



## Allegro GA Four Piece Competition 2020 Girls Skills and Tariff sheet – Level 7 and 6 (Setworks)

### Requirements

		Level 7	Level 6
<b>Key Information</b>		<ul style="list-style-type: none"> <li>These rules are based on the Yorkshire Women's Artistic Competition Handbook 2019.</li> </ul>	
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>Performed to music</li> <li>Routine to be created in order of own choice using elements listed (below)</li> </ul>	
		<ul style="list-style-type: none"> <li>Music to be between 30 – 60 seconds long</li> </ul>	<ul style="list-style-type: none"> <li>Music to be between 60 – 90 seconds long</li> </ul>
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Two attempts permitted, best scoring attempt to count</li> <li>There is only one vault available</li> </ul>	<ul style="list-style-type: none"> <li>Two attempts permitted, best scoring attempt to count</li> </ul>
<b>Bars Information</b>		<ul style="list-style-type: none"> <li>This is a set routine</li> </ul>	
<b>Beam Information</b>		<ul style="list-style-type: none"> <li>This is a set routine</li> <li>Max of 60 seconds</li> </ul>	
<b>Difficulty Value (DV score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is valued at 2.0 (Using the YGA WA rules scoring)</li> </ul>	
	<b>Vault</b>	<ul style="list-style-type: none"> <li>DV values are next to vaults (see skills section) (Using the YGA WA rules scoring)</li> </ul>	
	<b>Bars</b>	<ul style="list-style-type: none"> <li>This is valued at 2.4 (Using the YGA WA rules scoring)</li> </ul>	
	<b>Beam</b>	<ul style="list-style-type: none"> <li>This is valued at 2.0 (Using the YGA WA rules scoring)</li> </ul>	
<b>Compositional Score (C score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is valued at 0.6 (Using the YGA WA rules scoring)</li> </ul>	
	<b>Vault</b>	<ul style="list-style-type: none"> <li>N/a</li> </ul>	
	<b>Bars</b>	<ul style="list-style-type: none"> <li>N/a</li> </ul>	
	<b>Beam</b>	<ul style="list-style-type: none"> <li>This is valued at 0.6 (Using the YGA WA rules scoring)</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 (D score) + Compositional Score (C score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Judges Execution Deductions = Final Score</li> </ul>	



### Skills – Floor

	Level 7	Level 6
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Forward roll.</li> <li>• Backwards roll to straddle stand (straight arms).</li> <li>• Cartwheel.</li> <li>• Handstand forward roll (showing handstand, not holding).</li> <li>• ½ spin,</li> <li>• ½ jump turn.</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck jump.</li> <li>• Split leap into cat leap.</li> <li>• Backwards walkover.</li> <li>• Handstand forwards roll (straight arms).</li> <li>• Round off into flic.</li> <li>• Full spin.</li> <li>• One handed cartwheel.</li> </ul>
<b>Bonus</b>		

### Skills – Vault

Option	Element	Equipment	Level 7	Level 6
A	Handstand flatback	Springboard, block and level mats (0.8m)	2.20	2.00
B	Handspring to stand onto level mats	Springboard, block and level mats (0.8m)		2.80

### Skills – Bar

	Level 7	Level 6
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Circle up,</li> <li>• 2 casts towards horizontal,</li> <li>• Back hip circle,</li> <li>• Straddle shoot dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Circle upwards (from two feet),</li> <li>• Cast to backwards hip circle,</li> <li>• Squat on,</li> <li>• Long swing,</li> <li>• Cast to backwards hip circle,</li> <li>• Straddle undershoot dismount.</li> </ul>
<b>Bonus</b>		

### Skills – Beam

	Level 7	Level 6
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Mount (jump to front support),</li> <li>• Stretch jump,</li> <li>• Lunge to handstand,</li> <li>• Half spin,</li> <li>• V-sit OR Straddle lever,</li> <li>• Round off dismount.</li> </ul>	<ul style="list-style-type: none"> <li>• Mount (squat on),</li> <li>• Split jump,</li> <li>• ½ spin into relevé ½ turn</li> <li>• Cartwheel OR Back walkover,</li> <li>• Straddle lever,</li> <li>• Handspring dismount.</li> </ul>
<b>Bonus</b>		



### Deductions – Floor

Deductions		0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
	Touch of hair/leotard/clothing	X			
Specific floor deductions	Missing competition requirements			X	
	Bent arms or bent knees	X	X	X	
Execution deductions (Each time)	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 from tumblers (step)	X	X		
Landing deductions (Each time)	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

### 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
Second flight	Failure to pass through vertical		X		
	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



**Deductions – Bar**

<b>Deductions</b>		<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<b>General</b>	Body alignment	X	X		
	Adjusted grip position	X			
	Hit on apparatus with feet			X	
	Hit on mat with feet (fall)				X
	Poor rhythm in elements			X	
	Insufficient height	X	X		
	Under rotation	X			
	Insufficient extension in casts	X			
	Intermediate swing	X			
	Empty swing			X	
	Angle of completion of elements	X	X	X	X
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X	X	
Fall				X	
<b>Additional</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (apart from jump to high bar in Primary 1)				X

**Deductions – Beam**

<b>Deductions</b>		<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<b>General</b>	Poor rhythm/adjustments (each)	X			
	Excessive arm swings (each)	X			
	Pause (more than 2 seconds) (each)	X			
	Body posture/amplitude throughout	X			
	Additional support of leg against the side surface of the beam		X		
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance			X	
<b>Additional</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

**Note:** These deductions are in addition to 'normal' execution deductions for beam