



## Erewash Valley's Spring Invitational 2020

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

#### Girls

#### Requirements

		Level 1	Level 2	Level 3
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>Not performed to music</li> </ul>	<ul style="list-style-type: none"> <li>Not performed to music</li> </ul>	<ul style="list-style-type: none"> <li>Performed to music</li> </ul>
<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>Bars Information:</b>		<ul style="list-style-type: none"> <li>Performed on the high bar with landing mat underneath</li> </ul>	<ul style="list-style-type: none"> <li>Performed on either the low or high bar (optional)</li> <li>Springboard may be used – if used to be moved after first skill</li> </ul>	<ul style="list-style-type: none"> <li>Performed on the A bars</li> <li>Height and distance optional</li> </ul>
<b>Beam Information:</b>		<ul style="list-style-type: none"> <li>x1 length of the beam required</li> </ul>	<ul style="list-style-type: none"> <li>x2 lengths of the beam required</li> </ul>	<ul style="list-style-type: none"> <li>Up to x3 lengths of the beam required</li> </ul>
<b>Difficulty Value (DV score)</b>	<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>Bars:</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>Beam:</b>	<ul style="list-style-type: none"> <li>This is scored out of 10.0</li> </ul>		
<b>Compositional Score (C score)</b>		<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
<b>Execution Score (E score)</b>		<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, 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.
<b>Bonus</b>			Flic = 0.3 1 ½ spin = 0.3

### Deductions – Floor

		<b>Deductions</b>				
		<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>	
<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
<b>Execution Score</b> (E score) Max of 10.0	<b>First flight</b>	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	
	<b>Repulsion</b>	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	
	<b>Second flight</b>	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	
		Leg separation	X	X		
	<b>Landing</b>	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
	<b>Additional</b>	Skill attempted but not completed			X	
		Skill not attempted at all				X
		Support from coach				X



### Skills – Bars

	Level 1	Level 2	Level 3
<b>Routine</b>	Hanging on bar, Lift to tuck hold (3 secs), ½ turn (face opposite direction), Full leg lift – straight legs, Release to land.	Upwards circle, Cast to back hip circle, Cast away from the bar to land (low bar) / Forwards circle to land (high bar).	Upwards circle, Cast back hip circle, Squat on, catch the high bar, Swing forwards from catch, swing backwards and release.
<b>Bonus</b>		Cast to squat on, stretch jump off to land = 0.3	Cast above 45° = 0.3 each time

### Deductions – Bars

		Deductions	0.1	0.3	0.5	1.0
<b>Execution Score</b> (E score) Max of 10.0	<b>Technical</b>	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			
	<b>General</b>	Chronological error			X	
		Missing element				X
		Coach assistance			X	
No presentational		X				

## Skills – Beam

	Level 1	Level 2	Level 3
<b>Routine</b>	Jump to front support, swing leg over and stand (springboard can be used), Low turn, Tuck jump, Arabesque, Cat leap, Kick towards handstand (no hold required, and legs can be split), Star jump dismount.	Squat/straddle on (springboard can be used), Cat leap linked to tuck jump, Balance, 1 x acro skill (handstand, cartwheel, backwards walkover, forwards roll), ½ turn on toes (relevé), Round off dismount.	Squat on or straddle on, 2 x jumps/leaps linked, Balance, 2 x different acro skills, ½ spin, Handspring dismount.
<b>Bonus</b>			

## Deductions – Beam

		Deductions	0.1	0.3	0.5	1.0
<b>Execution Score</b> (E score) Max of 10.0	<b>General</b>	Poor rhythm/adjustments (each)	X			
		Excessive arm swings (each)	X			
		Pause (more than 2 seconds) (each)	X			
		Body posture/amplitude throughout	X			
		Additional support of leg against the side surface of the beam		X		
		Grasp beam to avoid a fall			X	
		Additional movements to maintain balance			X	
	<b>Artistry deduction</b>	Insufficient flow/dynamics of routine (throughout)	X	X	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/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)/trunk movement to balance	X	X		
		Extra steps up to 0.5	X			
		Very large step or jump		X		
		Deep squat			X	
	<b>Falls</b>	Falls (each skill)				X
	<b>Additional</b>	Touch of hair/leotard/clothing	X			
Skill attempted but not completed				X		
Skill not attempted at all / Support from coach					X	