



**Gymnastics for All**  
**East Midlands Over 8 Years Competition Girls**  
**Advanced and Advanced Plus**  
**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>Bare feet or gym shoes, leotards preferred if not shorts and correct size T-shirt</li> <li>Matching gymnastic shorts may be worn but <b>not</b> cycling shorts</li> <li>Hair neat and tidy, tied back from the face</li> <li>No jewellery, not even ear studs, this is a BG rule for insurance purpose and must be adhered to</li> <li>Maximum floor routine length = 1min 30secs to music</li> <li>Floor music is maximum of 1min 30 secs To contain no words, not be Disney, Cirque de Soleil, or Lloyd Webber</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> <li>Beam skills can't be repeated</li> <li>Max beam routine length = 2.5 lengths</li> </ul>	
<b>Warm up</b>	<b>Floor</b>	5mins	5mins
	<b>Vault</b>	2mins	2mins
	<b>Beam</b>	1min	1min
	<b>Bars</b>	1min	1min
<b>Floor set up</b>		12m x 12m New College – Sprung floor Chesterfield – Matted floor	12m x 12m New College – Sprung floor Chesterfield – Matted floor
<b>Vault set up</b>		Table vault (1.10m) Or Block (0.60m)	Table vault (height optional)
<b>Beam set up</b>		As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm	As per FIG Apparatus Norms brochure Length: 500cm Width: 10cm
<b>Bars set up</b>		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



## Skills – Floor

Advanced		Advanced Plus	
Max score: 10.00		Max score: 10.00	
<b>Routine</b>			
<ul style="list-style-type: none"> <li>• Handspring,</li> <li>• Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same),</li> <li>• Full spin,</li> <li>• Leap series – Split leap, cat leap,</li> <li>• Stretch jump full turn,</li> <li>• Walkover.</li> <li>• <b>Bonus</b> 0.5 if both skills are flighted in the acro series.</li> </ul>		<ul style="list-style-type: none"> <li>• Min. of two flighted skills acro series – Both skills must be flighted and different,</li> <li>• Handspring,</li> <li>• Somersault (forwards or backwards) *,</li> <li>• Leap series – Split leap, cat leap, full turn,</li> <li>• Full spin,</li> <li>• Backward roll to handstand (arm bend optional)*.</li> <li>• <b>Bonus</b> 0.5 if a skill is performed before or after the somersault e.g. front somersault walk out round off *.</li> </ul>	
<b>Skills for series</b>			
<ul style="list-style-type: none"> <li>• Forwards roll</li> <li>• Backward roll</li> <li>• Walkover – forwards or backwards</li> <li>• Handspring</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Round off</li> <li>• Flic</li> </ul>	<ul style="list-style-type: none"> <li>• Walkover – forwards or backwards</li> <li>• Somersault – forwards or backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Round off</li> <li>• Flic</li> <li>• Handspring</li> </ul>

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

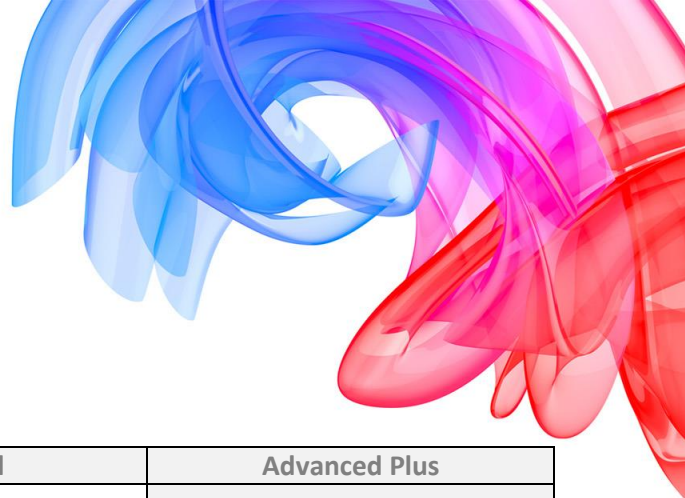
## Deductions – Floor

	Deductions	0.1	0.3	0.5	1.0
<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 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	
<b>Falls (Each skill)</b>	Falls				X

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### Skills – Vault

	Advanced	Advanced Plus
Handspring to feet (block)	10.0	
Handstand flatback (table vault)	10.0	
Handspring (table vault)		10.0
½ on, ½ off (table vault) **		10.5

**Note:** Skills marked with a \*\* can only be supervised by a Level 3 or above in General Gymnastics, Men's Artistic, or Women's Artistic.

### 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 centre	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 – Bar

Advanced	Advanced Plus
Max score: 10.00	Max score: 10.00
<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch high bar,</li> <li>Two swings,</li> <li>Release on third swing back.</li> <li><b>Bonus</b> 0.5 if one cast reaches 45 degrees.</li> </ul>	<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch top bar,</li> <li>Immediate <math>\frac{3}{4}</math> baby giant *,</li> <li>Straddle undershoot dismount.</li> <li><b>Bonus</b> 0.5 if dismounts is straddle undershoot <math>\frac{1}{2}</math> turn *.</li> </ul>

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

**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
<b>General</b>	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	X	
Fall				X	
<b>Additional</b>	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

Advanced	Advanced Plus
Max score: 10.00	Max score: 10.00
<b>Routine</b>	
<ul style="list-style-type: none"> <li>• Mount – Jump to front support, ¼ to straddle lever (can't sit),</li> <li>• Leap series – Two skills linked and one must be a leap e.g. cat leap/tuck jump,</li> <li>• One split jump (min 135 Degrees),</li> <li>• ½ spin,</li> <li>• Two acro series skills,</li> <li>• Dismount – Round off <b>or</b> handspring.</li> <li>• <b>Bonus</b> 0.5 if full spin is performed instead of ½ spin.</li> </ul>	<ul style="list-style-type: none"> <li>• Mount – Squat through to rear support,</li> <li>• One split leap (min 135 degrees),</li> <li>• Two acro series skills,</li> <li>• Leap series – Two skills linked and one must be a leap e.g. cat leap/tuck jump,</li> <li>• Full spin,</li> <li>• Dismount – Handspring.</li> <li>• <b>Bonus</b> 0.5 if the dismount is a somersault *.</li> <li>• <b>Bonus</b> 0.5 if all criteria fulfilled and no falls.</li> </ul>
<b>Skills for series</b>	
<ul style="list-style-type: none"> <li>• Stretch jump</li> <li>• Tuck jump</li> <li>• W jump</li> <li>• ½ spin</li> <li>• Full spin</li> <li>• Cat leap</li> </ul>	<ul style="list-style-type: none"> <li>• Split leap</li> <li>• Split jump</li> <li>• Forward roll</li> <li>• Handstand</li> <li>• Walkover</li> <li>• Cartwheel</li> </ul>
<ul style="list-style-type: none"> <li>• Stretch jump</li> <li>• Tuck jump</li> <li>• W jump</li> <li>• ½ spin</li> <li>• Full spin</li> <li>• Cat leap</li> </ul>	<ul style="list-style-type: none"> <li>• Split leap</li> <li>• Split jump</li> <li>• Forward roll</li> <li>• Handstand</li> <li>• Walkover</li> <li>• Cartwheel</li> </ul>

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

**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
<b>General</b>	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	
<b>Additional</b>	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