

GymNova GfA Men's and Women's Artistic Competition

Primary 2 to Advanced Plus Challenge

Girls – Primary 2 and 1

Skills and Tariff sheet

Requirements

	Primary 2	Primary 1
Floor information	<ul style="list-style-type: none"> This is not to music This is a set routine This is performed on a single strip of floor 	
Vault information	<ul style="list-style-type: none"> Table vault height as per handbook, warm up vault must suit the group Two attempts permitted on vault, best score to count Either vault can be used on each attempt 	
Bars information	<ul style="list-style-type: none"> This is a set routine 	<ul style="list-style-type: none"> This routine has two parts, both must be completed.
Beam information	<ul style="list-style-type: none"> This is a set routine with optional skills e.g. acro series etc. Max beam routine length = 2.5 lengths 	
	<ul style="list-style-type: none"> Skills can be repeated 	<ul style="list-style-type: none"> Skills can't be repeated
Difficulty Value (DV score)	<ul style="list-style-type: none"> This score is stated at the top of each routine/element on the 'Skills section' Certain apparatus will state where bonus' can be gained 	
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
Max score: 10.00	Max score: 10.00
<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 can 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	

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 from tumbles (step)	X	X		
Landing deductions (Each time)	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	
		Primary 2	Primary 1
1	Squat on, stretch jump off	10.0	10.0
2	Handstand flatback		10.0

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	
	Extra steps on top of the vault (per step)	X			
	Shoulder angle	X	X		
	Touch with one hand				X
	Steps to the end of vault	X	X	X	
Second flight	Failure to pass through vertical		X		
	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

Primary 2	Primary 1
DV score: 10.00	DV score: 10.00
<ul style="list-style-type: none"> Trolley swing to initiate, Three swings, Dismount on third swing. 	<ul style="list-style-type: none"> Low bar: <ul style="list-style-type: none"> Upward circle, Cast, Cast dismount. High bar (coach to assist jump to bar): <ul style="list-style-type: none"> One chin, One leg lift, Three fish swings, Release to land.

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		
	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

Primary 2		Primary 1	
DV score: 10.00		DV score: 10.00	
Routine			
<ul style="list-style-type: none">• Mount – Squat on or jump to front support,• Min of two skill leap or jump series – Immediately linked,• Single leg balance,• Two leaps or jumps or hops or turns or spins – Don't have to be linked,• Dismount – Stretch, tuck, or star jump.		<ul style="list-style-type: none">• Mount – Squat on,• Min of two skill leap or jump series – Immediately linked, one must be a leap,• One acro skill,• Two leaps or jumps or hops or turns or spins – Don't have to be linked,• Single leg balance,• Dismount – Round off.	
Skills for series			
<ul style="list-style-type: none">• Stretch jump• Tuck jump• W jump• ½ spin• ½ turn on toes• Cat leap• Split leap	<ul style="list-style-type: none">• Split jump• Forward roll• Handstand• Walkover• Cartwheel• Arabesque• Y balance	<ul style="list-style-type: none">• Stretch jump• Tuck jump• W jump• ½ spin• ½ turn on toes• Cat leap• Split leap• Split jump	<ul style="list-style-type: none">• Forward roll• Handstand• Walkover• Cartwheel• Arabesque• Y balance• Chasse

Deductions – Beam

Deductions		0.1	0.3	0.5	1.0
General	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	
Additional	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