

New College Leicester GymNova GfA Men's & Women's Championships 2022

Under & Over 8 years

Boys

Requirements – Floor

	Under 8 years	Over 8 years
Specific Information:	<ul style="list-style-type: none"> This apparatus is compulsory. Minimum of X5 elements. Maximum of X8 elements, including dismount. Holds/ hangs to be held for a minimum of two seconds. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> The moves are totaled together to provide the Difficulty Value (DV) Example: 8 x J moves = 0.4 DV If a move is repeated it will be ignored the second time. Only 'J' moves are to be performed. 	<ul style="list-style-type: none"> The moves are totaled together to provide the Difficulty Value (DV) There are no set number of 'J' moves and 'A' required. Example: 6 x A moves = 0.4 2 x J moves = 0.1 0.4 + 0.1 = 0.5 DV If a move is repeated it will be ignored the second time 'J' moves, and 'A' moves are available to be selected
Element groups:	<ul style="list-style-type: none"> Each of the following 'Element Groups' must be used at least once: <ul style="list-style-type: none"> Non-acro element Forward element Backward element Dismount element 'J' Element groups score = 0.3 Therefore, this category can score a maximum of 1.2 for Element score Example: 4 x J = 1.2 (Element score) 	<ul style="list-style-type: none"> Each of the following 'Element Groups' must be used at least once: <ul style="list-style-type: none"> Non-acro element Forward element Backward element Dismount element 'A' Element groups score = 0.5 'J' Element groups score = 0.3 Therefore, this category can be different for each gymnast, for their Element score Example: Gymnast 1; 3A + 1J = 1.8 (Element score) Gymnast 2; 2A + 2J = 1.6 (Element score)
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 + Element Groups Score + 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
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Step off floor	X			
General	Concentration pauses	X			
	No presentation	X			
	Break during elements/ series		X		
	Poor posture/ untidiness throughout	X	X	X	
	Prompt by coach (max x2)			X	

Skills – Floor

Move:	DV Value:	Element group:			
		1 – Non-acro element:	2 – Forward element:	3 – Backward element:	4 – Dismount element:
'J' moves	0.05	<ul style="list-style-type: none"> Headstand. Swedish fall. Jump to front support. Jump – ½ or 1/1. ½ Lever – Pike or Straddle. Backwards roll from sit or stand – Any. 	<ul style="list-style-type: none"> Forwards roll. Handstand – forwards roll. Cartwheel. 	<ul style="list-style-type: none"> Round off immediate backwards roll – any. ½ jump immediate followed by dive roll. 	<ul style="list-style-type: none"> All skills from groups 2 and 3 that land on feet together.
'A' moves	0.10	<ul style="list-style-type: none"> Handstand. Backwards roll to handstand (straight arms). Straddle stand press to handstand. Handstand pirouette – ½ or 1/1 Y scale. Arabesque. Splits. X1 circle or X1 flair. 	<ul style="list-style-type: none"> Round off. Handspring. Dive roll. Flyspring. Forwards somersault – Tucked or Piked. 	<ul style="list-style-type: none"> Flic. Backwards somersault – Tucked or Piked. ½ jump into dive roll (Arabian Dive Roll). ½ jump into forwards somersault - Tucked (Arabian). 	<ul style="list-style-type: none"> All skills from groups 2 and 3 that land on feet together <p>Note: Round off to be recognised as either Group 2 / 3 OR Group 4 (not both)</p>
Bonus			If the: <ul style="list-style-type: none"> Element performed is stuck on landing (feet together) = 0.1 per skill 		

Requirements – Vault

	Under 8 years	Over 8 years
Specific Information:	<ul style="list-style-type: none"> This apparatus is compulsory. 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. Bonus of 0.1 if landing is stuck. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> Elements values can be found within the relevant 'Skills – Vault' section. 	
Element Groups:	<ul style="list-style-type: none"> Element groups aren't required on this apparatus. 	
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. Judges will deduct from this value only. 	
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Element Groups Score + 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:	Under 8 years	Over 8 years
1 Squat on, stretch jump off	Table vault height optional	0.40	0.40
2 Squat through / Straddle over	Table vault height optional	0.80	0.80
3 Handspring	Table vault height optional		1.60
4 Round off	Table vault height optional		1.60
5 Handspring ½ turn	Table vault height optional		1.80

Requirements – Pommel

	Under 8 years	Over 8 years
Specific Information:	<ul style="list-style-type: none"> This apparatus is voluntary. Set routine. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 0.5 for all levels. Bonus values can be found within the relevant 'Skills – Pommel' section. 	
Element groups:	<ul style="list-style-type: none"> This is a set score of 0.9 for all levels. 	
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 – Pommel' section. Judges will deduct from this value only. 	
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Element Groups Score + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 	

Deductions – Pommel

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Body shape error/ failure/ collapse	X	X		
General	Turning of body direction during circle		X	X	
	Incorrect hand placement	X	X		
	Per stop (max two per circle)			X	
	Chronological error			X	
	No presentation	X			

Skills – Pommel

Category:	Under 8 years	Over 8 years
Routine:	<ul style="list-style-type: none"> X5 Double leg circles on high mushroom. 	<ul style="list-style-type: none"> X5 Double leg circles on high mushroom.
Bonus:		If the: <ul style="list-style-type: none"> For each flair performed instead of the circles = 0.1

Requirements – Rings

	Under 8 years	Over 8 years
Specific Information:	<ul style="list-style-type: none"> This apparatus is voluntary. Set routine. Holds/ hangs to be held for a minimum of two seconds. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 0.8 for all levels. Bonus values can be found within the relevant 'Skills – Rings' section. 	
Element groups:	<ul style="list-style-type: none"> This is a set score of 1.2 for all levels. 	
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 – Rings' section. Judges will deduct from this value only. 	
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Element Groups Score + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 	

Deductions – Rings

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Movement 'smoothness' (no stutter) in strength movements	X	X	X	
	Not reaching desired height/position in movements – All elements	X	X	X	
	Hangs not held for two seconds		X		
	Legs, arms not straight	X	X	X	
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	Not reaching ring height in swings – each side		0.2		
	Extra swing			X	
	Height in somersault		X	X	
	Rotation in somersault		X	X	
	Landing too low, high, wide		X	X	
General	Chronological error			X	
	Missing element				X
	No presentation	X			

Skills – Rings

Category:	Under 8 years	Over 8 years
Routine:	<ul style="list-style-type: none"> Chin up (head in line with rings), Straight leg lift to inverted hang, Lower to German hang (straight legged), Lift to pike hang, Layout into, X3 Swings (backwards and forwards = 1 swing) into, Backwards somersault dismount – tucked. 	<ul style="list-style-type: none"> Chin up (head in line with rings), Straight leg lift to inverted hang, Lower to German hang (straight legged) OR to Back planch, Lift to pike hang, Layout into, X5 Swings (backwards and forwards = 1 swing) into, Backwards somersault dismount – tucked.
Bonus:		If the: <ul style="list-style-type: none"> Somersault is straight = 0.1

Requirements – P Bars

	Under 8 years	Over 8 years
Specific Information:	<ul style="list-style-type: none"> This apparatus is voluntary. Set routine. Holds/ hangs to be held for a minimum of two seconds. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 0.65 for all levels. Bonus values can be found within the relevant 'Skills – P Bars' section. 	
Element groups:	<ul style="list-style-type: none"> This is a set score of 1.1 for all levels. 	
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 – P Bars' section. Judges will deduct from this value only. 	
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Element Groups Score + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 	

Deductions – P Bars

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Straight arms, legs not shown	X	X	X	
	Full dip not shown	X	X	X	
	Hold not for two seconds		X		
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
	High swing with hand transition in dismount		X	X	
	Landing upright, no movement	X	X	X	
General	Chronological error			X	
	Missing element				X
	If support on one rail not shown		X		
	No presentation	X			

Skills – P Bars

Category:	Under 8 years	Over 8 years
Routine:	<ul style="list-style-type: none"> Jump to support, X2 Dips, ½ lever (Pike) into, X2 Swings (backwards and forwards = 1 swing) into, Swing backwards into face vault dismount with support on one rail. 	<ul style="list-style-type: none"> Jump to support, X2 Dips, ½ lever (Pike) into, X2 Swings (backwards and forwards = 1 swing) into, Swing backwards into face vault dismount with support on one rail.
Bonus:	If the: <ul style="list-style-type: none"> Jump to support is changed to Float upstart to support = 0.15 	Is the: <ul style="list-style-type: none"> Jump to support is changed to Float upstart to support = 0.15 X1 swing reaches handstand (held) = 0.1

Requirements – High Bars

	Under 8 years	Over 8 years
Specific Information:	<ul style="list-style-type: none"> This apparatus is voluntary. Set routine. Loops (straps) and gloves required. Routines performed in over grasp. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 0.7 for all levels. Bonus values can be found within the relevant 'Skills – High Bars' section. 	
Element groups:	<ul style="list-style-type: none"> This is a set score of 0.9 for all levels. 	
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 – High Bars' section. Judges will deduct from this value only. 	
Scoring Information:	<ul style="list-style-type: none"> Difficulty Value + Element Groups Score + Execution Score = Starting Score Judges may amend this where requirements aren't met. Starting Score – Judges Execution Deductions = Final Score 	

Deductions – High Bars

		0.1	0.3	0.5	1.0
Technical	Small fault	X			
	Medium fault		X		
	Large fault			X	
	Fall				X
	Movement 'smoothness' (no stutter) in strength movements	X	X	X	
	Not reaching desired height/position in movements	X	X	X	
	Legs, arms not straight	X	X	X	
	Support not held during leaning back phasing in undershoot	X	X		
	Full height, extension not gained in undershoot		X	X	
	Swings not smooth (per swing)	X	X		
	Dish and arch in swings not used effectively (per swing)	X	X		
General	Chronological error			X	
	Missing element				X
	Coach assistance			X	
	No presentation	X			

Skills – High Bars

Category:	Under 8 years	Over 8 years
Routine:	<ul style="list-style-type: none"> X1 Chin up (return to hang), X1 Leg lift (return to hang), Circle upwards (bent arms allowed) to support, Undershoot into, X3 Swings (backwards and forwards = 1 swing). 	<ul style="list-style-type: none"> X1 Chin up (return to hang), X1 Leg lift (return to hang), Circle upwards (bent arms allowed) to support, Undershoot into, X5 Swings (backwards and forwards = 1 swing).
Bonus:	If the: <ul style="list-style-type: none"> Cast (above horizontal) added to undershoot = 0.05 	Is the: <ul style="list-style-type: none"> Cast (above horizontal) added to undershoot = 0.05 X1 swing is changed to $\frac{3}{4}$ baby giant = 0.05

Tariff sheet

Gymnast name	BG membership no.	U8 or O8	Are they competing? (Tick if competing)			
			Pommel	Rings	Parallel bars	High bar
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Floor Tariff

No.	Move/ Element	Difficulty Value	Element group	Element score (max 4 groups)
1				
2				
3				
4				
5				
6				
7				
8				
Difficulty Value (DV) total:			Element group total:	
Execution:				10.00
Difficulty Value (DV) + Element Group total + Execution = Start score				

Vault Tariff

Attempt no.	Move/ Element	DV
1		
Execution:		10.00
Difficulty Value (DV) + Execution = Start score		

Attempt no.	Move/ Element	DV
2		
Execution:		10.00
Difficulty Value (DV) + Execution = Start score		

Notes:

- Have these ready in order of performance for the judges
- Each gymnast will require a tariff sheet per apparatus and another for yourself on the day.