

Erewash Valley Floor and Vault Competition Skills and Tariff sheet – Open Level 13+ Years Girls

Requirements – Floor and Vault

	Open Level 13+ Years
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"> Performed to music
Vault Information	<ul style="list-style-type: none"> Two vaults permitted, best score to count Warm up vault height must suit group
Difficulty Value (DV score)	<ul style="list-style-type: none"> Scored out of 10.0 Bonus' 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 score Starting Score – Execution Deductions = Final Score

Skills – Floor

Difficult Value (DV) skills	
Open Level 13+ Years	
Routine	<ul style="list-style-type: none"> • Jump series • Leap series (including split change), • Tumble of forwards somersault, round off, flic, backwards somersault (any order)*, • Spin (must be in the FIG Code of Point – A or B value)*, • Free cartwheel or free walkover*, • Final tumble (including a straight somersault)*.
Bonus	<ul style="list-style-type: none"> • ½ Twisting somersault = 0.3 • 1/1 Twisting somersault = 0.5

*Remember – Only coach to within your qualification specification

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 tumbles (step)	X	X		
		Trunk movement to maintain balance	X	X		
		Extra steps up to 0.5	X			
		Very large step or jump		X		
	Falls (Each skill)	Deep squat			X	
		Falls				X

Skills – Vault

Difficult Value (DV) skills	
Options	Vaults
A	½ on, ½ off
B	Round off, flic, repulsion off*
C	Round off, ½ on, repulsion off*
D	Tsukahara (Bonus = 0.5)*
E	Yurchenko (Bonus = 0.5)*

*Remember – Only coach to within your qualification specification

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	
	2nd flight	Legs apart	X	X		
		Incorrect arm position	X	X	X	
		Legs apart	X	X		
		Lack of height, distance	X	X	X	
		Poor technique, coordination, posture	X	X	X	
	Landing	Incorrect body shape	X	X	X	
		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			
	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			