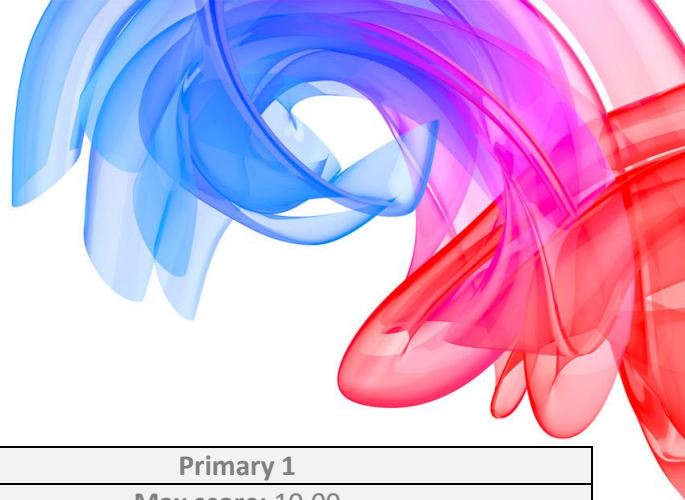




**Gymnastics for All**  
**East Midlands Over 8 Years Competition Boys**  
**Primary 2 and 1**  
**Skills and Tariff sheet**

**Requirements**

	<b>Primary 2</b>	<b>Primary 1</b>
<b>Key information</b>	<ul style="list-style-type: none"> <li>Boys and girls will compete together but will be in separate categories</li> <li>Table vault height optional, but warm up must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> </ul>	
<b>Floor information</b>	12m x 12m Sprung floor	12m x 12m Sprung floor
<b>Vault information</b>	Table vault (height optional)	Table vault (height optional) or 80cm (block and mat)
<b>High bar information</b>	Can be adjusted by coach to suit the gymnast	Can be adjusted by coach to suit the gymnast
<b>Parallel bars information</b>	Can be adjusted by coach to suit the gymnast	Can be adjusted by coach to suit the gymnast
<b>Difficulty Value (DV score)</b>	<ul style="list-style-type: none"> <li>This score is stated at the top of each routine/element on the 'Skills section'</li> </ul>	
<b>Compositional Score (C score)</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</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 (DV score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Execution Deductions = Final Score</li> </ul>	

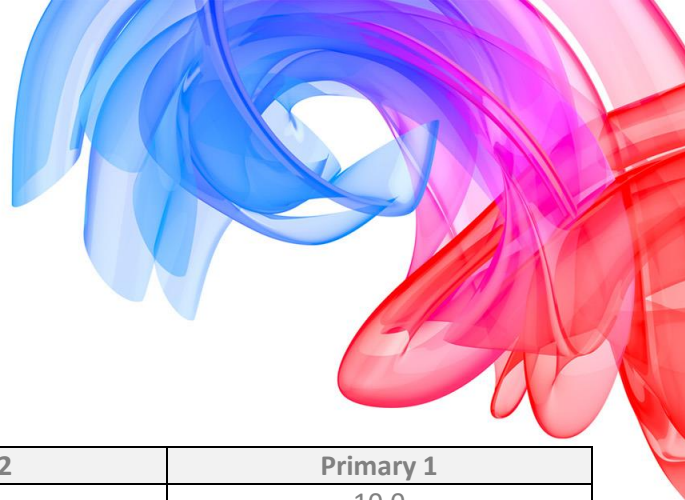


**Skills – Floor**

Primary 2	Primary 1
<b>Max score: 10.00</b>	<b>Max score: 10.00</b>
<ul style="list-style-type: none"> <li>• Forward roll into an immediate star jump,</li> <li>• Jump ¼ turn,</li> <li>• One side to back cartwheel (this is not a round off),</li> <li>• Show handstand back to stand,</li> <li>• Jump ½ turn (to change the direction),</li> <li>• Side leg lift (45 degrees),</li> <li>• Squat down and jump legs forward to back support hold for 3secs,</li> <li>• Turn over to front support hold for 3secs,</li> <li>• One press up,</li> <li>• Jump feet into hands to squat,</li> <li>• Backwards roll to stretch jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>• Tucked backward roll to front support,</li> <li>• Jump feet into squat to stand,</li> <li>• Arabesque,</li> <li>• Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (to change the direction),</li> <li>• Step feet together,</li> <li>• Stretch jump ½ turn, (to change the direction),</li> <li>• Handstand forward roll,</li> <li>• Perform a Swedish fall with leg raised,</li> <li>• Lower raised leg to finish in front support,</li> <li>• Two press ups,</li> <li>• Squat feet in,</li> <li>• Stretch jump to stand,</li> <li>• Skip step into round off,</li> <li>• Jump half turn jump to land,</li> <li>• Forward roll,</li> <li>• Star jump to finish.</li> </ul>

**Deductions – Floor**

	Deductions	0.1	0.3	0.5	1.0
<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine	X	X	x	
<b>Specific floor deductions</b>	Touch of hair/leotard/clothing	X			
	Missing competition requirements			X	
<b>Execution deductions (Each time)</b>	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		
	Feet not pointed/loose/body alignment	X			
<b>Landing deductions (Each time)</b>	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	
<b>Falls (Each skill)</b>	Falls				X

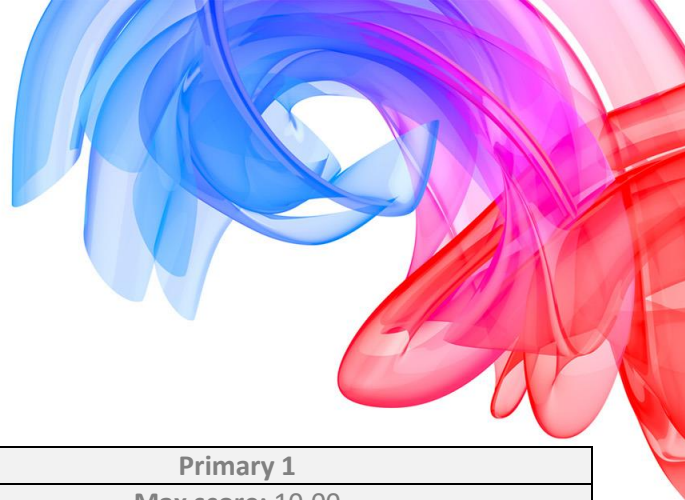


### Skills – Vault

	Primary 2	Primary 1
Squat on	10.0	10.0
Handstand flatback		10.0

### Deductions – Vault

	Deductions	0.1	0.3	0.5	1.0
<b>First flight</b>	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	
<b>Repulsion</b>	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
<b>Second flight</b>	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		
<b>Landing</b>	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 center	X			
	Brush on apparatus			X	
	Fall				X
<b>Additional</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X



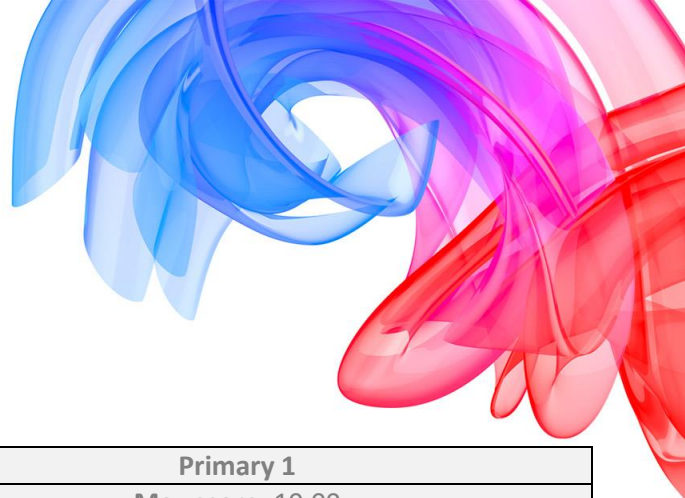
**Skills – High bar**

Primary 2	Primary 1
<b>Max score: 10.00</b>	<b>Max score: 10.00</b>
<ul style="list-style-type: none"> <li>• Three swings,</li> <li>• Dish shape hold 3secs,</li> <li>• Arch shape hold 3secs,</li> <li>• Trolley swing to initiate the 3 swings,</li> <li>• Dismount on third swing</li> </ul>	<ul style="list-style-type: none"> <li>• Coach assist jump to high bar,</li> <li>• One chin up,</li> <li>• Upward circle,</li> <li>• Cast,</li> <li>• Forward circle down,</li> <li>• Three swings,</li> <li>• Dismount at back of third swing.</li> </ul>

**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
<b>General</b>	Legs apart		X		
	Lack of swing or pause	X	X		
	Low amplitude on flight elements	X	X		
	Deviation from plane of movement	X	X		
	Layaway on the back swing		X		
	Bent arms	X	X		
	Bent knees (each time)	X	X		
	Elements not continuing in their intended direction			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				X



### Skills – Parallel bars

Primary 2	Primary 1
<b>Max score: 10.00</b>	<b>Max score: 10.00</b>
<ul style="list-style-type: none"> <li>• One dip,</li> <li>• ½ lever 2secs,</li> <li>• Three swings,</li> <li>• Dismount at back of third swing through middle of bars.</li> </ul>	<ul style="list-style-type: none"> <li>• Two dips,</li> <li>• ½ lever 2secs,</li> <li>• Three swings,</li> <li>• Flank off at back to side of bar.</li> </ul>

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