



GymNova GfA Floor and Vault Competition 2020

Girls

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 star jump, • Chasse cat leap, • Arabesque, • ½ spin, • Handstand, • Front to back cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears 3secs hold, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position. 	<ul style="list-style-type: none"> • Handstand forward roll (arms may be bent), • Forward roll stretch jump, • Immediate tuck jump, • Chasse cat leap ½ turn, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • Stretch jump full turn, • From feet together, jump into round off, jump ½ turn step out into a front to side cartwheel.
Bonus		If kick over from the bridge = 0.5



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 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	