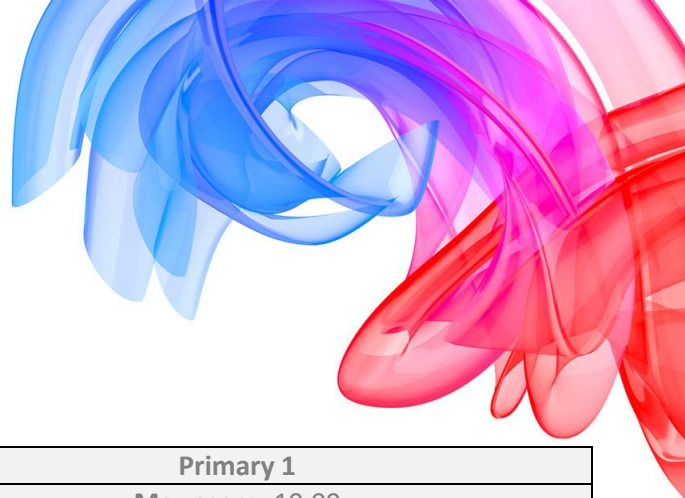




Gymnastics for All
776 Gfa Over 8 Years Competition Boys
Primary 2 and 1
Skills and Tariff sheet

Requirements

	Primary 2	Primary 1
Key information	<ul style="list-style-type: none"> Boys and girls will compete together but will be in separate categories 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	11m x 9m Sprung floor
Vault information	Table vault (height optional)	Table vault (height optional) or 80cm (block and mat)
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 	

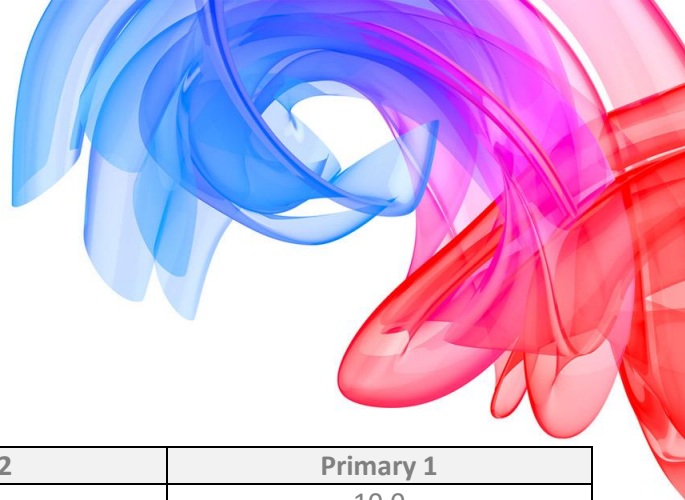


Skills – Floor

Primary 2	Primary 1
Max score: 10.00	Max score: 10.00
<ul style="list-style-type: none"> • Forward roll into an immediate star jump, • Jump ¼ turn, • One side to back cartwheel (this is not a round off), • Show handstand back to stand, • Jump ½ turn (to change the direction), • Side leg lift (45 degrees), • Squat down and jump legs forward to back support hold for 3secs, • Turn over to front support hold for 3secs, • One press up, • Jump feet into hands to squat, • Backwards roll to stretch jump to finish. 	<ul style="list-style-type: none"> • Tucked backward roll to front support, • Jump feet into squat to stand, • Arabesque, • Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (to change the direction), • Step feet together, • Stretch jump ½ turn, (to change the direction), • Handstand forward roll, • Perform a Swedish fall with leg raised, • Lower raised leg to finish in front support, • Two press ups, • Squat feet in, • Stretch jump to stand, • Skip step into round off, • Jump half turn jump to land, • Forward roll, • Star jump to finish.

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		
Falls (Each skill)	Deep squat			X	
	Falls				X



Skills – Vault

	Primary 2	Primary 1
Squat on	10.0	10.0
Handstand flatback		10.0

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