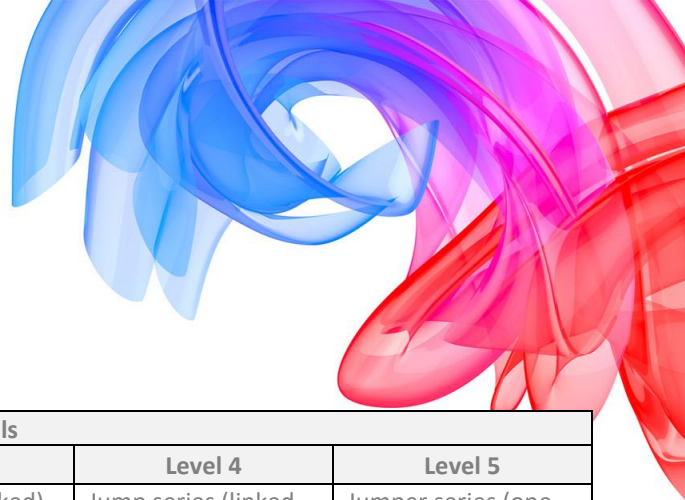




**GfA Men's Artistic and Women's Artistic
Erewash Valley Gymnastics Club competition
Skills and Tariff sheet – Girls**

Requirements

	Level 1	Level 2	Level 3	Level 4	Level 5
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 4 and 5), but warm up must suit the group 				
Floor – Key information	<ul style="list-style-type: none"> Not performed to music 	<ul style="list-style-type: none"> Not performed to music 	<ul style="list-style-type: none"> Performed to music 	<ul style="list-style-type: none"> Performed to music 	<ul style="list-style-type: none"> Performed to music
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"> 60cm block with 30cm mat on top, lengthways with springboard and landing mats piled level with block 	<ul style="list-style-type: none"> Table vault Vault height between 100cm – 120cm 	<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"> Optional low or high bar Springboard may be used – if used to be moved after first skill 	<ul style="list-style-type: none"> On A bars Height and distance optional 	<ul style="list-style-type: none"> On A bars Height and distance optional 	<ul style="list-style-type: none"> On A bars Height and distance optional
Beam – Key information	<ul style="list-style-type: none"> 1 length of the beam required 	<ul style="list-style-type: none"> 2 lengths of the beam required 	<ul style="list-style-type: none"> Up to 3 lengths of the beam required 	<ul style="list-style-type: none"> Up to 3 lengths of the beam required 	<ul style="list-style-type: none"> Up to 3 lengths of the beam required
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 See deduction tables 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

Difficult Value (DV) skills					
	Level 1	Level 2	Level 3	Level 4	Level 5
Routine	Stretch jump to land, Tuck jump to land, Chasse cat leap, Arabesque, Handstand, Forwards roll to straddle, Japana, Lie flat, push up to bridge, Dish, Roll to arch, Push to front support, Jump feet in and stand, Front to back cartwheel.	Stretch jump, tuck jump (linked), Chasse cat leap ½ turn, Arabesque, Handstand forwards roll, Backwards roll to front support, Show best leg front splits, Swing ack leg around to pike sit, Lie flat and push to bridge, Kick over, Round off, ½ turn jump into front to back cartwheel.	Jump series (linked), Leap series (including a split), Round off, Handspring, Walkover – forwards or backwards, 1/1 spin.	Jump series (linked with a 360° rotation), Leap series (including a split), Round off flic, Handspring star jump, Handstand ½ turn, 1 ½ spin.	Jumper series (one to be a split and one a 360° rotation), Leap series (including a split change) Round off flic, backwards somersault – tucked, Forwards somersault – tucked, Handstand 1/1 turn, 2/1 spin.
Bonus			Flic = 0.3 1 ½ spin = 0.3	Round off, flic, flic = 0.3 Handstand 1/1 turn = 0.3	Ariel/free walkover = 0.3 Handspring before forwards somersault = 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 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	

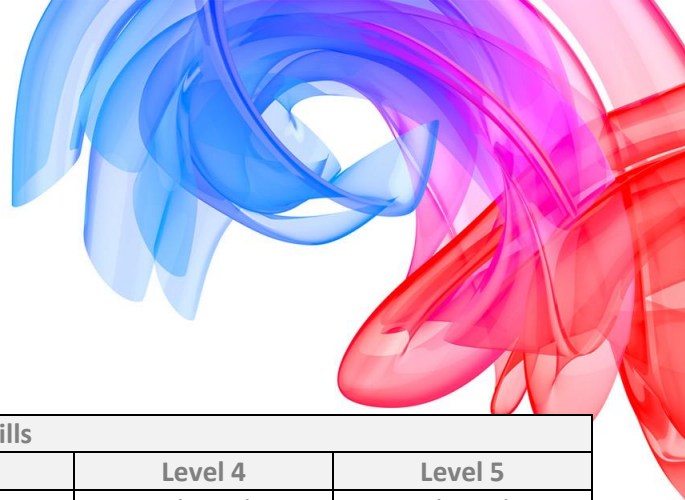


Skills – Vault

Difficult Value (DV) skills					
	Level 1	Level 2	Level 3	Level 4	Level 5
Skill	Squat on, immediate star jump off	Squat on, kick to handstand flatback onto landing mats	Handstand flatback	Handspring	½ on

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	
		Legs apart	X	X		
	2nd flight	Incorrect arm position	X	X	X	
		Legs apart	X	X		
		Lack of height, distance	X	X	X	
		Poor technique, coordination, posture	X	X	X	
		Incorrect body shape	X	X	X	
	Landing	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		
		Touch floor with hand		X		
	Insufficient dynamics throughout the vault	X	X			
General	No presentation	X				

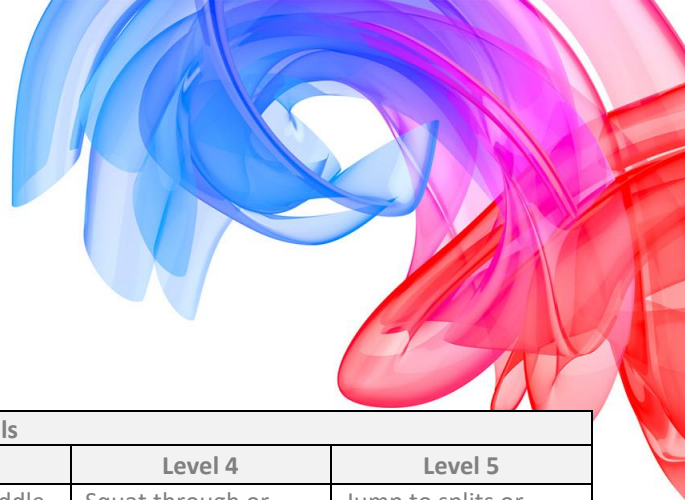


Skills – Bars

Difficult Value (DV) skills					
	Level 1	Level 2	Level 3	Level 4	Level 5
Routine	Hanging on bar, Lift to tuck hold (3 secs), ½ turn (face opposite direction), Full leg lift – straight legs, Release to land.	Upwards circle, Cast to back hip circle, Cast away from the bar to land (low bar) / Forwards circle to land (high bar).	Upwards circle, Cast back hip circle, Squat on, catch the high bar, Swing forwards from catch, swing backwards and release.	Upwards circle, Cast back hip circle, Squat on, catch high bar, Long swing (3/4 giant), Straddle undershoot dismount.	Upwards circle, Cast back hip circle, Squat on, catch high bar, Long swing, Cast into ¾ giant Straddle undershoot ½ turn dismount.
Bonus		Cast to squat on, stretch jump off to land = 0.3	Cast above 45° = 0.3 each time	Cast above 45° = 0.3 each time	Upstart on either/both bars = 0.3 each time Soul circle on low bar after squat on = 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				



Skills – Beam

Difficult Value (DV) skills					
	Level 1	Level 2	Level 3	Level 4	Level 5
Routine	Jump to front support, swing leg over and stand (springboard can be used), Low turn, Tuck jump, Arabesque, Cat leap, Kick towards handstand (no hold required, and legs can be split), Star jump dismount.	Squat/straddle on (springboard can be used), Cat leap linked to tuck jump, Balance, 1 x acro skill (handstand, cartwheel, backwards walkover, forwards roll), ½ turn on toes (relevé), Round off dismount.	Squat on or straddle on, 2 x jumps/leaps linked, Balance, 2 x different acro skills, ½ spin, Handspring dismount.	Squat through or japana, 2 x jumps/leaps linked (one must be split), Balance, 2 x different acro skills, 1/1 spin, Somersault dismount (either direction).	Jump to splits or jump to japana or jump to back support, 2 x leaps/jumps linked (one is split), Backwards walkover into immediate tuck jump or Cartwheel into immediate tuck jump, 1 x different acro skill, Somersault dismount (either direction).
Bonus					Cartwheel into backwards somersault – tucked (cartwheel doesn't count) = 0.3 Flic = 0.3

Deductions – Beam

		Deductions	0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	General	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	
	Artistry deduction	Insufficient flow/dynamics of routine (throughout)	X	X	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/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)/trunk movement to balance	X	X		
		Extra steps up to 0.5	X			
		Very large step or jump		X		
		Deep squat			X	
	Falls	Falls (each skill)				X
	Additional	Touch of hair/leotard/clothing	X			
Skill attempted but not completed				X		
Skill not attempted at all / Support from coach					X	