## Gymnastics for All

## Hinckley Disability Gymnastics Floor and Vault Competition 2018

## Skills and Tariff Sheet

**Requirements – Floor**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** |
| **General requirements** | * Music is optional * All balances/strength moves must be demonstrated for at least one count of ‘Mississippi’, unless stated * Every gymnast will need a tariff sheet completing for them | | |
| **Difficulty Value**  (DV score) | * Marked out of 10.0 * This is a set routine made up of eight elements (skills) | * Marked out of 11.0 * Severn elements (skills) to be performed in any order | * Marked out of 12.0 * Eight (elements) skills that fulfil the minimum requirements:   + 1 X acrobatic line which includes two skills (no flighted move required)   + 1 X leap or jump series (no split required)   + 1 X full spin or jump full turn   + 1 X backwards element * Maximum of one somersault |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | | |
| **Scoring** | * Difficulty Value + Execution = Start Value Example: 10.0 (DV) + 10.0 (E score) = 20.0 Start Value | | |

**Skills – Floor**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Level 1** | | **Level 2** | | **Level 3** | |
| **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** |
| **Skills** | * Forwards roll to sit, * Rock back to shoulder stand, * Lie on back and half a log roll (180°), push to front support, step/jump feet in and stand, * Arabesque (rear leg above 45°), * Jump half turn (180°), * Half handstand (lead leg above 45°), * Tuck jump to land, * Stretch jump to land. | | * Cartwheel (legs above 45°) * Round off * Roll to stand – forwards or backwards * Handstand * Jump full turn (360°) * Tuck jump, immediate star jump, to land * Arabesque hold for 2 seconds minimum (rear leg above 45°) | | ‘A’, ‘B’, and ‘C’ elements from the MAG FIG Code of Points p.42 – 53 | ‘A’ and ‘B’ elements from the WAG FIG Code of Points p.149 – 168 |
| **Barred elements** | The above routine is a set routine. | | Only the elements listed above can be performed. | | Multiple flics  Double somersaults  Jumps/leaps/hops/spins with more than a 1/1 LA turn  Elements higher then stated element groups | |

**Deductions – Floor**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| **General** | Step off floor – one foot | X |  |  |  |
| Step off floor – two feet |  | X |  |  |
| Concentration pauses | X |  |  |  |
| No presentation | X |  |  |  |
| Break during elements/series |  | X |  |  |
| Poor posture/untidiness throughout | X | X | X |  |
| Prompt by coach – No deduction |  |  |  |  |
| Light support by coach(s) |  |  | X |  |
| Full support by coach(s) |  |  |  | X |
| Missed element (each) |  |  | X |  |
| Routine with less than five elements |  |  |  | X |
| **Execution faults** | Bent arms/knees | X | X | X |  |
| Leg/knee separation | X | X |  |  |
| Insufficient height | X |  |  |  |
| Insufficient tuck/pike position in somersault | X  90 hip/knee angle | X  >90 hip/knee angle |  |  |
| Hesitation during performance | X |  |  |  |
| Attempt without performance of the element |  | X |  |  |
| Body and/or leg position in elements (non-dance); body alignment (each time) | X |  |  |  |
| Body and/or leg position in elements (non-dance); feet not pointed/relaxed (each time) | X |  |  |  |
| Body and/or leg position in elements (non-dance); insufficient split in acro elements (non-flight) (each time) | X | X |  |  |
| Precision (each time) | X |  |  |  |
| **Landing**  (If no fall maximum deduction is 0.8) | Legs apart on landing | X |  |  |  |
| Extra arm swing | X |  |  |  |
| Lack of balance | X | X |  |  |
| Extra steps, slight hop | X |  |  |  |
| Very large step or jump (approx. 1m) |  | X |  |  |
| Body posture fault | X | X |  |  |
| Deep squat |  |  | X |  |
| Fall |  |  |  | X |

**Requirements – Vault**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** |
| **General requirements** | * Each gymnast gets two attempts at vault, the highest scoring vault counts | | |
| **Difficulty Value**  (DV score) | * You can find these score in the table below | | |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | | |
| **Scoring** | * Difficulty Value + Execution = Start Value Example: 8.0 (DV) + 10.0 (E score) = 18.0 Start Value | | |

**Skills – Vault**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Skill no.** | **Level 1** | | **Level 2** | | **Level 3** | |
| **A** | **DV score – 8.0** | | **DV score – 9.5** | | **DV score – 11.0** | |
| Climb onto bench (anyway wish to – this isn’t judged)  From standing on the end of a bench, stretch jump to plie landing | | Run, hurdle step to springboard, squat onto platform, walk to end, stretch jump off, to land | | Run, hurdle step to springboard, handstand flatback | |
| **Equipment** | Bench, landing mat | **Equipment** | Vault run, springboard, 1m vaulting table, landing mat | **Equipment** | Vault run, springboard, 90cm platform, landing mat |
| **B** | **DV score – 8.5** | | **DV score – 10.0** | | **DV score – 11.5** | |
| Run, hurdle step to springboard rebound stretch or tuck jump, to land | | Run, hurdle step to springboard, squat onto platform, immediate stretch jump off, to land | | Run, hurdle step to springboard, handstand flatback | |
| **Equipment** | Vault run, springboard, landing mat | **Equipment** | Vault run, springboard, 1m vaulting table, landing mat | **Equipment** | Vault run, springboard, 110cm platform, landing mat |
| **C** | **DV score – 9.0** | | **DV score – 10.5** | | **DV score – 12.0** | |
| Run, hurdle step to springboard, squat onto platform, walk to end, stretch jump off, to land | | Run, hurdle step to springboard, handstand flatback | | Run, hurdle step to springboard, handspring | |
| **Equipment** | Vault run, springboard, 60cm platform, landing mat | **Equipment** | Vault run, springboard, 60cm platform, landing mat | **Equipment** | Vault run, springboard, vaulting table (any height over 1m), landing mat |

**Deductions – Vault**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |  |  |  |
| Prompt by coach – No deduction |  |  |  |  |  |
| Light support by coach(s) |  |  | X |  |  |
| Full support by coach(s) |  |  |  | X |  |

**Tariff sheet – Levels 1, 2, and 3**

|  |  |  |  |
| --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Level competing** | **Age category** |
| [Insert full name] | [Insert no.] | [Select level] | [Select] |

|  |  |  |
| --- | --- | --- |
| **Floor tariff** | | |
| **No.** | **Elements (skills)** | |
| **1** | [Insert move/element name] | |
| **2** | [Insert move/element name] | |
| **3** | [Insert move/element name] | |
| **4** | [Insert move/element name] | |
| **5** | [Insert move/element name] | |
| **6** | [Insert move/element name] | |
| **7** | [Insert move/element name] | |
| **8** | [Insert move/element name] | |
| **Difficulty Value:** | | **[Insert DV]** |
| **Execution:** | | **10.00** |
| **Difficulty Value + Execution = Start value** | | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **1** | [Insert move/element name] | **[Insert value]** |
| **Execution:** | | **10.00** |
| **Move value total + Execution = Start value** | | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **2** | [Insert move/element name] | **[Insert value]** |
| **Execution:** | | **10.00** |
| **Move value total + Execution = Start value** | | **[Insert value]** |

**Note:** Have these ready in order of performance for the judges

Each gymnast will require a tariff sheet (always best to have two copies on the day).