



## Grimsby Twist & Flip Men's and Women's Artistic Competition 2020 Skills and Tariff sheets

Level 0 – Floor Exercise (12m x 2m strip)			
Element	Description	Value	Performance Considerations
1	Cartwheel ¼ turn immediate backward roll to front support	2.5	Technical excellence in each of the individual elements. Rhythm and artistry throughout the routine. Landings should be controlled and well presented.
2	Jump feet into pike stand, ½ turn jump	0.5	
3	Handstand hop roll forwards, stand up to step turn	1.5	
4	Arabesque	1.0	
5	Forward roll to back lie	0.5	
6	Dish hold (2 secs) roll to arch hold (2 secs) and back to dish hold (2 secs)	2.0	
7	Rock to stand, ⅔ steps into dive roll	2.0	
<b>Total</b>		10.00	



Level 0 – Pommel (Low Mushroom)

Element	Description	Value	Performance Considerations
1 – 5	5 walks round mushroom	2.00 each	The circles should be fluent and well extended from the shoulders. Control should be demonstrated throughout the routine. Shoulder displacement should be symmetrical through side support positions.
<b>Total</b>		10.00	Shoulders should remain in the same direction throughout the routine.



Level 0 – Rings			
Element	Description	Value	Performance Considerations
1	From still hang Lift legs into tuck shape (2 secs)	1.00	Swings should show fluency and amplitude, achieving an end position with the body at least horizontal Held elements should show clear body positions with rings minimum parallel
2	Extend legs to pike hold (2secs)	1.50	
3 – 7	5 x swing forwards and backwards	1.50 each	
<b>Total</b>		10.00	



Level 0 – Parallel Bars (140cm)			
Element	Description	Value	Performance Considerations
1	Jump to support (coach may assist)	0.50	Swings in support should be dynamic and extended and achieve good end positions. Held parts should be clearly shown with distinct line.
2	Dip	1.50	
3	Lift legs to L sit (2 secs)	1.50	
4	Cast forward into swing backwards	1.00	
5 – 7	Swing forwards, swing backwards x3	1.50 (per swing)	
8	Swing forwards and straddle legs, to finish in straddled support on bars with hips open	1.00	
<b>Total</b>		10.00	



Level 0 – Vault (block 60cm)			
Element	Description	Value	Performance Considerations
1	Dive Roll from springboard to 30cm safety mat	10.00	Height from springboard powerful, dynamic run controlled contact and landing



Level 0 – High Bar (gloves & loops)

Element	Description	Value	Performance Considerations
1	Pike leg lift	1.00	Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic swing. Head neutral throughout.
2	Dynamic body shaper into cast forwards, swing backwards	1.50	
3	5 x swing forwards and backwards	1.50 each	
<b>Total</b>		10.00	