



Erewash Valley's Spring Invitational 2020

Skills and Tariff sheet – Levels 1 to 3

Boys

Requirements

		Level 1	Level 2	Level 3
General Information		<ul style="list-style-type: none"> • Compulsory apparatus = Floor and Vault • Optional apparatus = Bar, P bars, and Rings <ul style="list-style-type: none"> ○ Required to compete four apparatus in total, therefore one of the 'optional apparatus' can be left out of each gymnasts' competition ○ Optional apparatus to be stated on the entry form 		
Floor Information		<ul style="list-style-type: none"> • Not 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 		
Bar Information:		<ul style="list-style-type: none"> • Performed on the high bar (metal) with glove and loops 		
P Bars Information		<ul style="list-style-type: none"> • Specific considerations are allowed on certain elements e.g. aided by coach. See Skill section for details 		
Rings Information		<ul style="list-style-type: none"> • Specific considerations are allowed on certain elements e.g. aided by coach. See Skill section for details 		
Difficulty Value (DV score)	Floor:	• This is valued at 1.0	• This is valued at 1.0	<ul style="list-style-type: none"> • This is valued at 1.0 • Bonus' are available for this level
	Vault:	• This score is stated next to the element on the Vault section		
	Bar:	• This is valued at 1.0	• This is valued at 1.0	<ul style="list-style-type: none"> • This is valued at 1.0 • Bonus' are available for this level
	P bars:	• This is valued at 1.0	• This is valued at 1.0	<ul style="list-style-type: none"> • This is valued at 1.0 • Bonus' are available for this level
	Rings:	• This is valued at 1.0	• This is valued at 1.0	<ul style="list-style-type: none"> • This is valued at 1.0 • Bonus' are available for this level
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 1	Level 2	Level 3
Routine	Forwards roll to stand, Tuck jump, Forwards roll to pike sit, Back support, Turn to front support, Squat in stretch jump ½ turn, Cartwheel – ¼ or ½	Cartwheel into, Cartwheel into, Handstand forwards roll, Stretch jump 1/1 turn, Arabesque (2 secs), Swing leg through with kick ½ turn, Round off into stretch jump.	Round off stretch jump, Backwards roll to straddle stand (straight or bent arms), Jump to handstand forwards roll into jump ½ turn, Scissor kick step ½ turn, Y balance (2 secs), Dive forwards roll.
Bonus			Round off flic stretch jump instead of Round off stretch jump = 1.0 ½ pirouette pike down into forwards roll jump ½ turn instead of Jump to handstand forwards roll into jump ½ turn = 1.0 Forwards somersault – tucked instead of Dive forwards roll = 1.0

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			
		Arabesque, Swing through to kick, Scissor kick to have 90° leg lift	X	X	X	
		Y balance to have 45° leg lift above horizontal	X	X	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 1	Level 2	Level 3
Stretch jump on, immediate rebound stretch jump off	Run up (10.0m) to Block (0.6m) with Landing mat (0.2m)	10.0		
Front somersault into immediate dive roll	Run up (15.0m) to Landing mat (0.3m) +/- Top mat (0.1m)		10.0	
Handspring	Table vault, height optional between 1.0m – 1.2m with Landing mat (0.2m) +/- Top mat (0.1m)			10.0
Round off	Table vault, height optional between 1.0m – 1.2m with Landing mat (0.2m) +/- Top mat (0.1m)			10.0

Deductions – Vault

		Deductions	0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	Run up	Powerful	X	X	X	
	First flight	Incomplete turn	X	X	X	
		Hip angle	X	X		
		Bend knees	X	X	X	
		Leg separation	X	X		
		Arch	X	X		
		Insufficient height	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	
	Stopping on the block / after somersault					X
	Second flight	Failure to pass through vertical		X		
		Lack of height	X	X	X	X
		Incomplete turn	X	X		
		Insufficient length	X	X	X	
		Bent knees	X	X	X	
	Landing	Leg separation	X	X		
		Extra steps (each)		X		
		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
	Additional	Skill attempted but not completed			X	
		Skill not attempted at all				X
		Support from coach				X
		Dive roll – not judged				

Skills – Bar (gloves and loops)

	Level 1	Level 2	Level 3
Routine	Chin up (2 secs), Hanging arch (2 secs), Hanging dish (2 secs), X2 leg lifts, Beat into X3 swings (shape is focus) [coach to stop gymnast on third swing].	X2 leg lifts, Circle upwards, Undershoot, X3 swings (hips above bar with each swing getting higher) [coach to stop gymnast on third swing].	Circle upwards, Cast into (horizontal – shoulder to hips), X3 swings (hips above bar with each swing getting higher), Back uprise to support into, Back hip circle into, Stop in support.
Bonus			Upstart instead of circle upwards = 1.0

Deductions – Bar (gloves and loops)

Deductions			0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	Technical	Small fault	X			
		Medium fault		X		
		Large fault			X	
		Fall				X
		Movement 'smoothness' (no stutter) in strength movements	X	X	X	
		Not reaching desired height/position in movements	X	X	X	
		Legs, arms not straight	X	X	X	
		Support not held during leaning back phasing in undershoot	X	X		
		Full height, extension not gained in undershoot		X	X	
		Swings not smooth (per swing)	X	X		
		Dish and arch in swings not used effectively (per swing)	X	X		
		Continuous movements between elements listed with 'into'			X	
	Not stopped in Level 3 final element			X		
	General	Chronological error			X	
		Missing element				X
Coach assistance				X		
No presentational		X				



Skills – P bars

	Level 1	Level 2	Level 3
Routine	Jump to support in the middle of the bars (can be aided by coach), Support hold (2 secs), X2 Dips, Tuck hold (2 secs), Lower to support and drop to stand.	Jump to support on the end of the bars (can be aided by coach), Walk to middle, X2 Dips, Tuck hold (2 secs), Pike lever (2 secs), X3 Swings (each to horizontal), Drop between bars at back of third swing to stand.	Upstart to straddle sit (can be aided by coach), X2 Dips, Tuck hold (2 secs), Pike lever (2 secs), Lift towards Russian lever (legs to 45° above horizontal), Kick out into X3 swings (each to horizontal), Face vault dismount at back of third swing.
Bonus			Upstart to support instead of straddle sit = 1.0

Deductions – Parallel bars

Deductions		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Straight arms, legs not shown	X	X	X	
	Full dip not shown	X	X	X	
	Hold not for two seconds		X		
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	High swing with hand transition in dismount		X	X	
	Landing upright, no movement	X	X	X	
General	Chronological error			X	
	Missing element				X
	If support on one rail not shown		X		
	No presentational	X			



Skills – Rings

	Level 1	Level 2	Level 3
Routine	Hang in tuck (2 secs), Hang in pike (2 secs), Lift to pike inverted hang (2 secs), Lower to German hang (2 secs), Pull back round to hang (2 sec), Drop off to land.	Chin up and hold (2 secs), Circle to German hang (2 secs), Pull to pike hang inverted hang (2 secs), Open into straight inverted hang (2 secs), Beat out into X3 swings (backwards – forwards = x1 swing) [coach to stop gymnast on third swing].	Support hold [lifted by coach] (2 secs), Muscle down to chin up hold (2 secs), Circle to pike inverted hang (2 secs), Beat out into X3 swings (backwards – forwards = x1 swing), Backwards somersault – tucked dismount.
Bonus			Muscle up instead of being lifted up by coach = 1.0

Deductions – Rings

Deductions		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Movement 'smoothness' (no stutter) in strength movements	X	X	X	
	Not reaching desired height/position in movements	X	X	X	
	Hangs not held for two seconds		X		
	Hangs to be either vertical or horizontal (element dependant)	X	X	X	
	Legs, arms not straight	X	X	X	
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	Height in somersault		X	X	
	Rotation in somersault		X	X	
	Landing too low, high, wide		X	X	
General	Chronological error			X	
	Missing element				X
	No presentational	X			