



GymNova GfA Floor and Vault Competition 2020

Girls

Skills and Tariff sheet – Adv, Adv+, Adv+ Challenge

Requirements – Floor

	Advanced	Advanced Plus	Advanced Plus Challenge
Information	<ul style="list-style-type: none"> • Music is required • Maximum floor 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	Advanced Plus	Advanced Plus Challenge
Routine	<ul style="list-style-type: none"> • Handspring, • Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same), • Full spin, • Leap series – Split leap and cat leap, • Stretch jump full turn, • Walkover. 	<ul style="list-style-type: none"> • Min. of two flighted skills acro series – Both skills must be flighted and different, • Handspring, • Somersault (forwards or backwards) *; • Leap series – Split leap and cat leap and full turn, • Full spin, • Handstand forward roll – Straight arms. 	<ul style="list-style-type: none"> • Round off, flic, tuck jump, • Min of two skill leap series – One skill must be 180° split leap, • Min of two skill jump series, • X1 Spin, • Forward acro series min of 2 skills 1 move to be flighted
Bonus	If both skills are flighted in the acro series = 0.5	If a skill is performed before or after the somersault e.g. front somersault walk out round off * = 0.5 If free cartwheel is performed = 0.5*	If round off, flic, backwards somersault is completed instead of tuck jump at the end = 0.5* If round off, flic, backwards somersault is completed in pike or puck = 0.5* If free cartwheel is performed instead of cartwheel = 0.5* If free forwards walkover is performed instead of walkover – forwards = 0.5*
Leap series skills	As stated in routine	As stated in routine	Split leap (180° split) Cat leap 1/1 turn Stag leap
Jump series skills			Tuck jump Straddle jump Pike jump W jump ½ turn 1/1 turn
Acro series skills	Forwards roll Backward roll Walkover – forwards or backwards Handspring	Cartwheel Cartwheel ¼ turn Round off Flic	Cartwheel Cartwheel ¼ turn Round off Flic Handspring Walkover – forwards or backwards Somersault – forwards, backwards or sideways*

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



Requirements – Vault

	Advanced	Advanced Plus	Advanced Plus Challenge
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	Advanced	Advanced Plus	Advanced Plus Challenge
1	Handspring to feet (off a block)	Block height = 0.6m	1.0		
2	Handstand flatback	Block and mat height = 0.8m	1.0		
3	Handspring	Table vault height optional		1.0	1.0
4	Handspring ½ off	Table vault height optional		1.1	1.1
5	Handspring ½ on, ½ off	Table vault height optional		1.2	1.2
6	Handspring 1/1 off	Table vault height optional			1.3



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 (Each skill)				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