

Erewash Valley's Floor and Vault 2020

Skills and Tariff sheet – Levels 4 to Open Age

Girls

Requirements

		Level 4	Level 5	Level Open Age
Floor Information		<ul style="list-style-type: none"> Performed to music 	<ul style="list-style-type: none"> Performed to music 	<ul style="list-style-type: none"> Performed to music
Vault Information		<ul style="list-style-type: none"> Two attempts permitted, best scoring attempt to count Vault height during warm up must suit group 		
Difficulty Value (DV score)	Floor:	<ul style="list-style-type: none"> This is scored out of 10.0 Bonus' are available/added to this score for certain levels 		
	Vault:	<ul style="list-style-type: none"> This score is stated next to the element on the Vault section 		
Compositional Score (C score)		<ul style="list-style-type: none"> This is not required in this competition 		
Execution Score (E score)		<ul style="list-style-type: none"> Scored out of 10.0 See deduction table included within this document for guidance of the type of Execution Deductions judges will make 		
Scoring Information		<ul style="list-style-type: none"> Difficulty Value (DV score) + Execution Score (E score) = Starting Score Starting Score – Judges Execution Deductions = Final Score 		

Skills – Floor

	Level 4	Level 5	Open Age
Routine	Jump series (linked with a 360° rotation), Leap series (including a split), Round off flic, Handspring star jump, Handstand ½ turn, 1 ½ spin.	Jumper 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.	Jump series, Leap series (including split change), Mixed tumble (forwards somersault, round off, flic, backwards somersault), Spin – FIG valued A or B, Ariel OR Free walkover, Final tumble (including straight somersault).
Bonus	Round off, flic, flic = 0.3 Handstand 1/1 turn = 0.3	Ariel/free walkover = 0.3 Handspring before forwards somersault = 0.3	Twisting somersault ½ = 0.3 Twisting somersault 1/1 = 0.5

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		
		Deep squat			X	
	Falls (Each skill)	Falls				X

Skills – Vault

Element	Equipment	Level 4	Level 5	Open Age
Handspring	Table vault, with height optional between 1.0m – 1.2m	10.0		
½ on	Table vault, with height optional between 1.0m – 1.2m		10.0	
½ on, ½ off	Table vault, with height optional between 1.0m – 1.2m			10.0
Round off, flic, repulsion off	Table vault, with height optional between 1.0m – 1.2m			10.0
Round off, ½ on, repulsion off	Table vault, with height optional between 1.0m – 1.2m			10.0
Tsukahara	Table vault, with height optional between 1.0m – 1.2m			10.5
Yurchenko	Table vault, with height optional between 1.0m – 1.2m			10.5

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	
		Skill not attempted at all				X
	Additional	Support from coach				X