



**GfA Men's Artistic and Women's Artistic
Erewash Valley Gymnastics Club competition
Skills and Tariff sheet – Boys**

Requirements

	Level 1	Level 2	Level 3
Key information	<ul style="list-style-type: none"> Boys and girls will compete together but will be in separate categories and use specific routines Two vaults permitted, best score to count Table vault height optional (Level 3), but warm up must suit the group 		
Floor – Key information	<ul style="list-style-type: none"> Not performed to music Performed in a line 	<ul style="list-style-type: none"> Not performed to music Performed in a line 	<ul style="list-style-type: none"> Performed to music Performed on the whole floor
Vault – Key information	<ul style="list-style-type: none"> 60cm block sideways with springboard and landing mat 	<ul style="list-style-type: none"> 60 cm block lengthways with springboard and landing mats piled level with block 	<ul style="list-style-type: none"> Table vault Vault height between 100cm – 120cm
Bars – Key information	<ul style="list-style-type: none"> On high bar with landing mat underneath 	<ul style="list-style-type: none"> On high bar with landing mat underneath 	<ul style="list-style-type: none"> On high bar with landing mat underneath
Difficulty Value (DV score)	<ul style="list-style-type: none"> Scored out of 10.0 Bonus' are added to the above score to create DV score 		
Compositional Score (C score)	<ul style="list-style-type: none"> There is no Compositional score for this competition 		
Execution Score (E score)	<ul style="list-style-type: none"> Scored out of 10.0 		
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

Difficult Value (DV) skills			
	Level 1	Level 2	Level 3
Routine	Stretch jump to land, Tuck jump to land, Arabesque, Handstand, Forwards roll to straddle sit, Lie down into dish, Roll to arch, Push to front support, Jump feet in and stand, Cartwheel.	Stretch jump, tuck jump linked, Handstand ½ turn, 2 x Cartwheel into backwards roll, Swedish fall, Best leg of front splits, Swing back leg around to pike sit, Shoulder stand, Rock to stand, Round off ½ turn jump into cartwheel.	Round off flic, Forwards somersault – tucked, Handspring, Handstand 1/1 turn, Backwards roll to handstand.
Bonus		Flic after the round off instead of cartwheel = 0.3	Backwards somersault – tucked after the flic = 0.3

Deductions – Floor

		Deductions	0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
	Specific floor deductions	Touch of hair/leotard/clothing	X			
		Missing competition requirements			X	
	Skill focused 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		
		Element not held for three seconds	X	X	X	X
		Feet not pointed/loose/body alignment	X			
	Landing deductions (Each time)	Landing from tumblers (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

Difficult Value (DV) skills			
	Level 1	Level 2	Level 3
Skill	Squat on immediate star jump off	Handstand flat back	Handspring

Deductions – Vault

Deductions			0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	1st flight	Legs apart	X	X		
		Incorrect arm action, foot pattern	X	X	X	
		Insufficient stretch onto apparatus	X	X	X	
		Poor technique, coordination, posture	X	X	X	
	Support/ thrust	Touch with one hand/foot only, knees				X
		Poor technique, coordination, posture	X	X	X	
		Too long on apparatus	X	X	X	
		Incorrect body shape	X	X	X	
	2nd flight	Legs apart	X	X		
		Incorrect arm position	X	X	X	
		Legs apart	X	X		
		Lack of height, distance	X	X	X	
		Poor technique, coordination, posture	X	X	X	
	Landing	Incorrect body shape	X	X	X	
		Poor technique, coordination, posture	X	X	X	
		Not landing in a straight line	X	X		
		Step on landing (each step)	X	X		
		Support by coach on landing			X	
		Support during vault				X
		Fall			X	
Heavy landing/lack of control		X	X			
General	Touch floor with hand		X			
	Insufficient dynamics throughout the vault	X	X			
	No presentation	X				



Skills – Bars

Difficult Value (DV) skills			
	Level 1	Level 2	Level 3
Routine	Start hanging, Lift to tuck hold (3 secs), ½ turn (face other direction), Full leg lift with straight legs, Release to land.	Upwards circle, Cast back hip circle, Forwards circle to land.	Upwards circle, Cast back hip circle, Cast into undershoot dismount.
Bonus		Cast into undershoot dismount = 0.3	Trolley swing into upstart instead of upwards circle = 0.3

Deductions – Bars

		Deductions	0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	Technical	Small fault	X			
		Medium fault		X		
		Large fault			X	
		Fall				X
		Movement 'smoothness' (no stutter) in strength movements	X	X	X	
		Not reaching desired height/position in movements	X	X	X	
		Legs, arms not straight	X	X	X	
		Support not held during leaning back phasing in undershoot	X	X		
		Full height, extension not gained in undershoot		X	X	
		Swings not smooth (per swing)	X	X		
		Dish and arch in swings not used effectively (per swing)	X	X		
	General	Chronological error			X	
		Missing element				X
		Coach assistance			X	
No presentational		X				