Skills & Tariff Sheet
New College Leicester's Disability Floor & Vault Championships 2022
Levels 1 to 3

Requirements – Floor

	Level 1	Level 2	Level 3
Specific Information:	• Music is optional. • Holds/ hangs to be held for a minimum of three seconds.		

Difficulty Value:
(DV score)
	• Marked out of 1.0
	• This is a set routine made up of eight elements (skills).
		• Marked out of 1.1
		• Severn elements (skills) to be performed in any order.
			• Marked out of 1.2
			• Eight (elements) skills that fulfil the minimum requirements:
			  o 1 X acrobatic line which includes two skills (no flighted move required).
			  o 1 X leap or jump series (no split required).
			  o 1 X full spin or jump full turn.
			  o 1 X backwards element.
			• Maximum of one somersault.

Execution Score: (E score)	• 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:	• **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 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	
Falls: (Each skill)	Falls				X

Skills – Floor

Category:	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', & 'C' elements from the FIG 2022 – 2024 MAG Code of Points p.44 – 55	'A' & 'B' elements from the FIG 2022 – 2024 WAG Code of Points p.146 – 167
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	

Requirements – Vault

	Level 1	Level 2	Level 3
Specific Information:	• 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 • Two attempts permitted. • Best scoring attempt to count. • Each attempt can be the same or different element.		
Difficulty Value: (DV score)	• Elements values can be found within the relevant 'Skills – Vault' section.		
Execution Score: (E score)	• Execution of elements scored out of 10.0 • An overview of execution deductions is found within the 'Deductions – Vault' section. • Judges will deduct from this value only.		
Scoring Information:	• **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:	Level 1	Level 2	Level 3
1	Climb onto bench (anyway wish to – this isn't judged) From standing on the end of a bench, stretch jump to land	Bench, landing mat	0.9		
2	Run, hurdle step to springboard rebound stretch or tuck jump, to land	Springboard, landing mat	1.0		
3	Run, hurdle step to springboard, squat onto platform, walk to end, stretch jump off, to land	Springboard, 0.6m platform, landing mat	1.1		
4	Run, hurdle step to springboard, squat onto platform, walk to end, stretch jump off, to land	Springboard, 1.0m vaulting table, landing mat		0.9	
5	Run, hurdle step to springboard, squat onto platform, immediate stretch jump off, to land	Springboard, 1.0m vaulting table, landing mat		1.0	
6	Run, hurdle step to springboard, handstand flatback	Springboard, 0.6m platform, landing mat		1.1	
7	Run, hurdle step to springboard, handstand flatback	Springboard, 0.9m platform, landing mat			0.9
8	Run, hurdle step to springboard, handstand flatback	Springboard, 1.1m platform, landing mat			1.0
9	Run, hurdle step to springboard, handspring	Springboard, vaulting table 1.0m+, landing mat			1.1