



GymNova GfA Floor and Vault Competition 2020

Boys

Skills and Tariff sheet – Primary 2 and 1

Requirements – Floor

	Primary 2	Primary 1
Information	<ul style="list-style-type: none"> • Music isn't required • Set elements performed on a strip of floor 	
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

	Primary 2	Primary 1
Routine	<ul style="list-style-type: none"> • Forward roll into an immediate star jump, • Jump ¼ turn, • One side to back cartwheel (this is not a round off), • Show handstand back to stand, • Jump ½ turn (to change the direction), • Side leg lift (45 degrees), • Squat down and jump legs forward to back support hold for 3secs, • Turn over to front support hold for 3secs, • One press up, • Jump feet into hands to squat, • Backwards roll to stretch jump to finish. 	<ul style="list-style-type: none"> • Tucked backward roll to front support, • Jump feet into squat to stand, • Arabesque, • Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (to change the direction), • Step feet together, • Stretch jump ½ turn, (to change the direction), • Handstand forward roll, • Perform a Swedish fall with leg raised, • Lower raised leg to finish in front support, • Two press ups, • Squat feet in, • Stretch jump to stand, • Skip step into round off, • Jump half turn jump to land, • Forward roll, • Star jump to finish.
Bonus		



Requirements – Vault

	Primary 2	Primary 1
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	Squat on	Table vault (height optional)	1.0	1.0
2	Handstand flatback	Block and safety mat 0.8m		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 tumbles (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	