



In Flyt and Pyramid Acro GfA ACRO and TUM competition

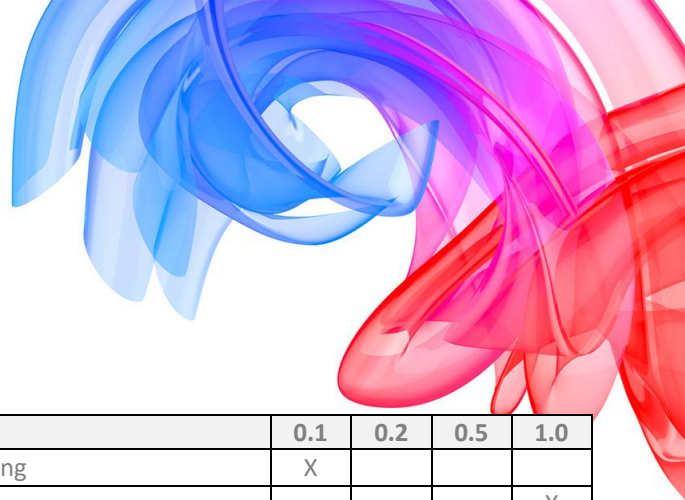
Skills and Tariff sheet

Requirements – TUM

	Club Level 1	Club Level 2
Key Information	<ul style="list-style-type: none"> All holding elements are to be held for three 'Mississippi' (or similar choice of wording) Only the skills performed are judged 	
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' 	
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 – Judges Execution Deductions = Final Score (per run) Run 1 Final Score + Run 2 Final Score + Run 3 Final Score / 3 = Overall Score 	

Skills – TUM

Category	NDP Club Level 1		
	Run 1	Run 2	Run 3
	DV score: 10.00	DV score: 10.00	DV score: 10.00
NDP Club Level 1	<ul style="list-style-type: none"> Forwards roll, Straight jump, Forwards roll, Tuck jump, Forwards roll, Jump 180 (arms to chest). 	<ul style="list-style-type: none"> Cartwheel (from standing start, facing sideways), Cartwheel, Cartwheel (finish facing sideways). 	<ul style="list-style-type: none"> Straight jump (from a standing start on floor) to walk out, Cartwheel ¼ turn inwards, Fall to dish onto mat, Hold dish (3 secs).
NDP Club Level 2	<ul style="list-style-type: none"> Straight jump (from a standing start on floor) to walk out, Cartwheel, Chasse, Cartwheel, Chasse, Cartwheel. 	<ul style="list-style-type: none"> Straight jump (from a standing start on floor) to walk out, Cartwheel, Round off, Straight jump, Backwards roll. 	<ul style="list-style-type: none"> Straight jump (from a standing start on floor) to walk out, Round off, Jump to dish onto mat, Hold dish (3 secs).



Deductions – TUM

		Deductions	0.1	0.2	0.5	1.0
Execution Score (E score) Max of 10.0	Specific floor deductions	Touch of hair/leotard/clothing	X			
		Missing element				X
	Skill focused deductions (Each time)	Lack of form, control, height and rhythm each element	X	X	X	X
		Bent arms/legs/body	X	X		
		Legs apart/arms not squeezing ears	X	X		
		Lack of extension within arms/legs	X			
		Loss of temp	X			
		Out of alignment	X			
		Lack of push/flight through hands	X	X		
		Knees touch floor (incomplete element)				X
		Roll – Over one shoulder			X	
		Roll – Head contact with floor	X			
		Roll – Using one hand to stand up		X		
		Roll – Using two hands to stand up			X	
		Feet not landing at the same time		X		
		Lack of body tension	X			
		Jump – Not taking off both feet	X			
		Jump – Landing on one foot	X			
		Twisting jump – Arms not brought into chest		X		
		Loss of balance	X	X		
		Incomplete shape – stretch/tuck/star	X			
	Landing deductions (Each time)	Step after landing (each step) (Max 0.5)	X			
		Not standing still in an upright position and showing stability for approximately three seconds	X	X		
		Touching the floor with one or both hands			X	
		Deep squat within landing			X	
	Falls (Each skill)	Falls				X