

## Erewash Valley's Floor and Vault 2020

### Skills and Tariff sheet – Levels 1 to 3

### Girls

#### Requirements

		Level 1	Level 2	Level 3
<b>Floor Information</b>		• Not performed to music	• Not performed to music	• Performed to music
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Two attempts permitted, best scoring attempt to count</li> <li>Vault height during warm up must suit group</li> </ul>		
<b>Difficulty Value</b> (DV score)	<b>Floor:</b>	<ul style="list-style-type: none"> <li>This is scored out of 10.0</li> <li>Bonus' are available/added to this score for certain levels</li> </ul>		
	<b>Vault:</b>	<ul style="list-style-type: none"> <li>This score is stated next to the element on the Vault section</li> </ul>		
<b>Compositional Score</b> (C score)		<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
<b>Execution Score</b> (E score)		<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</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 – Judges Execution Deductions = Final Score</li> </ul>		

### Skills – Floor

	Level 1	Level 2	Level 3
<b>Routine</b>	Stretch jump to land, Tuck jump to land, Chasse cat leap, Arabesque, Handstand, Forwards roll to straddle, Japana, 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.
<b>Bonus</b>			Flic = 0.3 1 ½ spin = 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 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</b> (Each skill)	Falls				X

### Skills – Vault

Element	Equipment	Level 1	Level 2	Level 3
Squat on, immediate star jump off	Full size springboard, sideways and flat block (0.6m), and landing mat	10.0		
Squat on, kick to handstand and flatback onto landing mats	Full size springboard, lengthways and flat block (0.6m), safety mats piled up level to block at the end		10.0	
Handstand flatback	Full size springboard, lengthways block with safety mat of top (0.9m), safety mats piled up level to block at the end			10.0

### Deductions – Vault

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	X		
		Bend knees	X	X	X	
		Leg separation	X	X		
		Arch	X	X		
		Insufficient layout in squad	X	X	X	
	Repulsion	Staggered altered hand placement	X	X		
		Bent arms	X	X	X	
		Extra steps on top of the vault (per step)	X			
		Shoulder angle	X	X		
		Touch with one hand				X
		Steps to the end of vault	X	X	X	
		Failure to pass through vertical		X		
	Second flight	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		
		Extra steps (each)	X			
	Landing	Large steps (over shoulder width)		X		
		Extra arm swing	X			
		Additional trunk movement	X	X		
		Body posture faults	X			
		Deep Squat			X	
		Deviation from center	X			
		Brush on apparatus			X	
		Fall				X
		Skill attempted but not completed			X	
	Additional	Skill not attempted at all				X
		Support from coach				X