

Erewash Valley Floor and Vault Competition

Skills and Tariff sheet – Levels 1 to 5

Girls

Requirements – Floor and Vault

	Level 1	Level 2	Level 3	Level 4	Level 5
Key Information	<ul style="list-style-type: none">Boys and girls will compete together but will be in separate categories and use specific routines				
Floor Information	<ul style="list-style-type: none">Not performed to music		<ul style="list-style-type: none">Performed to music		
Vault Information	<ul style="list-style-type: none">Two vaults permitted, best score to countTable vault height optional (Level 4 and 5), but warm up must suit the group				
Difficulty Value (DV score)	<ul style="list-style-type: none">Scored out of 10.0Bonus' are added to the above score to create DV score				
Compositional Score (C score)	<ul style="list-style-type: none">There is no Compositional score for this competition				
Execution Score (E score)	<ul style="list-style-type: none">Scored out of 10.0				
Scoring Information	<ul style="list-style-type: none">Difficulty Value (DV score) + Execution Score (E score) = Starting scoreStarting Score – Execution Deductions = Final Score				

Skills – Floor

Difficult Value (DV) skills					
	Level 1	Level 2	Level 3	Level 4	Level 5
Routine	Stretch jump to land, Tuck jump to land, Chasse cat leap, Arabesque, Handstand, Forwards roll to straddle sit, Japan, Lie flat, push up to bridge, Dish, Roll to arch, Push to front support, Jump feet in and stand, Front to back cartwheel.	Stretch jump, tuck jump (linked), Chasse cat leap ½ turn, Arabesque, Handstand forwards roll, Backwards roll to front support, Show best leg front splits, Swing ack leg around to pike sit, Lie flat and push to bridge, Kick over, Round off, ½ turn jump into front to back cartwheel.	Jump series (linked), Leap series (including a split), Round off, Handspring, Walkover – forwards or backwards, 1/1 spin.	Jump series (linked with a 360° rotation), Leap series (including a split), Round off flic, Handspring star jump, Handstand ½ turn, 1 ½ spin.	Jump series (one to be a split and one a 360° rotation), Leap series (including a split change), Round off flic, backwards somersault – tucked, Forwards somersault – tucked, Handstand 1/1 turn, 2/1 spin.
Bonus			Flic = 0.3 1 ½ spin = 0.3	Round off, flic, flic = 0.3 Handstand 1/1 turn = 0.3	Ariel/free walkover = 0.3 Handspring before forwards somersault = 0.3

Deductions – Floor

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	X	
	Specific floor deductions	Touch of hair/leotard/clothing	X			
		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	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			
	Landing deductions (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		
		Deep squat			X	
	Falls (Each skill)	Falls				X

Skills – Vault

Difficult Value (DV) skills					
	Level 1	Level 2	Level 3	Level 4	Level 5
Skill	Squat on, immediate star jump off	Squat on, kick to handstand flatback onto landing mats	Handstand flatback	Handspring	½ on

Deductions – Vault

Deductions			0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	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			

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			
		Extra steps (each) (max of 0.3)	X			
	Landing deductions (Each time)	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	
		Skill attempted but not completed			X	
	Additional	Skill not attempted at all				X
		Support from coach		X		