## Gymnastics for All

## Calverton Gymnastic Club Key Steps Competition 2018

## Skills and Tariff Sheet

**Requirements**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Step 1** | **Step 2** | **Step 3** |
| **Floor** | * Performed on a strip floor * All holds/balances are to be held for three counts of ‘Mississippi’ (or similar choice of wording) * No music is required | * Performed on a strip floor * All holds are to be held for three counts of ‘Mississippi’ (or similar choice of wording) * No music is required | * Performed on a box floor area (approx. 8m x 6m) * Six skills performed in total * Skills performed in any order * Music is required. Appropriate only |
| **Body management** | * Performed on a strip floor * All holds are to be held for three counts of ‘Mississippi’ (or similar choice of wording) | * Performed on a strip floor * All holds are to be held for three counts of ‘Mississippi’ (or similar choice of wording) | * Performed on a strip floor * All holds are to be held for three counts of ‘Mississippi’ (or similar choice of wording) |
| **Vault** | * Option A – Performed on a springboard onto a 30cm biscuit mat with landing mat on top * Option B – Performed on a bench, onto landing mat | * Option A and B – Performed on a springboard, 2m (L) x 1m (W) x 0.65 (H) block, onto a biscuit mat with landing mat on top | * Option A and B – Performed on a springboard, 0.9m (H) horse vault and biscuit mat with landing mat on top |
| **Additional/ general** | * Incorrect clothing will incur a 0.5 deduction. * Body management routines don’t require music at any level. * Each gymnast gets two attempts at vault, the best score counts. * Steps 2 and 3 – If a gymnast wishes to attempt both vaults that can be allowed but this must be stated on the tariff sheet upon entry. | | |

**Note:** All information/routines are from the British Gymnastics Key Steps resource pack. This can be purchased from the Gym Shop online - <https://www.british-gymnastics.org/shop/product/key-steps/key-steps-competition-pack/> This pack contains the following:

* Section 1 – Introduction & aims of the key step programme, recommended & alternative formats for competitions.
* Section 2 – Key Steps Cards (Phase 1), Floor competitions 1-3, Vault 1-3, body Management 1-3.
* Section 3 – Managing and organising events
* Section 4 – Officiating & judging
* Section 5 – Appendices (score sheets, letters, judging slips etc)
* Section 6 – Resources (wall charts x6)

**Skills – Floor**

|  |  |  |  |
| --- | --- | --- | --- |
| **Skill no.** | **Step 1** | **Step 2** | **Step 3** |
| Max score – 10.0 | Max score – 10.0 | Max score – 10.0 |
| **1** | Standing with good posture | Stretch and step forwards | Round off |
| **2** | Crouch to supported tuck | Forwards roll to stand | Side scale – towards Y balance |
| **3** | Forwards roll to pike sit | Three travelling steps (knees up) | Backwards roll to straddle stand |
| **4** | Teddy bear roll (x1) | Arabesque | ½ or 1/1 turn jump |
| **5** | Back support | Jump ½ turn | Two consecutive cartwheels or handstand forwards roll (bent arms) |
| **6** | In tuck, rock back and forward to stand | Backwards roll to knees | Bridge, or splits, or ½ lever |
| **7** | ½ turn step backwards | Front support and single press up |  |
| **8** | One footed stand/balance | Front support, side support, to pike sit |  |
| **9** | Stretch jump and land | Shoulder stand (arms on floor), rock to stand |  |
| **10** |  | Pivot and cartwheel |  |

**Deductions – Floor**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Step 1 and 2** | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| Technical | Small fault |  | X |  |  |  |
| Medium fault |  |  | X |  |  |
| Major fault |  |  |  | X |  |
| General | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |
| **Step 3** | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| Technical | Small fault |  | X |  |  |  |
| Medium fault |  |  | X |  |  |
| Major fault |  |  |  | X |  |
| General | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |
| Composition | Not finishing with music |  | X |  |  |  |
| Poor use of floor area |  |  | X |  |  |
| No change in direction |  |  | X |  |  |
| No change in speed/levels |  |  | X |  |  |
| Sequence doesn’t flow |  |  |  | X |  |
| Poor quality/variety of linking movements (turns etc.) |  |  |  | X |  |
| No or few linking movements |  |  |  |  | X |

**Skills – Body Management**

|  |  |  |  |
| --- | --- | --- | --- |
| **Skill no.** | **Step 1** | **Step 2** | **Step 3** |
| Max score – 10.0 | Max score – 10.0 | Max score – 10.0 |
| **1** | Rebound jumps on the spot x10 | Single bounce skips with rope x 5 | Single bounce skips with rope x 10 |
| **2** | Tucked dish | Dish with one leg out at a time | Dish |
| **3** | Back support | Sit in pike, lift hips off floor (towards half lever) | Roll to arch and back to dish |
| **4** | Straddle sit | 45° japana | One leg half lever |
| **5** | Arch | Arch | Japana |
| **6** | Front support | Box shape, to front support, lower to floor, back to box shape | Back support to front support |
| **7** | Right leg kneeling splits | Right leg splits – ¾ down (hands on floor) | Single press up |
| **8** | Box split – ½ down | Box splits – ¾ down (hands on floor) | Left leg split (arms out to side) |
| **9** | Left leg kneeling splits | Left leg splits – ¾ down (hands on floor) | Box split (arms out to side) |
| **10** | Shoulder flexibility – standing, stretch arm upwards and backwards (arms by ears) | Shoulder flexibility – box shape, pushing shoulders into the floor | Right leg split (arms out to side) |
| **11** | Broad jump | Broad jump | Bridge |
| **12** |  |  | Broad jump |

**Deductions – Body management**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Step 1, 2 and 3** | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| Technical | Small fault | X | X |  |  |  |
| Medium fault |  |  | X | X |  |
| Major fault |  |  |  | X | X |
| Overall | Flow/posture/body tension/overall impression | X | X | X | X | X |
| General | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |

**Example faults for floor and body management**

|  |  |  |
| --- | --- | --- |
| **Small** | **Medium** | **Major** |
| Toes not pointed  Slightly bent knees/arms  Poor posture  Legs slightly apart  Steps on landing (each step)  Exactness in turns | Bent arms/knees  Wide legs/crossed legs  Lack of height/distance in jump  Lack of split  Lack of shape e.g. tuck, pike, straddle  Balance not held  Incorrect technique | Fall  Landing on hands and knees |

**Skills – Vault**

|  |  |  |  |
| --- | --- | --- | --- |
| **Skill no.** | **Step 1** | **Step 2** | **Step 3** |
| **A** | Max score – 10.0 | Max score – 10.0 | Max score – 9.0 |
| Short run, hurdle step, springboard stretch jump, land | Run, springboard take off, squat on, stand, straight arm and legged walk to end, tuck jump off, land | Run, floor take off, squat on, immediate stretch jump off, land |
| **Or** | | | |
| **B** | Max score – 10.0 | Max score – 10.0 | Max score – 10.0 |
| Short run, hurdle step, squat on, walk along bench, stretch jump off, land | Run, floor take off, squat on, stand, straight arm and legged walk to end, stretch jump off, land | Run, springboard jump, squat through, land |

**Deductions – Vault**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Step 1, 2 and 3** | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| 1st flight | Legs apart | X | X | X |  |  |
| Incorrect arm action | X | X | X | X |  |
| Incorrect foot pattern | X | X | X | X |  |
| Insufficient stretch onto apparatus | X | X | X | X |  |
| Poor technique, coordination, posture | X | X | X | X |  |
| Support/ thrust | Touch with one hand/foot only |  |  |  |  | X |
| Touch with knees |  |  |  |  | X |
| Poor technique, coordination, posture | X | X | X | X |  |
| Too long on apparatus | X | X | X | X |  |
| Incorrect body shape | X | X | X | X |  |
| Legs apart | X | X | X |  |  |
| 2nd flight | Incorrect arm position | X | X | X | X |  |
| Legs apart | X | X | X |  |  |
| Lack of height | X | X | X | X |  |
| Lack of distance | X | X | X | X |  |
| Poor technique, coordination, posture | X | X | X | X |  |
| Incorrect body shape | X | X | X | X |  |
| Landing | Poor technique, coordination, posture | X | X | X | X |  |
| Extra movement for balance | X | X | X |  |  |
| Not landing in a straight line | X | X | X |  |  |
| Deep squat on landing | X | X | X |  |  |
| Step on landing (each step) | X | X | X |  |  |
| Support by coach on landing |  |  |  | X |  |
| Support during vault |  |  |  |  | X |
| Failure to land feet first (this includes deduction for fall) |  |  |  |  | X |
| Fall |  |  |  | X |  |
| Heavy landing/lack of control | X | X | X |  |  |
| Touch floor with hand |  |  | X |  |  |
| Insufficient dynamics throughout the vault | X | X | X |  |  |
| General | No presentation | X |  |  |  |  |

**Tariff sheet – Step 1 and 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Level entering** | **Vault 1** | **Vault 2** |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
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| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |

**Tariff sheet – Step 3**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Order of floor skills (not including linking skills)** | | | | | | **Vault 1** | **Vault 2** |
| **1** | **2** | **3** | **4** | **5** | **6** |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
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