# GymNova GfA Floor and Vault Competition 2020
# Boys and Girls
# Skills and Tariff sheet – Under 8 Years Floor and Vault

**Requirements – Floor**

|  | 5 Years | 6 Years | 7 and 8 Years |
|---|---|---|---|
| **Floor Information** | • Set elements performed on a strip of floor<br>• Music isn't required | | |
| **Difficulty Value**<br>(DV score) | • Scored out of 1.0 | | |
| **Compositional Score**<br>(C score) | • This is not required in this competition | | |
| **Execution Score**<br>(E score) | • Scored out of 10.0<br>• See deduction table included within this document for guidance of the type of Execution Deductions judges will make | | |
| **Scoring Information** | • Difficulty Valve (DV score) + Execution Score (E score) = Starting Score<br>• Starting Score – Execution Deductions = Final Score | | |

**Skills – Floor**

|  | 5 years | 6 Years | 7 and 8 Years |
|---|---|---|---|
| **Routine** | • Walk four steps stretched on toes and arms by ears,<br>• Squat down,<br>• Tuck roll backwards to shoulders and forward to finish on feet in the squat position,<br>• Roll out to lie flat on back with hands on top of thighs,<br>• Show dish shape for 3secs,<br>• Lower to the floor,<br>• Extend arms by ears and log roll onto tummy,<br>• Lift to arch for 3secs,<br>• Lower to the floor,<br>• Circle arms outwards to finish under shoulders,<br>• Push to kneeling for 3secs,<br>• Jump feet forward to squat,<br>• Jump to stand,<br>• Balance on one leg for 3secs,<br>• Put feet back together to stand,<br>• Three skips showing high knee lift,<br>• From two feet stretch jump to finish. | • Walk four steps stretched on toes and arms by ears,<br>• Squat down,<br>• Tuck roll backwards to shoulders and forward to stand,<br>• Stretch jump to squat down,<br>• Roll out to flat back with hands on top of thighs,<br>• Show dish shape holding for 3secs,<br>• Lower to the floor,<br>• Extend arms by ears and log roll on to tummy,<br>• Lift to arch holding for 3secs,<br>• Lower to floor and circle arms outwards to finish under shoulders,<br>• Push to kneeling hold body in a support position for 3secs,<br>• Jump feet forward to squat,<br>• Jump to stand,<br>• Balance on one leg to the side 45° and hold for 3secs,<br>• Return to stand perform two chasse steps on the same leg,<br>• From two feet star jump to finish. | • Walk four steps stretched on toes and arms by ears,<br>• Arabesque leg over 45° hold for 3secs,<br>• Return to stand,<br>• Squat down forward roll to finish in squat,<br>• Roll back to shoulder stand supporting at the hips hold for 3secs,<br>• Roll out to flat back with hands on top of thighs,<br>• Show dish shape holding for 5secs,<br>• Lower to the floor,<br>• Extend arms by ears log roll onto tummy,<br>• Lift into arch holding for 5secs,<br>• Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,<br>• Jump feet into squat,<br>• Stretch jump to stand,<br>• Two forward chasse steps with change leg,<br>• From two feet stretch jump ½ turn to finish. |
| **Bonus** | | | |

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**Requirements – Vault**

| | 5 Years | 6 Years | 7 and 8 Years |
|---|---|---|---|
| **Information** | • Vault heights next to specific elements, warm up vault must suit the group<br>• Two attempts permitted on vault, best score to count<br>• Both vaults must be the same element performed | | |
| **Difficulty Value**<br>(DV score) | • This is listed within the Skills section of this document | | |
| **Compositional Score**<br>(C score) | • This is not required in this competition | | |
| **Execution Score**<br>(E score) | • Scored out of 10.0<br>• See deduction table included within this document for guidance of the type of Execution Deductions judges will make | | |
| **Scoring Information** | • Difficulty Valve (DV score) + Execution Score (E score) = Starting Score<br>• Starting Score – Execution Deductions = Final Score | | |

**Skills – Vault**

| | Element | Equipment | 5 years | 6 Years | 7 and 8 Years |
|---|---|---|---|---|---|
| 1 | Run, hurdle step onto a springboard with immediate stretch jump onto a safety mat | Short/junior size springboard | 1.0 | | |
| 2 | Squat on the vault/block, walk with controlled steps to the end, stretch jump off with controlled landing | Short/full size springboard<br>Table vault height = 1.0m | | 1.0 | |
| 3 | Squat on the vault/box, immediate stretch jump with controlled landing | Full size springboard only<br>Table vault height = 1.0m | | | 1.0 |

**Deductions – Floor**

| Deductions | | 0.1 | 0.3 | 0.5 | 1.0 |
|---|---|:---:|:---:|:---:|:---:|
| Artistry deduction throughout | Insufficient flow/dynamics of routine | X | X | X | |
| Specific floor deductions | Touch of hair/leotard/clothing | X | | | |
| | Missing competition requirements | | | X | |
| Execution deductions (Each time) | Bent arms or bent knees | X | X | X | |
| | 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 deductions (Each time) | Landing from tumbles (step) | X | X | | |
| | Trunk movement to maintain balance | X | X | | |
| | Extra steps up to 0.5 | X | | | |
| | Very large step or jump | | X | | |
| | Deep squat | | | X | |
| Falls (Each skill) | 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 | | |
| Landing | Extra steps (each) | X | | | |
| | 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 |

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