



## Erewash Valley Floor and Vault Competition Skills and Tariff sheet – Levels 1 to 3 Boys

### Requirements – Floor and Vault

	Level 1	Level 2	Level 3
<b>Key Information</b>	<ul style="list-style-type: none"> <li>Boys and girls will compete together but will be in separate categories and use specific routines</li> </ul>		
<b>Floor Information</b>	<ul style="list-style-type: none"> <li>Not performed to music</li> <li>Performed in a line</li> </ul>		<ul style="list-style-type: none"> <li>Not performed to music</li> <li>Performed on the whole floor</li> </ul>
<b>Vault Information</b>	<ul style="list-style-type: none"> <li>Two vaults permitted, best score to count</li> <li>Table vault height optional (Level 3), but warm up must suit the group</li> </ul>		
<b>Difficulty Value (DV score)</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>Bonus' are added to the above score to create DV score</li> </ul>		
<b>Compositional Score (C score)</b>	<ul style="list-style-type: none"> <li>There is no Compositional score for this competition</li> </ul>		
<b>Execution Score (E score)</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</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

Difficult Value (DV) skills			
	Level 1	Level 2	Level 3
<b>Routine</b>	Stretch jump to land, Tuck jump to land, Arabesque, Handstand, Forwards roll to straddle sit, Lie down into dish, Roll to arch, Push to front support, Jump feet in and stand, Cartwheel.	Stretch jump, tuck jump linked, Handstand ½ turn, 2 x Cartwheel into backwards roll, Swedish fall, Best leg of front splits, Swing back leg around to pike sit, Shoulder stand, Rock to stand, Round off ½ turn jump into cartwheel.	Round off flic, Forwards somersault – tucked, Handspring, Handstand 1/1 turn, Backwards roll to handstand.
<b>Bonus</b>		Flic after the round off instead of cartwheel = 0.3	Backwards somersault – tucked after the flic = 0.3

### Deductions – Floor

Deductions			0.1	0.3	0.5	1.0
<b>Execution Score</b> (E score) Max of 10.0	<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>Skill focused deductions</b> (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		
		Element not held for three seconds	X	X	X	X
		Feet not pointed/loose/body alignment	X			
	<b>Landing deductions</b> (Each time)	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		
	<b>Falls</b> (Each skill)	Deep squat			X	
Falls					X	

## Skills – Vault

Difficult Value (DV) skills			
	Level 1	Level 2	Level 3
<b>Skill</b>	Squat on immediate star jump off	Handstand flat back	Handspring

## Deductions – Vault

		Deductions	0.1	0.3	0.5	1.0
<b>Execution Score</b> (E score) Max of 10.0	<b>1st flight</b>	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	
	<b>Support/ thrust</b>	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	
	<b>2nd flight</b>	Legs apart	X	X		
		Incorrect arm position	X	X	X	
		Lack of height, distance	X	X	X	
		Poor technique, coordination, posture	X	X	X	
		Incorrect body shape	X	X	X	
	<b>Landing</b>	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		
	<b>General</b>	Insufficient dynamics throughout the vault	X	X		
		No presentation	X			



### Deductions – Floor (Disability category)

Deductions		0.1	0.3	0.5	1.0	
Execution Score (E score) Max of 10.0	Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X		
	Specific floor deductions	Missing competition requirements			X	
	Skill focused 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			
		Insufficient height of element	X	X		
		Insufficient tuck, pike or stretch	X			
		Element not held for three seconds	X	X		
		Feet not pointed/loose/body alignment	X			
	Landing deductions (Each time)	Extra steps (each) (max of 0.3)	X			
		Trunk movement to maintain balance	X			
		Very large step or jump		X		
	Deep squat		X			
Falls (Each skill)	Falls			X		

### Deductions – Vault (Disability category)

Deductions		0.1	0.3	0.5	1.0	
Execution Score (E score) Max of 10.0	First flight	Incomplete turn	X	X	X	
		Hip angle	X			
		Bend knees	X	X		
		Leg separation	X			
		Insufficient layout in squad	X	X		
	Repulsion	Staggered altered hand placement	X			
		Bent arms	X	X		
		Shoulder angle	X	X		
		Touch with one hand			X	
		Steps to the end of vault	X	X		
		Failure to pass through vertical		X		
	Second flight	Lack of height	X	X	X	
		Incomplete turn	X			
		Insufficient length	X	X		
		Bent knees	X	X		
		Leg separation	X			
	Landing	Extra steps (each) (max of 0.3)	X			
		Extra arm swing	X			
		Body posture faults	X			
		Deep Squat		X		
		Deviation from center	X			
		Fall			X	
	Additional	Skill attempted but not completed			X	
Skill not attempted at all					X	
Support from coach			X			