



Gymnastics for All East Midlands Over 8 Years Competition Boys Advanced Skills and Tariff sheet

Requirements

	Advanced			
Key information	 Boys and girls will compete together but will be in separate categories Max floor routine length = 1min 30secs This is not to music Table vault height optional, but warm up must suit the group Two attempts permitted on vault, best score to count 			
Floor information	12m x 12m Sprung floor			
Vault information	Table vault (1.20m) Or Block and safety mats (1.20m)			
High bar information	Can be adjusted by coach to suit the gymnast			
Parallel bars information	Can be adjusted by coach to suit the gymnast			
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					
	Advanced					
	Max score: 10.00					
Th	The following skills can be performed in any order with added steps (creating a floor routine):					
•	Backward roll to handstand (arm bend is optional) *,					
•	Handstand forward roll to pike sit, lift to pike lever 3secs hold,					
•	Min. two skills acro series – One skill must be flighted,					
	Round off, flic, handspring, cartwheel are accepted					
•	Handspring,					
•	Jump series – Two different jumps linked together,					
•	Handstand ½ pirouette *,					
•	Y balance or arabesque 3secs hold,					
•	Splits 3secs hold (forwards or box).					
•	Bonus 0.5 if both skills in the acro series are flighted e.g. round off, flic, handspring.					
	Note: Chille member doubt here the source missed have been a 2 Compared Comparentian and he					

Note: Skills marked with a * can't be supervised by a Level 2 General Gymnastics coach.

Deductions – Floor

	Deductions	0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow/dynamics of routine	Х	Х	Х	
Specific floor deductions	Touch of hair/leotard/clothing	Х			
Specific floor deductions Transmission M B B Execution deductions (Each time) La Ir Ir Ir Ir Landing deductions (Each time) E V D	Missing competition requirements			Х	
	Bent arms or bent knees	Х	Х	Х	
Artistry deduction throughoutSpecific floor deductionsExecution deductions (Each time)Landing deductions (Each time)Falls (Each skill)	Balance/flexibility not held for time required	Х	Х		
	Leg or knee separation	Х	Х		
	Insufficient height of element	Х	Х		
	Insufficient tuck, pike or stretch	Х	Х		
	Feet not pointed/loose/body alignment	Х			
	Landing from tumbles (step)	Х	Х		
Landing deductions (Each time)	Trunk movement to maintain balance	Х	Х		
	Extra steps up to 0.5	Х			
	Very large step or jump		Х		
	Deep squat			Х	
Falls (Each skill)	Falls				Х



Skills – Vault	
	Advanced
Handspring	10.0
Handstand flatback (block and safety mat 1.20m)	10.0

Deductions – Vault

	Deductions	0.1	0.3	0.5	1.0
	Incomplete turn	Х	Х	Х	
Incomplete turnHip angleBend kneesLeg separationArchInsufficient layout in sqStaggered altered handBent armsShoulder angleTouch with one handFailure to pass throughLack of heightIncomplete turnInsufficient lengthBent kneesLeg separationLack of heightIncomplete turnInsufficient lengthBent kneesLeg separationExtra steps (each)Large steps (over shoulExtra arm swingAdditional trunk moverBody posture faultsDeep SquatDeviation from centreBrush on apparatusFall	Hip angle	Х	Х		
First flight	Incomplete turnXXXHip angleXXXBend kneesXXXLeg separationXXXArchXXXInsufficient layout in squad/ straddleXXXStaggered altered hand placementXXXBent armsXXXXShoulder angleXXXXTouch with one handFailure to pass through verticalXXXIncomplete turnXXXXInsufficient lengthXXXBent kneesXXXLeg separationXXXExtra steps (each)X-Large steps (over shoulder width)X-Extra arm swingXAdditional trunk movementXX-Body posture faultsXDeep SquatXFallSkill attempted but not completed-XSkill not attempted at all	Х			
First llight	Leg separation	Х	Х	X X X X X X X X X X X X X X X X X	
	Arch	Х	Х		
	Insufficient layout in squad/ straddle	Х	Х	Х	
	Staggered altered hand placement	Х	Х		
Repulsion Second flight Landing	Bent arms	Х	Х	Х	
	Shoulder angle	Х	Х		
	Touch with one hand				Х
Second flight	Failure to pass through vertical		Х		
	Lack of height	Х	Х	X X X X X X X X X X X X X X X X X X X	Х
	Incomplete turn	Х	Х		
Second flight	Insufficient length	Х	Х	Х	
Second flight	Bent knees	Х	Х	Х	
	Leg separation	Х	Х		
	Extra steps (each)	Х		X X X X X X X X X X X X X X X	
	Large steps (over shoulder width)		Х		
	Extra arm swing	Х			
	Additional trunk movement	Х	Х		
Landing	Body posture faults	Х			
	Deep Squat			Х	
	Deviation from centre	Х			
	Brush on apparatus			Х	
	Fall				Х
	Skill attempted but not completed			Х	
Additional	Skill not attempted at all				Х
	Support from coach				Х



Skills – High bar

Advanced

Max score: 10.00

- Jump to hang,
- Circle up to front support,
- Cast back hip circle,
- Cast ³/₄ giant to front support,
- Cast straddle undershoot dismount.
- **Bonus** 0.5 if one cast reaches 45 degrees.

Note: TeamGym, Women's Artistic, and General Gymnastics coaches can't enter boys four-piece competitions as parallel bars aren't covered within their syllabus.

Deductions – High bar

	Deductions	0.1	0.3	0.5	1.0
	Legs apart		Х		
	Lack of swing or pause	Х	Х		
	Low amplitude on flight elements	Х	Х		
	Deviation from plane of movement	Х	Х		
	Layaway on the back swing		Х		
	Bent arms	Х	Х		
General	Bent knees (each time)	Х	Х		
General	Elements not continuing in their intended direction			Х	
	Body alignment	Х	Х		
	Bent arms	Х	Х		
	Bent legs	Х	Х		
	Landing	Х	Х		
	Fall				Х
	Skill attempted but not completed			Х	
Additional	Skill not attempted at all				Х
	Support from coach				Х

EMGA – GfA 2019 Competitions Skills and Tariff sheet Over 8 Years – Advanced Boys



Skills – Parallel bars

Advanced

Max score: 10.00

- Start in upper arm support,
- Kip to straddle sit on bars lift to $\frac{1}{2}$ lever 2secs hold *,
- Two dips,
- Four swings *,
- Flank dismount *.
- **Bonus** 0.5 bonus if dismount from handstand *.

Note: TeamGym, Women's Artistic, and General Gymnastics coaches can't enter boys four-piece competitions as parallel bars aren't covered within their syllabus.

Deductions – Parallel bars

	Deductions	0.1	0.3	0.5	1.0
	One leg step or swing on mount		Х		
	Layaway on the back swing		Х		
	Excessive hand separation/body deviation (each)	Х	Х	Х	
	Hand adjustments (each)	Х			
General	Lack of extension	Х	Х		
	Uncontrolled re-grasping		Х	Х	
	Depth of the dip	Х	Х		
	Height of the lever	Х	Х		
	Body shape within swings	Х	Х		
	Landing	Х	Х		
	Skill attempted but not completed			Х	
Additional	Skill not attempted at all				Х
	Support from coach				Х