## Barnsley GfA ACRO and TUM competition

## Skills and Tariff sheet

**Requirements – TUM**

|  |  |  |
| --- | --- | --- |
|  | **Club Level 1** | **Club Level 2** |
| **Key Information** | * All holding elements are to be held for three ‘Mississippi’ (or similar choice of wording)
* Only the skills performed are judged
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| **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 – Judges Execution Deductions = Final Score (per run)
* Run 1 Final Score + Run 2 Final Score + Run 3 Final Score / 3 = Overall Score
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**Skills – TUM**

|  |  |
| --- | --- |
| **Category** | **NDP Club Level 1** |
| **Run 1** | **Run 2** | **Run 3** |
| **DV score:** 10.00 | **DV score:** 10.00 | **DV score:** 10.00 |
| NDP Club Level 1 | * Forwards roll,
* Straight jump,
* Forwards roll,
* Tuck jump,
* Forwards roll,
* Jump 180 (arms to chest).
 | * Cartwheel (from standing start, facing sideways),
* Cartwheel,
* Cartwheel (finish facing sideways).
 | * Straight jump (from a standing start on floor) to walk out,
* Cartwheel ¼ turn inwards,
* Fall to dish onto mat,
* Hold dish (3 secs).
 |
| NDP Club Level 2 | * Straight jump (from a standing start on floor) to walk out,
* Cartwheel,
* Chasse,
* Cartwheel,
* Chasse,
* Cartwheel.
 | * Straight jump (from a standing start on floor) to walk out,
* Cartwheel,
* Round off,
* Straight jump,
* Backwards roll.
 | * Straight jump (from a standing start on floor) to walk out,
* Round off,
* Jump to dish onto mat,
* Hold dish (3 secs).
 |

**Deductions – TUM**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.2** | **0.5** | **1.0** |
| **Execution Score**(E score)Max of 10.0 | **Specific floor deductions** | Touch of hair/leotard/clothing  | X |  |  |  |
| Missing element |  |  |  | X |
| **Skill focused deductions** (Each time) | Lack of form, control, height and rhythm I each element | X | X | X | X |
| Bent arms/legs/body | X | X |  |  |
| Legs apart/arms not squeezing ears | X | X |  |  |
| Lack of extension within arms/legs | X |  |  |  |
| Loss of temp | X |  |  |  |
| Out of alignment | X |  |  |  |
| Lack of push/flight through hands | X | X |  |  |
| Knees touch floor (incomplete element) |  |  |  | X |
| Roll – Over one shoulder |  |  | X |  |
| Roll – Head contact with floor | X |  |  |  |
| Roll – Using one hand to stand up |  | X |  |  |
| Roll – Using two hands to stand up |  |  | X |  |
| Feet not landing at the same time |  | X |  |  |
| Lack of body tension | X |  |  |  |
| Jump – Not taking off both feet | X |  |  |  |
| Jump – Landing on one foot | X |  |  |  |
| Twisting jump – Arms not brought into chest |  | X |  |  |
| Loss of balance | X | X |  |  |
| Incomplete shape – stretch/tuck/star | X |  |  |  |
| **Landing deductions** (Each time) | Step after landing (each step) (Max 0.5) | X |  |  |  |
| Not standing still in an upright position and showing stability for approximately three seconds | X | X |  |  |
| Touching the floor with one or both hands |  |  | X |  |
| Deep squat within landing |  |  | X |  |
| Falling to knees, hands and knees, front, back, or seat on the track or landing zone/area  |  |  |  | X |
| **Falls** (Each skill) | Falls  |  |  |  | X |