

Skills & Tariff Sheet Inspired Trix GfA Championships 2022 Levels Gold, Platinum, & Diamond Girls (ages 10 – 17 years)

Requirements – Floor

	Gold	Platinum	Diamond
Specific Information:	<ul style="list-style-type: none"> • Music is required • Maximum floor routine length = 1min 30 sec • Whole floor to be used • X10 elements to be chosen from the listed skills only • Unless specified, skills should not be repeated 		
Difficulty Value: (DV score)	<ul style="list-style-type: none"> • Bonus values can be found within the relevant 'Skills – Floor' section. 		
Execution Score: (E score)	<ul style="list-style-type: none"> • Execution of elements scored out of 10.0 • An overview of execution deductions is found within the 'Deductions – Floor' section. • Judges will deduct from this value only. 		
Scoring Information:	<ul style="list-style-type: none"> • Difficulty Value + Execution Score = Starting Score Judges may amend this where requirements aren't met. • Starting Score – Judges Execution Deductions = Final Score 		

Deductions – Floor

		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 deductions: (Each time)	Landing from tumblers (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		
Falls: (Each skill)	Deep squat			X	
	Falls				X

Skills – Floor

Category:	Gold	Platinum	Diamond
Element group:	Skills to be chosen from below list only	Skills to be chosen from below list only	Skills to be chosen from below list only
Routine	<ul style="list-style-type: none"> x1 Balance x1 Spin x4 Acro skills (x2 acro skills must be linked) x4 Dance skills to include: <ul style="list-style-type: none"> x2 jumps linked & x2 leaps linked 	<ul style="list-style-type: none"> x1 Balance x1 Spin x1 Acro skill x3 Dance skills to include: <ul style="list-style-type: none"> x1 jump & x2 leaps linked, x1 must be a split Front somersault * Round off flic flic (2) * 	<ul style="list-style-type: none"> x1 Balance x1 Spin x2 Forward flighted acro skills, (Can be linked) x3 Dance skills (do not have to be linked) to include: <ul style="list-style-type: none"> x1 Jump & x1 Leap Round off flic backward somersault tucked *
Acro skills:	<ul style="list-style-type: none"> Handstand hop forward roll with straight arms Backwards roll with bent/straight arms to front support, into frontal splits (any). Walkover – forwards Walkover – backwards One-handed Cartwheel Round off 	<ul style="list-style-type: none"> Backward roll to handstand One-handed forward walkover* Front handspring to 1 or 2 feet Free cartwheel * 	<ul style="list-style-type: none"> Free forwards walkover * Pike or straight front somersault * Handspring immediate tucked front somersault * Tucked front somersault step out immediate round off*
Dance skills:	<ul style="list-style-type: none"> Tuck jump Star jump Straight jump full turn W jump Cat leap ½ turn Stag leap Split leap min 120° split 	<ul style="list-style-type: none"> Pike jump, feet to hip height Straddle jump, feet to hip height Split jump min 135° split Scissor leap, both legs must reach horizontal Cat leap with 1/1 turn Split leap min 135° split 	<ul style="list-style-type: none"> Tuck jump full turn * W jump ½ turn * Split leap 180° split Change leg split leap min 135° split * Leap forward with ¼ turn (90°) into side split to land on one or both feet. Fouetté hop to arabesque, with free leg above horizontal
Balance / Spin skills:	<ul style="list-style-type: none"> x1 Extended leg balance from the front to the side to the back (>90°) Japana flat back Tuck, pike or straddle up to a headstand with straight legs Full spin 	<ul style="list-style-type: none"> Show all 3 splits without hand support, can use hands to turn from right frontal split into side split into left frontal split. Tic-Toc Handstand ½ pirouette with 2 hand movements only * Full spin 	<ul style="list-style-type: none"> Show all 3 splits without hand support, can use hands to turn from right frontal split into side split into left frontal split. Straddle lever Pike lever Straddle stand, lift to handstand Handstand 1/1 pirouette with 4 hand movements only * 1 ½ spin *
Bonus:	<p>If a:</p> <ul style="list-style-type: none"> Round off flic is performed as your x2 linked acro skills = 0.3 	<p>If a:</p> <ul style="list-style-type: none"> A tucked backward somersault is performed in the routine instead off the round off flic flic * = 0.3 (either a round off back somersault or round off flic back somersault can be performed. If round off back somersault is performed, then an additional flighted acro skill must be included to make up your x10 skills). 	<p>If a:</p> <ul style="list-style-type: none"> Round off flic pike or straight back somersault is performed * = 0.3 Forward or backward ½ or full twist is performed as one of your x10 skills * = 0.3 for each skill
Barred elements:	Any skill not on the above list	Any skill not on the above list	Any skill not on the above list

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

Requirements – Vault

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

Deductions – Vault

		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	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
Second flight:	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 center	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 – Vault

Element:		Equipment:	Gold	Platinum	Diamond
1	Handstand flatback	Table vault with mats piled level to same height minimum height 100cm	10.0		
2	Handspring	Table vault minimum height 100cm	10.3	10.0	
3	Handspring ½ on *	Table vault minimum height 100cm		10.3	
4	Handspring ½ off *	Table vault minimum height 100cm		10.3	
5	Handspring ½ on, ½ off *	Table vault minimum height 110cm			10.0
6	Handspring 1/1 off *	Table vault minimum height 110cm			10.3

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Requirements – Asymmetric Bars

	Gold	Platinum	Diamond
Specific Information:	<ul style="list-style-type: none"> Set routine 		
	<ul style="list-style-type: none"> Low bar only 	<ul style="list-style-type: none"> Combined of low & high bar 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> Elements values can be found within the relevant 'Skills – A Bars' section. 		
Execution Score: (E score)	<ul style="list-style-type: none"> Execution of elements scored out of 10.0 An overview of execution deductions is found within the 'Deductions – A Bars' section. Judges will deduct from this value only. 		
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 		

Deductions – Asymmetric Bars

		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	X		
Fall				X	
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Skills – Asymmetric Bars

Category:	Gold	Platinum	Diamond
Routine:	<ul style="list-style-type: none"> Upward circle, Cast to 45° Cast backward hip circle, Squat on stretch jump dismount 	<ul style="list-style-type: none"> Upward circle, Cast to 90° Cast to Squat on, Jump to catch the high bar Immediate circle up, Pike/ Straddle undershoot 	<ul style="list-style-type: none"> Upstart, Cast to 90° into backwards hip circle Cast to Squat on, Jump to catch the high bar, Immediate circle up, Cast to baby giant *, Pike/ Straddle undershoot ½ turn dismount.
Bonus:	If the: <ul style="list-style-type: none"> Dismount is a Pike/ Straddle undershoot dismount = 0.3 	If the: <ul style="list-style-type: none"> Mount is an upstart = 0.3 	If the: <ul style="list-style-type: none"> Upstart replaces the circle up on high bar * = 0.3 Sole circle is performed on low bar after squat on * = 0.3

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

Requirements – Beam

	Gold	Platinum	Diamond
Specific Information:	<ul style="list-style-type: none"> Skills included to be chosen from the listed skills only Routine can be performed in any order (except mount & dismount) Elements can't be repeated within series. Maximum routine length = 2.5 lengths 		
Difficulty Value: (DV score)	<ul style="list-style-type: none"> Elements values can be found within the relevant 'Skills – Beam' section. 		
Execution Score: (E score)	<ul style="list-style-type: none"> Execution of elements scored out of 10.0 An overview of execution deductions is found within the 'Deductions – Beam' section. 		
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 		

Deductions – Beam

		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	X	X	
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Note: Deductions are in addition to 'normal' beam execution deductions

Skills – Beam

Category: Element group:	Gold Skills to be chosen from below list only	Platinum Skills to be chosen from below list only	Diamond Skills to be chosen from below list only
Set Routine:	<ul style="list-style-type: none"> • Mount • x2 dance skills, (not linked) to include: <ul style="list-style-type: none"> ○ x1 Leap & ○ x1 Jump • x1 balance • x1 spin • x1 acro skill • Dismount 	<ul style="list-style-type: none"> • Mount • x2 dance skills, (linked) must include a split element * • x1 balance • x1 spin • x2 acro skills, not linked • Dismount 	<ul style="list-style-type: none"> • Mount • x2 dance skills, (linked) must include a split element * • x1 balance • x1 spin • x2 acro skills, not linked • Dismount
Set Mounts:	<ul style="list-style-type: none"> • Squat on • Straddle on 	<ul style="list-style-type: none"> • Circle up to front support • One-handed cartwheel towards the beam, free hand to hold the beam and lower into front support on the opposite side of the beam * • Jump to straddle and slide into box splits with hand support * 	<p>Forward mount</p> <ul style="list-style-type: none"> • Forward roll on to straddle sit <p>Side mount</p> <ul style="list-style-type: none"> • Squat through to rear support • Lift one leg and then the other into straddle lever hold • Jump to chest stand with both arms bent * • Jump to straddle and slide into box splits, show split without hand support by lowering the chest onto the beam *
Set Dance skills:	<ul style="list-style-type: none"> • Straight jump • Tuck jump • Cat leap • ½ spin into high ½ turn • High ½ turn into squat ½ turn 	<ul style="list-style-type: none"> • Tuck jump • Split jump min 90° split • Cat leap • Split leap min 90° split * • Full spin * 	<ul style="list-style-type: none"> • Stretch jump ½ turn • W jump • Stag leap • Split leap min 135° split * • Split jump min 135° split * • Full spin *
Set Balance skills:	<ul style="list-style-type: none"> • Arabesque with leg above horizontal ($\geq 90^\circ$) • Piked V sit with hand support • Y balance ($\geq 135^\circ$) 	<ul style="list-style-type: none"> • Piked V sit without hand support • Straddle lever, legs must be hip height • Front splits without hand support * 	<ul style="list-style-type: none"> • Front splits without hand support * • Shoulder stand with hands under the beam * • Bridge *
Set Acro Skills:	<ul style="list-style-type: none"> • Forwards roll to stand • Handstand hold (2secs) • Cartwheel 	<ul style="list-style-type: none"> • Cartwheel • Back shoulder roll to kneel on one knee* • Handstand forward roll to sit in straddle* • Walkover – Backwards * 	<ul style="list-style-type: none"> • Back shoulder roll to kneel on one knee* • Handstand forward roll * • Walkover – Backwards * • Walkover – Forwards * • Valdez * • Free forward roll *
Set Dismount	<ul style="list-style-type: none"> • Round off • Cartwheel to handstand drop down to side of beam 	<ul style="list-style-type: none"> • Handspring • Forward somersault tucked * 	<ul style="list-style-type: none"> • Forward somersault tucked* • Backward somersault tucked *
Barred elements:	Any skill not on the above list	Any skill not on the above list	Any skill not on the above list

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