



## Erewash Valley's Spring Invitational 2020 Skills and Tariff sheet – Levels 4 to Open Age Girls

### Requirements

|   |               | Level 4   | Level 5   | Level Open Age  |
|---|---------------|---|---|---|
| <b>Floor Information</b>                |               | <ul style="list-style-type: none"> <li>Performed to music</li> </ul>  | <ul style="list-style-type: none"> <li>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 A bars</li> <li>Height and distance optional</li> </ul>   | <ul style="list-style-type: none"> <li>Performed on the A bars</li> <li>Height and distance optional</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>Up to x3 lengths of the beam required</li> </ul>   | <ul style="list-style-type: none"> <li>Up to x3 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</b><br>(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>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> <li>Bonus' are available/added to this score for certain levels</li> </ul>   |   |   |
| <b>Compositional Score</b><br>(C score) |               | <ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>  |   |   |
| <b>Execution Score</b><br>(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 4  | Level 5   | Open Age   |
|----------------|--|---|--|
| <b>Routine</b> | Jump series (linked with a 360° rotation),<br>Leap series (including a split),<br>Round off flic,<br>Handspring star jump,<br>Handstand ½ turn,<br>1 ½ spin. | Jumper series (one to be a split and one a 360° rotation),<br>Leap series (including a split change)<br>Round off flic, backwards somersault – tucked,<br>Forwards somersault – tucked,<br>Handstand 1/1 turn,<br>2/1 spin. | Jump series,<br>Leap series (including split change),<br>Mixed tumble (forwards somersault, round off, flic, backwards somersault),<br>Spin – FIG valued A or B,<br>Ariel OR Free walkover,<br>Final tumble (including straight somersault). |
| <b>Bonus</b>   | Round off, flic, flic = 0.3<br>Handstand 1/1 turn = 0.3  | Ariel/free walkover = 0.3<br>Handspring before forwards somersault = 0.3  | Twisting somersault ½ = 0.3<br>Twisting somersault 1/1 = 0.5   |

### Deductions – Floor

| Deductions   |  |  | 0.1 | 0.3 | 0.5 | 1.0 |
|--|--|--|-----|-----|-----|-----|
| <b>Execution Score</b><br>(E score)<br>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><br>(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><br>(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 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 |  |
|--|-----------------------|--|-----------------------------------|-----|-----|-----|--|
| <b>Execution Score</b><br>(E score)<br>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 4  | Level 5  | Open Age   |
|----------------|--|--|--|
| <b>Routine</b> | Upwards circle,<br>Cast back hip circle,<br>Squat on, catch high bar,<br>Long swing (3/4 giant),<br>Straddle undershoot<br>dismount. | Upwards circle,<br>Cast back hip circle,<br>Squat on, catch high bar,<br>Long swing,<br>Cast into ¾ giant<br>Straddle undershoot ½ turn<br>dismount. | Upstart both bars,<br>Straddle catch OR sole circle,<br>Cast towards handstand,<br>Backaway dismount – tucked. |
| <b>Bonus</b>   | Cast above 45° = 0.3 each<br>time  | Upstart on either/both bars =<br>0.3 each time<br>Soul circle on low bar after<br>squat on = 0.3   | Cast to handstand = 0.3<br>Giant = 0.5   |

### Deductions – Bars

|  |   | Deductions  | 0.1 | 0.3 | 0.5 | 1.0 |
|--|---|---|-----|-----|-----|-----|
| <b>Execution<br/>Score<br/>(E score)<br/>Max of<br/>10.0</b> | <b>Technical</b>  | Small fault   | X   |     |     |     |
|  |   | Medium fault  |     | X   |     |     |
|  |   | Large fault   |     |     | X   |     |
|  |   | Fall  |     |     |     | X   |
|  |   | Movement 'smoothness' (no stutter) in strength<br>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<br>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<br>swing) | X   | X   |     |     |     |
|  | <b>General</b>  | Chronological error   |     |     | X   |     |
|  |   | Missing element   |     |     |     | X   |
|  |   | Coach assistance  |     |     | X   |     |
| No presentational  |   | X   |     |     |     |     |

## Skills – Beam

|                | Level 4   | Level 5  | Open Age  |
|----------------|---|--|---|
| <b>Routine</b> | Squat through or japana,<br>2 x jumps/leaps linked (one must be split),<br>Balance,<br>2 x different acro skills,<br>1/1 spin,<br>Somersault dismount (either direction). | Jump to splits or jump to japana or jump to back support,<br>2 x leaps/jumps linked (one is split),<br>Backwards walkover into immediate tuck jump or<br>Cartwheel into immediate tuck jump,<br>1 x different acro skill,<br>Somersault dismount (either direction). | Spin – FIG valued A or B,<br>Leap/jump series (one element must be a split change leg),<br>Acro series linked (one element must be flighted),<br>Balance,<br>Linked dismount. |
| <b>Bonus</b>   |   | Cartwheel into backwards somersault – tucked (cartwheel doesn't count) = 0.3<br>Flic = 0.3   | Acro series element both flighted = 0.3   |

## Deductions – Beam

|  |  | Deductions   | 0.1 | 0.3 | 0.5 | 1.0 |
|--|--|--|-----|-----|-----|-----|
| <b>Execution Score</b><br>(E score)<br>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><br>(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><br>(Each time)       | Landing from tumblers (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   |     |