## Gymnastics for All

## East Midlands Adults GfA Floor and Vault Competition 2018

## Skills and Tariff sheet

**Requirements – Floor (Men’s)**

|  |  |  |
| --- | --- | --- |
|  | **Men** | |
| **Novice** | **Intermediate** |
| **General requirements** | * Max floor routine length is 70 seconds * Roll out exercises (higher than ‘A’ value) are not permitted for safety reasons * If a skill is performed above the difficulty entered 1.0 deduction will be applied | |
| **Difficulty Value**  (DV score) | * Marked out of the severn highest valued elements (moves) plus dismount (eight moves in total) * Elements can only be used once to count towards to the DV score * Elements can range from different categories (levels)  Example:  [2 x ‘J’] + [2 x ‘A’] + [1 x ‘B’] + [2 x ‘C’] = 1.1 * Additional elements performed won’t be counted to the starting DV score but may incur execution deductions | |
| * Novice routines allowed a maximum of one somersault – tucked Anymore or higher level will require to enter intermediate category | * Intermediate gymnasts are not to perform more than a full twisting somersault. No double somersaults permitted in this category |
| **Age Bonus** | * Using the age bonus sheet towards the bottom of this document to calculate this score Example: Age 22 = 0.2 bonus | |
| **Element Group Requirement**  (EGRs) | * Marked out of 2.0 in total * 0.5 is rewarded per Element Group Requirement * The groups are:   + A non – acrobatic element   + A forward’s acrobatic element   + A backwards acrobatic element   + Dismount (must be an acrobatic element not yet performed in the routine) * EGRs don’t require to be the highest scoring elements within routine (unlike FIG CoP) * Each EGR can only be awarded once | |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | |
| **Scoring** | * Difficulty Value + Age Bonus + Element Group Requirement + Execution = Start Value  Example:  1.1 (DV score) + 0.2 (Age Bonus) + 2.0 (EGR) + 10.0 (E score) = 13.3 Start value | |

**Skills – Floor (Men’s)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Move** | **Value** | **Element group** | | | |
| **1 – Non-acro element** | **2 – Forward element** | **3 – Backward element** | **4 – Dismount element** |
| **‘J’ moves** | **0.05** | Headstand  Swedish fall  Jumps  Foutte  ½ lever – straddle  Bridge | Forwards roll  Forwards roll – straddle sit  Handstand – forwards roll  Cartwheel | Backwards roll – Any  Roll to shoulder stand | All skills from groups 2 and 3 that land on feet together |
| **‘A’ moves** | **0.10** | MAG FIG Code of Points p.42 - 53 | Round off  MAG FIG Code of Points p.42 - 53 | MAG FIG Code of Points p.42 - 53 | All skills from groups 2 and 3 that land on feet together |
| **‘B’ moves** | **0.20** | As per all coded MAG FIG Code of Points p.42 - 53 moves  (No double somersaults permitted) | | | All skills from groups 2 and 3 that land on feet together |
| **‘C’ moves** | **0.30** |

**Deductions – Floor (Men’s)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| **General** | Step off the floor (one foot) | X |  |  |  |
| Step off the floor (both feet) |  | X |  |  |
| Concentration pauses | X |  |  |  |
| No presentation | X |  |  |  |
| Break during elements/series |  | X |  |  |
| Poor posture/untidiness throughout | X | X | X |  |
| Prompt by coach (max x2) |  |  | X |  |
| Skill performed above the difficulty entered |  |  |  | X |
| Four (or less) elements performed |  |  |  | 5.0 |

**Requirements – Floor (Women’s)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Women** | | |
| **Newbie** | **Novice** | **Intermediate** |
| **General requirements** | * Max floor routine length is 90 seconds, performed to suitable music (music not required for Newbie category) * If a skill is performed above the difficulty entered 5.0 deduction will be applied * Between 2 acro lines must be used   + Two connected moves count as a acro line e.g. round off, backwards roll   + 1 X forwards and 1 X backwards acro line must be included   + Somersaults on their will also count as an acro line (not including aerial) | | |
| **Difficulty Value**  (DV score) | * Marked out of the **eight** elements (moves) * Element groups are:   + Acro x2 required (including dismount)   + Dance x3 required   + Optional x3 required * Elements can only be used once to count towards to the DV score * Only max one additional acro element | * Marked out of the **eight** highest valued elements (moves) in total * Element groups are:   + Acro x2 required (including dismount)   + Dance x3 required   + Optional x3 required * Elements can only be used once to count towards to the DV score * Only max one additional acro element | * Marked out of the **eight** highest valued elements (moves) in total * Element groups are:   + Acro x3 required (including dismount)   + Dance x3 required   + Optional x2 required * Elements can only be used once to count towards to the DV score * Only max one additional acro element |
| **Age Bonus** | * Using the age bonus sheet towards the bottom of this document to calculate this score Example: Age 22 = 0.2 bonus | | |
| **Composition Requirement**  (CR score) | * Marked out of 2.0 * To include:   + 2 X linked leaps/jumps   + 1 X spin on one foot (min 180)   + 1 X balance   + 1 X backwards or forwards acrobatic element | * Marked out of 2.0 * To include:   + 2 X linked leaps/hops, one with a minimum of 150 spit   + 1 X 1/1 spin on one foot   + 1 X flighted acrobatic element   + 3 X connected acrobatic elements | * Marked out of 2.0 * To include:   + 2 X linked leaps/hops, one with a minimum of 180 split   + 1 X minimum 1/1 spin on one foot   + 2 X connected flighted acrobatic elements   + 1 X somersault |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | | |
| **Scoring** | * Difficulty Value + Age Bonus + Composition Requirements + Execution Score = Start Value Example: 0.8 (DV score) + 0.2 (Age Bonus) + 2.0 (CR score) + 10.0 (E score) = 15.0 Start value | | |

**Skills – Floor (Women’s)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Element group** | **Value** | **Competition level** | | |
| **Newbie** | **Novice** | **Intermediate** |
| **Uncoded** | **0.1** | Cat leap  Scissor kick  Straight jump  Star jump  Tuck jump  Forwards roll  Backwards roll  Cartwheel  Round off  Arabesque  V-sit balance  ½ spin  Full spin  Bridge | Forwards roll to squat/pike  Backwards roll to squat/pike/front support  Arabesque  Handstand forwards roll  Backwards roll to handstand  Backwards walkover  Forwards walkover |  |
| **‘A’ moves** | **As per code** | WAG FIG Code of Points p.149 – 168 | WAG FIG Code of Points p.149 – 168 | WAG FIG Code of Points p.149 – 168 |
| **‘B’ moves** |  |
| **‘C’ moves** |  |  |
| **Barred elements** | | Elements higher then ‘A’ element group  Any flighted acro elements  Somersaults  Jumps/leaps/hops/spins with more than a 1/1 LA turn | Elements higher then ‘B’ element group  Somersaults  Jumps/leaps/hops/spins with more than a 1/1 LA turn | Elements higher then ‘C’ element group  Any somersault with an LA turn |

**Deductions – Floor (Women’s)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| **General** | Step off floor | X |  |  |  |
| Concentration pauses | X |  |  |  |
| No presentation | X |  |  |  |
| Break during elements/series |  | X |  |  |
| Poor posture/untidiness throughout | X | X | X |  |
| Prompt by coach (max x2) |  |  | X |  |
| Skill performed above the difficulty entered |  |  |  | 5.0 |
| No music (except newbie don’t require music) |  |  |  | X |
| **Execution faults** | Bent arms/knees | X | X | X |  |
| Leg/knee separation | X | X |  |  |
| Insufficient height | X |  |  |  |
| Insufficient tuck/pike position in somersault | X  90 hip/knee angle | X  >90 hip/knee angle |  |  |
| Hesitation during performance | X |  |  |  |
| Attempt without performance of the element |  | X |  |  |
| Body and/or leg position in elements (non-dance); body alignment (each time) | X |  |  |  |
| Body and/or leg position in elements (non-dance); feet not pointed/relaxed (each time) | X |  |  |  |
| Body and/or leg position in elements (non-dance); insufficient split in acro elements (non-flight) (each time) | X | X |  |  |
| Failure to fulfil technical requirements in dance elements (each time) | X | X | X |  |
| Precision (each time) | X |  |  |  |
| **Landing**  (If no fall maximum deduction is 0.8) | Legs apart on landing | X |  |  |  |
| Extra arm swing | X |  |  |  |
| Lack of balance | X | X |  |  |
| Extra steps, slight hop | X |  |  |  |
| Very large step or jump (approx. 1m) |  | X |  |  |
| Body posture fault | X | X |  |  |
| Deep squat |  |  | X |  |
| Fall |  |  |  | X |

**Requirements – Vault**

|  |  |  |
| --- | --- | --- |
|  | **Men** | **Women** |
| **General requirements** | * Every gymnast may perform two vaults with the highest scoring vault counting | |
| **Difficulty**  (D score) | * You can find these scores in the table below | |
| **Age bonus** | * Using the age bonus sheet towards the bottom of this document to calculate this score Example: Age 22 = 0.2 bonus | |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | |
| **Scoring** | * Difficulty + Execution + Age Bonus = Start Value  Example: 1.0 (D score) + 10.0 (E score) + 0.2 (Age bonus) = 11.2 Start value | |

**Skills – Vault**

|  |  |  |
| --- | --- | --- |
|  | **Difficulty (D score)** | |
| **Men** | **Women** |
| **Newbie** | | |
| **Squat on, stretch jump off** |  | 1.0 |
| **Squat through** |  | 1.5 |
| **Straddle over** |  | 1.5 |
| **Novice** | | |
| **Squat on, stretch jump off** | 1.0 | 1.0 |
| **Squat through** | 2.5 | 1.5 |
| **Straddle over** | 2.5 | 1.5 |
| **Handspring** | 3.0 | 2.0 |
| **Handspring, ½ off** |  | 2.0 |
| **Intermediate** | | |
| **Squat on, stretch jump off** | 1.0 |  |
| **Squat through** | 2.5 | 1.0 |
| **Straddle over** | 2.5 | 1.0 |
| **Handspring** | 3.0 | 2.0 |
| **Handspring on, ½ off** |  | 2.4 |
| **Handspring on, 1/1 off** | 4.0 | 3.0 |
| **½ on, repulsion off** |  | 2.0 |
| **½ on, ½ off** | 3.5 | 2.8 |
| **½ on, 1/1 off** | 4.0 | 3.0 |

**Deductions – Vault**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **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 |  |  |  |

**Age Bonus – Score charts**

Use the below charts to gain the Age Bonus to add to your Starting Value (see individual apparatus for scoring details for details).

A competitors’ age will be calculated as the age reached in the year of the competition.

Note: These score charts are as per the British Gymnastics Adults score charts.

**Novice, Intermediate, and Pro Over 18**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **18-20** | **21** | **22** | **23** | **24** | **25** | **26** | **27** | **28** | **29** |
| **Age bonus** | 0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 |

**Novice and Pro Over 30**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **30** | **31** | **32** | **33** | **34** | **35** | **36** | **37** | **38** | **39** |
| **Age bonus** | 0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 |

**Novice and Pro Over 40**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **40** | **41** | **42** | **43** | **44** | **45** | **46** | **47** | **48** | **49** |
| **Age bonus** | 0 | 0.1 | 0.2 | 0.3 | 0.4 | 0.5 | 0.6 | 0.7 | 0.8 | 0.9 |

**Novice and Pro Over 50**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **50** | | **51** | | **52** | | **53** | | **54** | | **55** | | **56** | | **57** | | **58** | | **59** | |
| **Age bonus** | 0 | | 0.1 | | 0.2 | | 0.3 | | 0.4 | | 0.5 | | 0.6 | | 0.7 | | 0.8 | | 0.9 | |
| **Age** | **60** | | **61** | | **62** | | **63** | | **64** | | **65** | | **66** | | **67** | | **68** | | **69** | |
| **Age bonus** | 1.0 | | 1.1 | | 1.2 | | 1.3 | | 1.4 | | 1.5 | | 1.6 | | 1.7 | | 1.8 | | 1.9 | |
| **Age** | **70** | **71** | | **72** | | **73** | | **74** | | **75** | | **76** | | **77** | | **78** | | **79** | | **80** |
| **Age bonus** | 2.0 | 2.1 | | 2.2 | | 2.3 | | 2.4 | | 2.5 | | 2.6 | | 2.7 | | 2.8 | | 2.9 | | 3.0 |

**Intermediate Ove 30**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | **30 - 32** | **33 - 35** | | **36 - 38** | | **39 - 41** | | **42 - 44** | | **45 - 47** | | **48 - 50** | | **51 - 53** | | **54 - 56** |
| **Age bonus** | 0 | 0.1 | | 0.2 | | 0.3 | | 0.4 | | 0.5 | | 0.6 | | 0.7 | | 0.8 |
| **Age** | **57 - 59** | | **60 - 62** | | **63 - 65** | | **66 - 68** | | **69 - 71** | | **72 - 74** | | **75 - 77** | | **78 - 80** | |
| **Age bonus** | 0.9 | | 1.0 | | 1.1 | | 1.2 | | 1.3 | | 1.4 | | 1.5 | | 1.6 | |

**Men’s tariff sheet – Complete and print per gymnasts**

|  |  |
| --- | --- |
| **Gymnast name** | **BG membership no.** |
| [Insert full name] | [Insert no.] |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Floor tariff** | | | | |
| **No.** | **Move** | **Move value** | **Element group** | **Element score (max 4 groups)** |
| **1** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **2** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **3** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **4** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **5** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **6** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **7** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **8** | [Insert move/element name] | [Insert value] | [Select] | [Select] |
| **Move value total:** | | **[Insert value]** | **Element Group Requirement score:** | **[Select]** |
| **Age Bonus:** | | | | **[Insert value]** |
| **Execution:** | | | | **10.00** |
| **Move value total + Element group requirement + Age Bonus + Execution = Start value** | | | | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **1** | [Insert move/element name] | **[Insert value]** |
| **Age Bonus:** | | **[Insert value]** |
| **Execution:** | | **10.00** |
| **Move value total + Age Bonus + Execution = Start value** | | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **2** | [Insert move/element name] | **[Insert value]** |
| **Age Bonus:** | | **[Insert value]** |
| **Execution:** | | **10.00** |
| **Move value total + Age Bonus + Execution = Start value** | | **[Insert value]** |

**Note:** Have these ready in order of performance for the judges.

**Women’s tariff sheet – Complete and print per gymnasts**

|  |  |
| --- | --- |
| **Gymnast name** | **BG membership no.** |
| [Insert full name] | [Insert no.] |

|  |  |  |  |
| --- | --- | --- | --- |
| **Floor tariff** | | | |
| **No.** | **Move** | **Element group** | **Move value** |
| **1** | [Insert move/element name] | [Select] | [Insert value] |
| **2** | [Insert move/element name] | [Select] | [Insert value] |
| **3** | [Insert move/element name] | [Select] | [Insert value] |
| **4** | [Insert move/element name] | [Select] | [Insert value] |
| **5** | [Insert move/element name] | [Select] | [Insert value] |
| **6** | [Insert move/element name] | [Select] | [Insert value] |
| **7** | [Insert move/element name] | [Select] | [Insert value] |
| **8** | [Insert move/element name] | [Select] | [Insert value] |
| **Move value total:** | | | **[Insert value]** |
| **Composition Requirement:** | | | **2.0** |
| **Age Bonus:** | | | **[Insert value]** |
| **Execution:** | | | **10.00** |
| **Move value total + Composition Requirement + Age Bonus + Execution = Start value** | | | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **1** | [Insert move/element name] | **[Insert value]** |
| **Age Bonus:** | | **[Insert value]** |
| **Execution:** | | **10.00** |
| **Move value total + Age Bonus + Execution = Start value** | | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **2** | [Insert move/element name] | **[Insert value]** |
| **Age Bonus:** | | **[Insert value]** |
| **Execution:** | | **10.00** |
| **Move value total + Age Bonus + Execution = Start value** | | **[Insert value]** |

**Note:** Have these ready in order of performance for the judges.