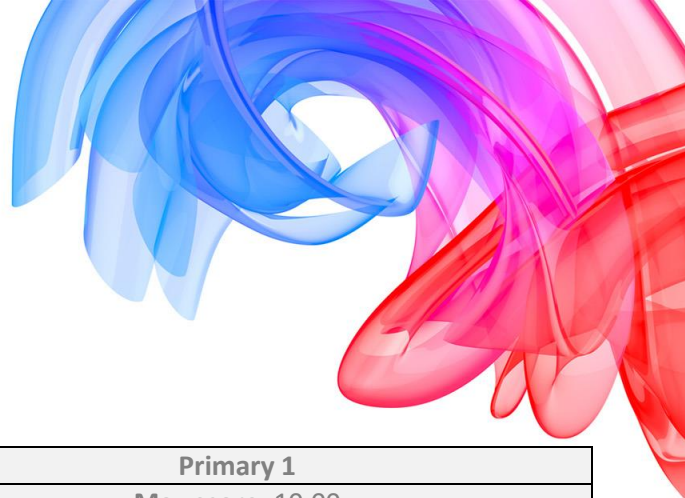# Gymnastics for All
776 GfA Over 8 Years Competition Girls
Primary 2 and 1
Skills and Tariff sheet

Requirements

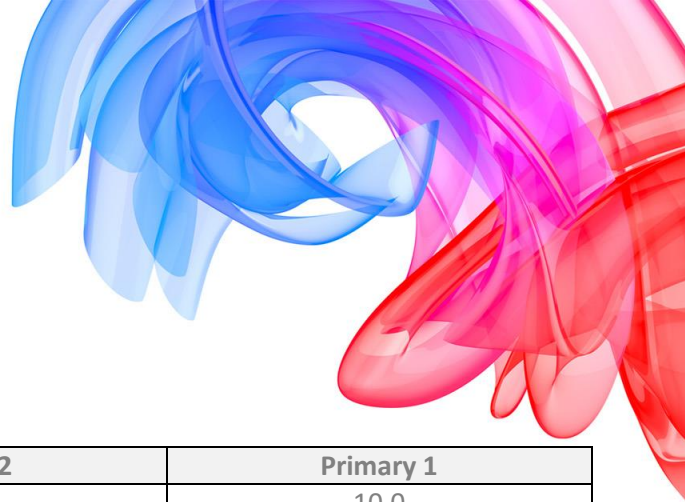|	**Primary 2**	**Primary 1**
Key information	• Boys and girls will compete together but will be in separate categories • Table vault height optional, but warm up must suit the group • Two attempts permitted on vault, best score to count • Beam skills can't be repeated (except Primary 2)	
Floor information	12m x 12m Sprung floor	12m x 12m Sprung floor
Vault information	Table vault (height optional)	Table vault (height optional) or 80cm (block and mat)
Difficulty Value (DV score)	• This score is stated at the top of each routine/element on the 'Skills section'	
Compositional Score (C score)	• This is not required in this competition	
Execution Score (E score)	• 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	• Difficulty Valve (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
• Forward roll star jump, • Chasse cat leap, • Arabesque, • ½ spin, • Handstand, • Front to back cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears 3secs hold, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position.	• Handstand forward roll (arms may be bent), • Forward roll stretch jump, • Immediate tuck jump, • Chasse cat leap ½ turn, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • Stretch jump full turn, • From feet together, jump into round off, jump ½ turn step out into a front to side cartwheel. • **Bonus** 0.5 if kick over from the bridge.

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

GfA Floor and Vault Competition
Skills and Tariff sheet
Over 8 Years – Primary 2 and 1
Girls   2   Version 2.1

Skills – Vault

	Primary 2	Primary 1
Squat on, stretch jump off (table vault)	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	
	Extra steps on top of the vault (per step)	X			
	Shoulder angle	X	X		
	Touch with one hand				X
	Steps to the end of vault	X	X	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

GfA Floor and Vault Competition
Skills and Tariff sheet
Over 8 Years – Primary 2 and 1