## Grimsby Twist & Flip GfA Summer Invitational Competition 2020

## Skills and Tariff sheet – Levels 1 to 4

**Requirements – Floor**

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| --- | --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **Information** | * Eight skills to be performed in any order; but must contain the following elements:   + 3 X Acrobatic   + 2 X Flexibility   + 2 X Balance   + 1 X Conditioning * All holding elements are to be held for three ‘Mississippi’ (or similar choice of wording) * Only the skills are judged but you may wish to add travelling elements in for ease of movement for the gymnasts. Such elements could be (this list in not extensive): | | | |
| * Chasses * Step turns | | * Skips * Backward skips | |
| * No music is required * Performed on a strip of floor | * No music is required * Performed on a strip of floor | * Music is optional * Performed on a strip of floor | * Music is optional * Performed on a strip of floor |
| **Vault Information** | * Two attempts permitted, best scoring attempt to count * Each attempt can be the same element, or they can be different | | | |
| **Difficulty Value**  (DV score) | * This is scored out of 1.0 | | | |
| **Compositional Score**  (C score) | * This is not required in this competition | | | |
| **Execution Score**  (E score) | * 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** | * Difficulty Valve (DV score) + Execution Score (E score) = Starting Score * Starting Score – Judges Execution Deductions = Final Score | | | |

**Skills – Floor**

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| --- | --- | --- | --- | --- |
| **Category** | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **Acrobatic**  (3 required) | * Forwards roll – Tucked * Backwards roll – Tucked * Star jump * Cartwheel * Change leg handstand (leg to reach vertical) * Low leap (<45°) showing stability throughout | * Forwards roll (tucked) to star jump * Backwards roll (tucked) to front support * Backwards roll (tucked) to straddle stand * Cartwheel ¼ turn inwards * Handstand * 45° leap with straight legs | * Handstand forwards roll – Tucked (straight or bent arms) * Backwards roll (tucked) to straddle stand * One hand cartwheel * Roundoff * Roundoff 1/1 turn jump * 90° leap with straight legs | * Straight leg backwards roll (tucked), to finish in pike stand * Handspring * Round off, stop/immediate, flic * Cartwheel walk out * Roundoff immediate ½ turn jump * Round off immediate 1/1 turn jump * Split leap (either leg) to 180° |
| **Flexibility**  (2 required) | * Straddle sit with arms straight above head * From floor, lift to bridge and lower to floor again * Low forwards lunges – Foot under front knee (both legs) | * Pike sit with arms straight above head * Japana 45° * Lift to bridge – One leg lifted above 45° * Splits forwards –Front leg straight, back leg bent, arms can support (both legs) | * Pike fold 45° * Japana flat * Bridge kick over * Splits forwards – Flat, arms can support (one leg) | * Pike fold flat * Japana to swing/pull through to lay flat * Forwards walkover * Backwards walkover * Splits forwards – Flat, arms out wide (one leg) |
| **Balance**  (2 required) | * One-foot stand 2 secs hold * Single leg V-sit other leg tucked – With hand support * Rock back and forwards (tucked) to tuck sit * Bunny jump – 2 secs hold * Tuck sit – One leg straight and lifted off floor, one leg tucked, foot on floor, arms straight in front | * One-foot stand 5 secs hold * V-sit – With hand support * Tuck sit with feet off floor * Headstand keeping toes on floor with straight legs (upside down V shape) | * Y balance * Arabesque * V-sit – Without hand support * Shoulder stand hips supported * Tucked headstand | * Y Balance * T balance * From floor sharp lift into V-sit and lower again * Shoulder stand with no hand support * Straight leg headstand |
| **Conditioning**  (1 required) | * Tabletop hands and knees on floor showing clear tension in the back * Tuck dish hold * Dorsal raise – Keeping legs/feet on floor | * Front support * Back support * Dish hold * Arch hold | * Front support with one leg raised 45° * Back support with one leg raised 90° * Side support * Dish roll to arch | * Front support jump to squat, stretch jump * Back support 90° leg lift on each leg * Side support turn to the other side * 2 X Consecutive log rolls |

**Requirements –Vault**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **Vault Information** | * Two attempts permitted, best scoring attempt to count * Each attempt can be the same element, or they can be different | | | |
| **Difficulty Value**  **(DV score)** | * This score is stated next to the element on the Vault section | | | |
| **Compositional Score**  **(C score)** | * This is not required in this competition | | | |
| **Execution Score**  **(E score)** | * 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** | * Difficulty Valve (DV score) + Execution Score (E score) = Starting Score * Starting Score – Judges Execution Deductions = Final Score | | | |

**Skills – Vault**

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| --- | --- | --- | --- | --- | --- | --- |
| **Option** | **Element** | **Equipment** | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **A** | From standing, stretch jump off the springboard | Full size springboard | 0.9 |  |  |  |
| **B** | Run, stretch jump off the springboard | Full size springboard | 1.0 |  |  |  |
| **C** | From standing, squat on to vault, immediate stretch jump off | Red block (0.6m) | 1.1 | 0.9 |  |  |
| **D** | Run, squat onto vault, immediate stretch jump off | Red block (0.6m) |  | 1.0 |  |  |
| **E** | Run, squat onto vault, star jump off | Red block (0.6m) |  | 1.1 |  |  |
| **F** | Run, squat on immediate tuck jump off | Table vault (1.0m) |  |  | 0.9 |  |
| **G** | Run, squat through to land | Table vault (1.0m) |  |  | 1.0 |  |
| **H** | Run, stretch jump on, step lunge to handstand flat back (flat, not dished) | Red block (0.6m), safety mats (0.6m) |  |  | 1.1 |  |
| **I** | Run, immediate handstand flat back (flat, not dished) | Red block (0.6m), safety mats (0.6m) |  |  |  | 0.9 |
| **J** | Run, stretch jump on, step to lunge into handspring off end of vault to land | Table vault (1.0m+) |  |  |  | 1.0 |
| **K** | Run, handspring vault to land | Table vault (1.0m+) |  |  |  | 1.1 |

**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 |

**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 |  |  |
| **Landing** | 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 |

**Deductions – Floor (Disability category)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 |  |  |
| **Specific floor deductions** | 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 |  |  |  |
| Insufficient height of element | X | X |  |  |
| Insufficient tuck, pike or stretch | X |  |  |  |
| Element not held for three seconds | X | X |  |  |
| Feet not pointed/loose/body alignment | X |  |  |  |
| **Landing deductions**  (Each time) | Extra steps (each) (max of 0.3) | X |  |  |  |
| Trunk movement to maintain balance | X |  |  |  |
| Very large step or jump |  | X |  |  |
| Deep squat |  | X |  |  |
| **Falls**  (Each skill) | Falls |  |  | X |  |

**Deductions – Vault (Disability category)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |
| Bend knees | X | X |  |  |
| Leg separation | X |  |  |  |
| Insufficient layout in squad | X | X |  |  |
| **Repulsion** | Staggered altered hand placement | X |  |  |  |
| Bent arms | X | X |  |  |
| Shoulder angle | X | X |  |  |
| Touch with one hand |  |  | X |  |
| Steps to the end of vault | X | X |  |  |
| Failure to pass through vertical |  | X |  |  |
| **Second flight** | Lack of height | X | X | X |  |
| Incomplete turn | X |  |  |  |
| Insufficient length | X | X |  |  |
| Bent knees | X | X |  |  |
| Leg separation | X |  |  |  |
| **Landing** | Extra steps (each) (max of 0.3) | X |  |  |  |
| Extra arm swing | X |  |  |  |
| Body posture faults | X |  |  |  |
| Deep Squat |  | X |  |  |
| Deviation from center | X |  |  |  |
| Fall |  |  | X |  |
| **Additional** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all |  |  |  | X |
| Support from coach |  | X |  |  |

**Tariff sheet**

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| --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Category** | | |
| **Level** | **Age** | **Disability** |
| [Insert full name] | [Insert no.] | [Select level] | [Select] | [Select] |

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| --- | --- | --- |
| **Floor tariff** | | |
| **No.** | **Elements (skills) in order of performance** | |
| **1** | [Insert move/element name] | |
| **2** | [Insert move/element name] | |
| **3** | [Insert move/element name] | |
| **4** | [Insert move/element name] | |
| **5** | [Insert move/element name] | |
| **6** | [Insert move/element name] | |
| **7** | [Insert move/element name] | |
| **8** | [Insert move/element name] | |
| **Difficulty Value:** | | **1.0** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **11.0** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Difficulty Value** |
| **1** | [Select vault option] | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Difficulty Value** |
| **2** | [Select vault option] | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

**Note:** Have these ready in order of performance for the judges – see programme for details.