instead of cartwheel = 0.5*

If free forwards walkover is performed instead of walkover – forwards = 0.5*

Leap series skills

Split leap (180° split)	1/1 turn
Cat leap	Stag leap

Jump series skills

Tuck jump	W jump
Straddle jump	½ turn
Pike jump	1/1 turn

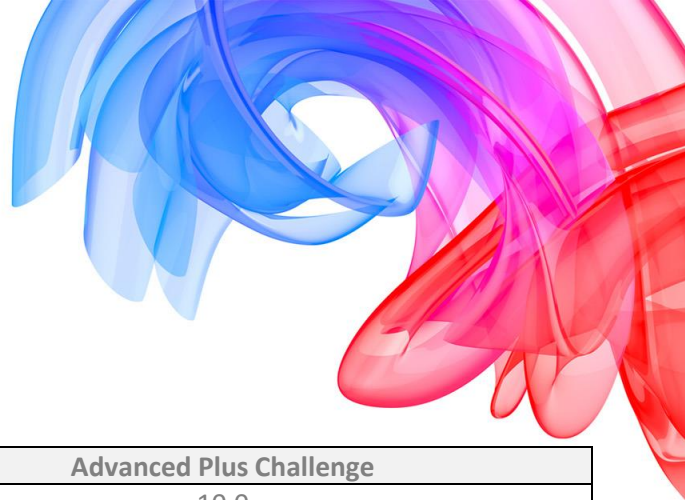
Acro series skills

- | | |
|--------------------|---|
| • Cartwheel | • Flic |
| • Cartwheel ¼ turn | • Handspring |
| • Round off | • Walkover – forwards or backwards |
| | • Somersault – forwards, backwards or sideways* |

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
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 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	
Falls (Each skill)	Falls				X



Skills – Vault

	Advanced Plus Challenge
Handspring	10.0
Handspring ½ off	11.0
Handspring 1/1 off	12.0

Deductions – Vault

	Deductions	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 centre	X			
	Brush on apparatus			X	
Fall				X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X