



GymNova GfA Floor and Vault Competition 2020

Boys

Skills and Tariff sheet – Advanced

Requirements – Floor

	Advanced
Information	<ul style="list-style-type: none"> • Music isn't required • Set elements although can be performed in any order with additional steps to create a floor routine • Max routine length = 1min 30sec • Whole floor to be used
Difficulty Value (DV score)	<ul style="list-style-type: none"> • Scored out of 1.0 • Bonus values are listed in the Skills section of this document
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 – Execution Deductions = Final Score

Skills – Floor

	Advanced
Routine	<ul style="list-style-type: none"> • Backward roll to handstand (arm bend is optional) * • Handstand forward roll to pike sit, lift to pike lever 3secs hold, • Min. two skills acro series – One skill must be flighted, Round off, flic, handspring, cartwheel is accepted • Handspring, • Jump series – Two different jumps linked together, • Handstand ½ pirouette * • Y balance or arabesque 3secs hold, • Splits 3secs hold (forwards or box).
Bonus	If both skills in the acro series are flighted e.g. round off, flic, handspring = 0.5

Note: Skills marked with a * can't be supervised by a Level 2 General Gymnastics coach.



Requirements – Vault

	Advanced
Information	<ul style="list-style-type: none"> Vault heights next to specific elements, warm up vault must suit the group Two attempts permitted on vault, best score to count Both vaults must be the same element performed
Difficulty Value (DV score)	<ul style="list-style-type: none"> This is listed within the Skills section of this document
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 – Execution Deductions = Final Score

Skills – Vault

	Element	Equipment	Primary 2	Primary 1
1	Handstand flatback	Block and safety mat 0.8m	1.0	1.0
2	Handspring	Table vault (height optional)		1.0



Deductions – Floor

Deductions		0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
	Touch of hair/leotard/clothing	X			
Specific floor deductions	Missing competition requirements			X	
	Bent arms or bent knees	X	X	X	
Execution deductions (Each time)	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		
	Feet not pointed/loose/body alignment	X			
	Landing from tumblers (step)	X	X		
	Trunk movement to maintain balance	X	X		
Landing deductions (Each time)	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
	Falls				X

Deductions – Vault

Deductions		0.1	0.3	0.5	1.0
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/ straddle	X	X	X	
Repulsion	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				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		
	Extra steps (each)	X			
Landing	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