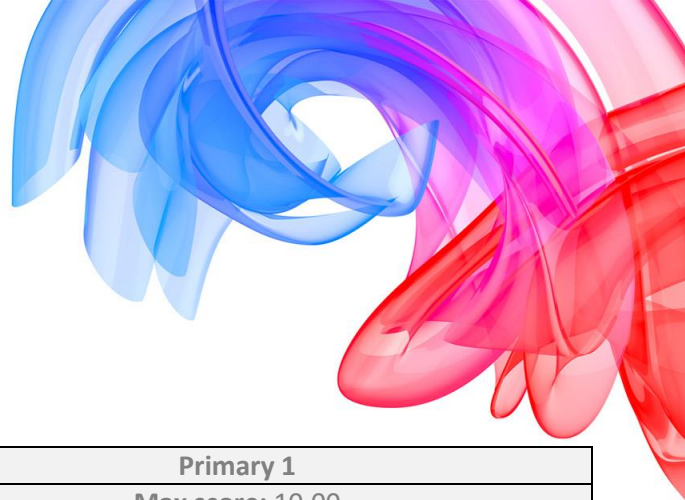




Gymnastics for All
East Midlands Over 8 Years Competition Girls
Primary 2 and 1
Skills and Tariff sheet

Requirements

| | Primary 2 | Primary 1 |
|--------------------------------------|---|--|
| Key information | <ul style="list-style-type: none"> Boys and girls will compete together but will be in separate categories Table vault height optional, but warm up must suit the group Two attempts permitted on vault, best score to count Beam skills can't be repeated (except Primary 2) | |
| Floor information | 12m x 12m Sprung floor | 12m x 12m Sprung floor |
| Vault information | Table vault (height optional) | Table vault (height optional) or 80cm (block and mat) |
| Beam information | As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm | As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm |
| Bars information | As per FIG Apparatus Norms brochure Height of bar: adjusted to suit gymnast Distance between bars: min 130cm – 180cm max | As per FIG Apparatus Norms brochure Height of bar: adjusted to suit gymnast Distance between bars: min 130cm – 180cm max |
| Difficulty Value (DV score) | <ul style="list-style-type: none"> This score is stated at the top of each routine/element on the 'Skills section' | |
| Compositional Score (C score) | <ul style="list-style-type: none"> This is not required in this competition | |
| Execution Score (E score) | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Difficulty Value (DV score) + Execution Score (E score) = Starting Score Starting Score – Execution Deductions = Final Score | |

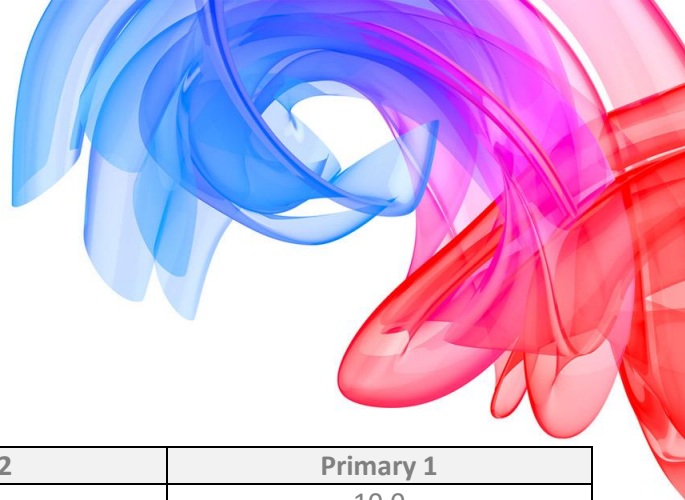


Skills – Floor

| Primary 2 | Primary 1 |
|---|---|
| Max score: 10.00 | Max score: 10.00 |
| <ul style="list-style-type: none"> • Forward roll star jump, • Chasse cat leap, • Arabesque, • ½ spin, • Handstand, • Front to back cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears 3secs hold, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position. | <ul style="list-style-type: none"> • Handstand forward roll (arms may be bent), • Forward roll stretch jump, • Immediate tuck jump, • Chasse cat leap ½ turn, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • Stretch jump full turn, • From feet together, jump into round off, jump ½ turn step out into a front to side cartwheel. • Bonus 0.5 if kick over from the bridge. |

Deductions – Floor

| | Deductions | 0.1 | 0.3 | 0.5 | 1.0 |
|---|--|-----|-----|-----|-----|
| Artistry deduction throughout | Insufficient flow/dynamics of routine | X | X | X | |
| Specific floor deductions | Touch of hair/leotard/clothing | X | | | |
| | Missing competition requirements | | | X | |
| Execution 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 | | |
| | 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 | | |
| | Deep squat | | | X | |
| Falls (Each skill) | Falls | | | | X |

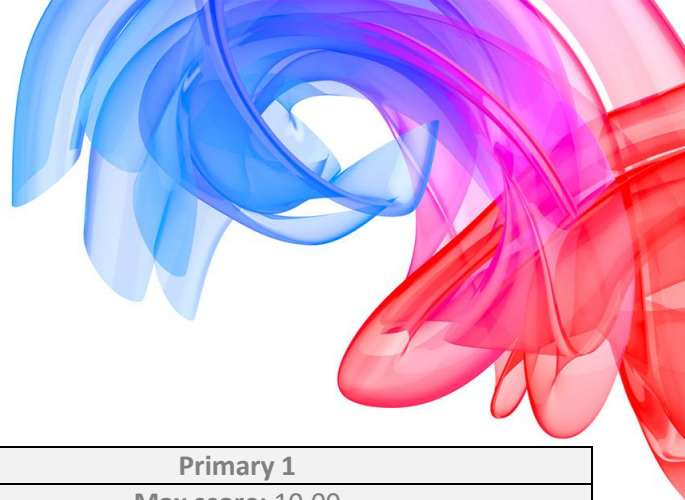


Skills – Vault

| | Primary 2 | Primary 1 |
|--|------------------|------------------|
| Squat on, stretch jump off (table vault) | 10.0 | 10.0 |
| Handstand flatback | | 10.0 |

Deductions – Vault

| | Deductions | 0.1 | 0.3 | 0.5 | 1.0 |
|----------------------|--|------------|------------|------------|------------|
| First flight | 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 | |
| Repulsion | Staggered altered hand placement | X | X | | |
| | Bent arms | X | X | X | |
| | Extra steps on top of the vault (per step) | X | | | |
| | Shoulder angle | X | X | | |
| | Touch with one hand | | | | X |
| | Steps to the end of vault | X | X | X | |
| | Failure to pass through vertical | | X | | |
| Second flight | 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 | | |
| Landing | 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 centre | X | | | |
| | Brush on apparatus | | | X | |
| Fall | | | | X | |
| Additional | Skill attempted but not completed | | | X | |
| | Skill not attempted at all | | | | X |
| | Support from coach | | | | X |



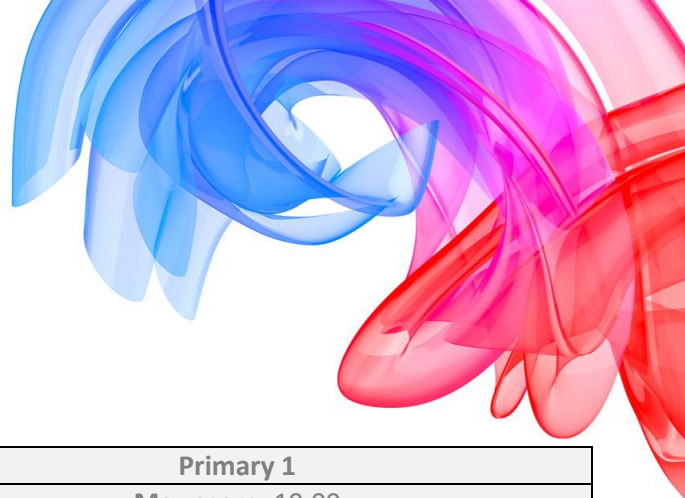
Skills – Bar

| Primary 2 | Primary 1 |
|---|--|
| Max score: 10.00 | Max score: 10.00 |
| <ul style="list-style-type: none"> • Trolley swing to initiate, • Three swings, • Dismount on third swing. | <p>Note: Two-part routine, both must be completed.</p> <ul style="list-style-type: none"> • Low bar: <ul style="list-style-type: none"> ○ Upward circle, ○ Cast, ○ Cast dismount. • High bar (coach to assist jump to bar): <ul style="list-style-type: none"> ○ One chin, ○ One leg lift, ○ Three fish swings, ○ Release to land. |

Note: TeamGym and Men’s Artistic coaches can’t enter girls four-piece competitions as A-bars and beam aren’t covered within their syllabus.

Deductions – Bar

| | Deductions | 0.1 | 0.3 | 0.5 | 1.0 |
|-------------------|---|-----|-----|-----|-----|
| General | Body alignment | X | X | | |
| | Adjusted grip position | X | | | |
| | Hit on apparatus with feet | | | X | |
| | Hit on mat with feet (fall) | | | | X |
| | Poor rhythm in elements | | | X | |
| | Insufficient height | X | X | | |
| | Under rotation | X | | | |
| | Insufficient extension in casts | X | | | |
| | Intermediate swing | X | | | |
| | Empty swing | | | X | |
| | Angle of completion of elements | X | X | X | X |
| | Body alignment | X | X | | |
| | Bent arms | X | X | | |
| | Bent legs | X | X | | |
| | Landing | X | X | | |
| Fall | | | | X | |
| Additional | Skill attempted but not completed | | | X | |
| | Skill not attempted at all | | | | X |
| | Support from coach (apart from jump to high bar in Primary 1) | | | | X |



Skills – Beam

| Primary 2 | | Primary 1 | |
|---|--|--|--|
| Max score: 10.00 | | Max score: 10.00 | |
| Routine | | | |
| <ul style="list-style-type: none"> Mount – Squat on or jump to front support, Leap series – Two leaps or jumps linked, Single leg balance, Two leaps or jumps or hops or turns or spins (don't have to be linked), Dismount – Stretch, tuck, or star jump. | | <ul style="list-style-type: none"> Mount – Squat on, Leap series – Two skills linked (one must be a leap e.g. cat leap or tuck jump), One acro skill, Two leaps or jumps or spins (don't have to be linked), Single leg balance, Dismount – Round off. | |
| Skills for series | | | |
| <ul style="list-style-type: none"> Stretch jump Tuck jump W jump ½ spin ½ turn on toes Cat leap Split leap | <ul style="list-style-type: none"> Split jump Forward roll Handstand Walkover Cartwheel Arabesque Y balance | <ul style="list-style-type: none"> Stretch jump Tuck jump W jump ½ spin ½ turn on toes Cat leap Split leap Split jump | <ul style="list-style-type: none"> Forward roll Handstand Walkover Cartwheel Arabesque Y balance Chasse |

Note: TeamGym and Men's Artistic coaches can't enter girls four-piece competitions as A-bars and beam aren't covered within their syllabus.

Deductions – Beam

| | Deductions | 0.1 | 0.3 | 0.5 | 1.0 |
|-------------------|--|-----|-----|-----|-----|
| 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 | |
| Additional | Skill attempted but not completed | | | X | |
| | Skill not attempted at all | | | | X |
| | Support from coach | | | | X |

Note: These deductions are in additional 'normal' execution deductions for beam