

## Skills & Tariff Sheet

### Inspired Trix GfA Championships 2022

#### Levels Bronze (ages 5 – 12 years) & Silver (ages 8 – 16 years) & Gold (ages 10 – 17 years)

### Boys

#### Requirements – Floor

	Bronze	Silver	Gold
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>• Music isn't required</li> <li>• This is a set routine.</li> <li>• Performed in a line on the floor.</li> </ul>		
	<ul style="list-style-type: none"> <li>• Skills performed in order stated</li> </ul>		
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>• Difficulty Bonus values can be found within the relevant 'Skills – Floor' section.</li> </ul>		
<b>Execution Score:</b> (E score)	<ul style="list-style-type: none"> <li>• Execution of elements scored out of 10.0</li> <li>• An overview of execution deductions is found within the 'Deductions – Floor' section.</li> <li>• Judges will deduct from this value only.</li> </ul>		
<b>Scoring Information:</b>	<ul style="list-style-type: none"> <li>• <b>Difficulty Value + Execution Score = Starting Score</b> Judges may amend this where requirements aren't met.</li> <li>• <b>Starting Score – Judges Execution Deductions = Final Score</b></li> </ul>		

## Deductions – Floor

		0.1	0.3	0.5	1.0
<b>Artistry deduction throughout:</b>	Insufficient flow/ dynamics of routine	X	X	X	
<b>Specific floor deductions:</b>	Touch of hair/ leotard/ clothing	X			
	Missing competition requirements			X	
<b>Execution deductions:</b> (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			
<b>Landing deductions:</b> (Each time)	Landing from tumbles (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Not landing flat (flatback)		X	X	
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
<b>Falls:</b> (Each skill)	Falls				X

## Skills – Floor

Category:	Bronze	Silver	Gold
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Stretch jump,</li> <li>Tuck jump,</li> <li>Forward roll,</li> <li>Forward roll to pike sit,</li> <li>Back support,</li> <li>Pass through side support into front support hold,</li> <li>x1 Press-up,</li> <li>Jump to squat, stand up,</li> <li>x1 Extended leg balance to either the front or back, (&gt;45°)</li> <li>Star jump.</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll into an immediate star jump,</li> <li>Front to back cartwheel (this is not a round off),</li> <li>Jump ½ turn,</li> <li>Handstand</li> <li>Squat down and jump legs forward to back support hold for 3secs,</li> <li>Pass through side support hold for 3secs</li> <li>Turn into front support hold for 3secs,</li> <li>X2 Press ups,</li> <li>Jump feet into hands to squat</li> <li>Backwards roll.</li> </ul>	<ul style="list-style-type: none"> <li>Backward roll to straddle,</li> <li>Jump feet up into handstand forwards roll,</li> <li>Cartwheel into,</li> <li>One-handed cartwheel ¼ turn to finish in a lunge</li> <li>Swedish fall with a leg raised,</li> <li>Lower raised leg to finish in front support,</li> <li>X1 Press up hold for 3 secs,</li> <li>Squat feet in stand up,</li> <li>Round off jump ½ turn round off.</li> </ul>
<b>Bonus:</b>	If a <ul style="list-style-type: none"> <li>Cartwheel is performed at the end of the routine = 0.3</li> </ul>		If a: <ul style="list-style-type: none"> <li>Flic or tucked backward somersault * is performed after the first round off skill instead of the jump ½ turn round off = 0.3</li> </ul>

**Note:** Skills marked with a \* can't be supervised by a [Level 2 General Gymnastics Coach](#).

## Requirements – Vault

	Bronze	Silver	Gold
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Warm up vault to suit the group, discussed on the day.</li> <li>Vault heights can be found within the relevant 'Skills – Vault' section</li> <li>Two attempts permitted on vault, best score to count</li> <li>Each attempt can be the same or different element.</li> </ul>		
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>Elements values can be found within the relevant 'Skills – Vault' section.</li> </ul>		
<b>Execution Score:</b> (E score)	<ul style="list-style-type: none"> <li>Execution of elements scored out of 10.0</li> <li>An overview of execution deductions is found within the 'Deductions – Vault' section.</li> <li>Judges will deduct from this value only.</li> </ul>		
<b>Scoring Information:</b>	<ul style="list-style-type: none"> <li><b>Difficulty Value + Execution Score = Starting Score</b> Judges may amend this where requirements aren't met.</li> <li><b>Starting Score – Judges Execution Deductions = Final Score</b></li> </ul>		

## Deductions – Vault

		0.1	0.3	0.5	1.0
<b>First flight:</b>	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	
<b>Repulsion:</b>	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		
<b>Second flight:</b>	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		
<b>Landing:</b> If there is no fall, the maximum deduction may not exceed 0.8	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 center	X			
	Brush on apparatus			X	
Fall				X	
<b>Additional:</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (except where specifically allowed)				X

## Skills – Vault

Element:		Equipment:	Bronze	Silver	Gold
1	<b>Age 5 &amp; 6 only</b> – Squat onto block, walk with controlled steps, stretch jump off	0.6m block	10.0		
2	<b>Age 7 years plus</b> – Squat onto vault, step to the end (if needed), stretch jump off	Table vault (height optional)	10.0		
3	Handstand flatback	Block & mat 0.8cm		10.0	
4	Handstand flatback	Table vault (height optional) with mats piled level to same height			10.0
5	Handspring	Table vault (height optional)			10.3

## Requirements – High Bar

	Bronze	Silver	Gold
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Set routine.</li> </ul>		
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>Bonus values can be found within the relevant 'Skills – High Bar' section.</li> </ul>		
<b>Execution Score:</b> (E score)	<ul style="list-style-type: none"> <li>Execution of elements scored out of 10.0</li> <li>An overview of execution deductions is found within the 'Deductions – High Bar' section.</li> <li>Judges will deduct from this value only.</li> </ul>		
<b>Scoring Information:</b>	<ul style="list-style-type: none"> <li><b>Difficulty Value + Execution Score = Starting Score</b> Judges may amend this where requirements aren't met.</li> <li><b>Starting Score – Judges Execution Deductions = Final Score</b></li> </ul>		

## Deductions – High Bar

		0.1	0.3	0.5	1.0
<b>General:</b>	Legs apart		X		
	Lack of swing or pause	X	X		
	Low amplitude on flight elements	X	X		
	Deviation from plane of movement	X	X		
	Layaway on the back swing		X		
	Bent arms	X	X		
	Bent knees (each time)	X	X		
	Elements not continuing in their intended direction			X	
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X		
	Fall				X
<b>Additional:</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (except where specifically allowed)				X

## Skills – High Bar

Category:	Bronze	Silver	Gold
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Low bar:               <ul style="list-style-type: none"> <li>Coach assistance jump to front support, springboard can be used,</li> <li>Forward circle down with control.</li> </ul> </li> <li>High bar:               <ul style="list-style-type: none"> <li>Coach assistance onto the bar,</li> <li>X1 Leg lift to minimum 90° from the bar,</li> <li>Arch shape hold</li> <li>Dish shape hold</li> <li>Return to long hand to release to safe landing.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Coach assistance onto high bar into,</li> <li>Immediate chin up, hold (2 seconds), lower down with control,</li> <li>Trolley swing from long hang (counts as X1 swing) into X2 swings,</li> <li>Dismount at the back of the 3rd swing.</li> </ul>	<ul style="list-style-type: none"> <li>Coach assist jump to high bar into,</li> <li>Immediate upward circle,</li> <li>Cast to minimum 45° from horizontal into backward hip circle</li> <li>Cast out into X2 swings</li> <li>Dismount at the back of the 2<sup>nd</sup> swing.</li> </ul>
<b>Bonus:</b>			

## Requirements – Trampoline

	Bronze	Silver	Gold
<b>Specific Information:</b>	<ul style="list-style-type: none"> <li>Set routine of 2 skills as specified</li> <li>Must include the jumps listed.</li> </ul>		
	<ul style="list-style-type: none"> <li>Set up: Block, trampoline &amp; mat</li> </ul>	<ul style="list-style-type: none"> <li>Set up: Optional use of a wedge to assist run up onto the trampoline</li> </ul>	<ul style="list-style-type: none"> <li>Set up: Trampoline &amp; mat</li> </ul>
<b>Difficulty Value:</b> (DV score)	<ul style="list-style-type: none"> <li>Bonus values can be found within the relevant 'Skills – Trampoline' section.</li> </ul>		
<b>Execution Score:</b> (E score)	<ul style="list-style-type: none"> <li>Execution of elements scored out of 10.0</li> <li>An overview of execution deductions is found within the 'Deductions – Trampoline' section.</li> <li>Judges will deduct from this value only.</li> </ul>		
<b>Scoring Information:</b>	<ul style="list-style-type: none"> <li><b>Difficulty Value + Execution Score = Starting Score</b> Judges may amend this where requirements aren't met.</li> <li><b>Starting Score – Judges Execution Deductions = Final Score</b></li> </ul>		

## Deductions – Trampoline

		0.1	0.3	0.5	1.0
<b>Unclear body shapes:</b>	Hip and knee angle faults	X	X	X	
	Split, crossed legs, head, or feet faults	X			
	Arms are not close to body/ rotation axis	X			
<b>Unclear twisting:</b>	Initiating the twist too soon/ late	X	X		
	Finishing the twist too late	X			
	Under/over rotation		X	X	
<b>Lift off the trampoline:</b>	Lack of lift		X		
	No visible lift			X	
<b>Distance in element:</b>	Too low		X		
	Too long	X			
<b>Body position before landing:</b>	Late opening	X			
	No opening		X		
<b>Landing deductions: (Per skill)</b> If there is no fall, the maximum deduction may not exceed 0.8	Leaning position	X	X	X	
	Hips/knees bending	X	X	X	
	Loss of control	X	X	X	
	Light touch with one hand/knee	X			
	Light touch with two hands/knees		X		
	Falling (sitting, rolling, etc.)				X
	Not landing feet first				X
	Not landing along the center line	X	X		
<b>Coaches' actions:</b>	Supporting				X
	Not acting in a dangerous situation				X
	Helping the gymnast achieve element				X

## Skills – Trampoline

Category:	Bronze Rebound set up, no run up	Silver Trampoline with run up	Gold Trampoline with run up
<b>Routine:</b>	<ul style="list-style-type: none"> <li>Stretch jump,</li> <li>Star jump.</li> </ul>	<ul style="list-style-type: none"> <li>Star jump</li> <li>½ turn stretch jump</li> </ul>	<ul style="list-style-type: none"> <li>Straddle/ Pike jump</li> <li>Either: <ul style="list-style-type: none"> <li>1/1 turn jump OR</li> <li>Forwards somersault – Tucked*</li> </ul> </li> </ul>
<b>Bonus:</b>			

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