

# GymNova GfA Men's and Women's Artistic Competition

## Primary 2 to Advanced Plus Challenge

### Girls – Adv, Adv+, Adv+ Challenge

### Skills and Tariff sheet

#### Requirements

	Advanced	Advanced Plus	Advanced Plus Challenge
<b>Floor information</b>	<ul style="list-style-type: none"> <li>Maximum floor routine length = 1min 30secs to music</li> <li>To contain no words, not be Disney, Cirque de Soleil, or Lloyd Webber</li> <li>The skills can be performed in any order with added steps to create a floor routine</li> <li>The whole floor can be used</li> </ul>		
<b>Vault information</b>	<ul style="list-style-type: none"> <li>Table vault height as per handbook, warm up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>Either vault can be used on each attempt</li> </ul>		
<b>Bars information</b>	<ul style="list-style-type: none"> <li>This is a set routine</li> </ul>		
<b>Beam information</b>	<ul style="list-style-type: none"> <li>This is a set routine with optional skills e.g. acro series etc.</li> <li>Max beam routine length = 2.5 lengths</li> </ul>		
<b>Difficulty Value</b> (DV score)	<ul style="list-style-type: none"> <li>This score is stated at the top of each routine/element on the 'Skills section'</li> <li>Certain apparatus will state where bonus' can be gained</li> </ul>		
<b>Compositional Score</b> (C score)	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
<b>Execution Score</b> (E score)	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>		
<b>Scoring Information</b>	<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Execution Deductions = Final Score</li> </ul>		

## Skills – Floor

Advanced		Advanced Plus		Advanced Plus Challenge	
DV score: 10.00		DV score: 10.00		DV score: 10.00	
<ul style="list-style-type: none"><li>• Handspring,</li><li>• Min. of two skills acro series – Both skills can be the same,</li><li>• Full spin,</li><li>• Min of two skill leap series – Both skills can be the same,</li><li>• Stretch jump full turn,</li><li>• Walkover.</li></ul>		<ul style="list-style-type: none"><li>• Min. of two flighted skills acro series – Both skills must be different,</li><li>• Handspring,</li><li>• Somersault – Forwards or backwards) *,</li><li>• Min of two skill leap series – Both skills to be immediately linked,</li><li>• Full spin,</li><li>• Backward roll to handstand (arm bend optional) *.</li></ul>		<ul style="list-style-type: none"><li>• Round off, flic, tuck jump,</li><li>• Min of two skill leap series – One skill must be 180° split leap,</li><li>• Min of two skill jump series,</li><li>• Full spin,</li><li>• Walkover – Backwards or forwards,</li><li>• Handstand forward roll – Straight arms,</li><li>• Min. of two acro series – One skill must be flighted and both to be different,</li><li>• Cartwheel.</li></ul>	
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 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					
Split leap Cat leap		Split leap                      Full turn Cat leap		Split leap (180°                      1/1 turn split)                      Stag leap Cat leap	
Jump series skills					
				Tuck jump                      W jump Straddle jump                      ½ turn Pike jump                      1/1 turn	
Acro series skills					
Forwards roll                      Cartwheel Backward roll                      Cartwheel ¼ turn Walkover –                      Round off forwards or                      Flic backwards Handspring		Walkover –                      Cartwheel forwards or                      Cartwheel ¼ turn backwards                      Round off Somersault –                      Flic forwards or                      Handspring backwards*		Cartwheel Cartwheel ¼ turn Round off   <	

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

### 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 tumblers (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

### Skills – Vault

Vault		DV score		
		Advanced	Advanced Plus	Advanced Plus Challenge
1	Handspring to feet (off a block)	10.0		
2	Handstand flatback	10.0		
3	Handspring		10.0	10.0
4	Handspring ½ off			11.0
5	Handspring ½ on, ½ off		10.5	
6	Handspring 1/1 off			12.0

### 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 centre	X			
	Brush on apparatus			X	
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

## Skills – Bar

Advanced	Advanced Plus	Advanced Plus Challenge
DV score: 10.00	DV score: 10.00	DV score: 10.00
<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch high bar,</li> <li>Two swings,</li> <li>Release on third swing back.</li> </ul>	<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch top bar,</li> <li>Immediate <math>\frac{3}{4}</math> baby giant *,</li> <li>Straddle undershoot dismount.</li> </ul>	As per Advanced Plus
Bonus		
If one cast reaches 45 degrees = 0.5	If dismount is straddle undershoot $\frac{1}{2}$ turn* = 0.5	As per Advanced Plus

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## Deductions – Bar

Deductions		0.1	0.3	0.5	1.0
General	Body alignment	X	X		
	Adjusted grip position	X			
	Hit on apparatus with feet			X	
	Hit on mat with feet (fall)				X
	Poor rhythm in elements			X	
	Insufficient height	X	X		
	Under rotation	X			
	Insufficient extension in casts	X			
	Intermediate swing	X			
	Empty swing			X	
	Angle of completion of elements	X	X	X	X
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X	X	
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (apart from jump to high bar in Primary 1)				X

### Skills – Beam

Advanced	Advanced Plus	Advanced Plus Challenge
DV score: 10.00	DV score: 10.00	DV score: 10.00
<b>Routine</b>		
<ul style="list-style-type: none"> <li>Mount – Jump to front support, ¼ to straddle lever (can't sit),</li> <li>Min two skill leap series – Immediately linked, and one must be a leap</li> <li>One split jump – Min 135°,</li> <li>½ spin,</li> <li>Min two skill acro series – immediately linked,</li> <li>Dismount – Round off <b>or</b> handspring.</li> </ul>	<ul style="list-style-type: none"> <li>Mount – Squat through to rear support,</li> <li>One split leap – Min 135°,</li> <li>Min two skill acro series – Immediately linked,</li> <li>Min two skill leap series – Immediately linked and one must be a leap,</li> <li>Full spin,</li> <li>Dismount – Handspring.</li> </ul>	As per Advanced Plus
<b>Bonus</b>		
If full spin is performed instead of ½ spin = 0.5	If all criteria fulfilled and no falls = 0.5 If the dismount is a somersault * = 0.5	As per Advanced Plus
<b>Skills for series</b>		
<ul style="list-style-type: none"> <li>Stretch jump</li> <li>Tuck jump</li> <li>W jump</li> <li>½ spin</li> <li>Full spin</li> <li>Cat leap</li> </ul>	<ul style="list-style-type: none"> <li>Split leap</li> <li>Split jump</li> <li>Forward roll</li> <li>Handstand</li> <li>Walkover</li> <li>Cartwheel</li> </ul>	As per Advanced Plus

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### Deductions – Beam

Deductions		0.1	0.3	0.5	1.0
<b>General</b>	Poor rhythm/adjustments (each)	X			
	Excessive arm swings (each)	X			
	Pause (more than 2 seconds) (each)	X			
	Body posture/amplitude throughout	X			
	Additional support of leg against the side surface of the beam		X		
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance			X	
<b>Additional</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

**Note:** These deductions are in additional 'normal' execution deductions for beam

GfA Four Piece Competition

Over 8 Years

Advanced, Advanced Plus, Advanced Plus Challenge

Skills and Tariff sheet

Girls