

New College Leicester's GymNova GfA Men's & Women's Championships 2022 Levels Advanced to Advanced Plus Girls

Requirements – Floor

	Advanced	Advanced Plus
Specific Information:	<ul style="list-style-type: none"> Music is required Maximum floor routine length = 1min 30 sec Whole floor to be used 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 1.0 for all levels. 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		
	Deep squat			X	
Falls: (Each skill)	Falls				X

Skills – Floor

Category: Element group:	Advanced	Advanced Plus
Routine:	<ul style="list-style-type: none"> • Either: <ul style="list-style-type: none"> ○ Handstand hop forwards rolls with straight arms. ○ Handspring. • X2 (min) acro skills series (these skills can be the same), e.g., Round off jump ½ turn cartwheel • Full spin, • Split leap, • Walkover – Forwards or backward. 	<ul style="list-style-type: none"> • Round off flic, • Handspring, • Forwards somersault – Tucked * , • Leap series – Split leap and cat leap, • Full spin, • Backwards roll to front support, • Frontal splits (any).
Acro series skills:	<ul style="list-style-type: none"> • Forwards roll • Backward roll • Walkover – forwards/ backwards • Handspring • Cartwheel • Cartwheel ¼ turn • Round off • Flic 	
Bonus:	<p>If both:</p> <ul style="list-style-type: none"> • Round off flic is performed in the acro series = 0.5 	<p>If a:</p> <ul style="list-style-type: none"> • Backwards somersault is performed instead of the flic * = 0.5

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

Requirements – Vault

	Advanced	Advanced Plus
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 Two attempts permitted. Best scoring attempt 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. 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 – 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:	Advanced	Advanced Plus
1	Handspring off a block & mat	Block & mat height = 0.8m	1.0	
2	Handstand flatback	Table vault with mat piled level to same height	1.0	
3	Handspring	Table vault height optional		1.0
4	Handspring ½ on, ½ off	Table vault height optional		1.5

Requirements – A Bars

	Advanced	Advanced Plus
Specific Information:	<ul style="list-style-type: none"> Set routine 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 1.0 for all levels. 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 – A 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 (apart from jump to high bar in Primary 1)				X

Skills – A Bars

Category:	Advanced	Advanced Plus
Routine:	<ul style="list-style-type: none"> Upward circle, Cast to 45°, Backwards hip circle, Squat on, Stretch jump dismount. 	<ul style="list-style-type: none"> Upward circle, Cast into backwards hip circle, Squat on, Jump to catch high bar, X1 trolly swing to support position, Circle down.
Bonus:	If: <ul style="list-style-type: none"> Catch the high bar with X1 swing to dismount at the back of the swing = 0.5 	If: <ul style="list-style-type: none"> No pauses within routine = 0.5

Requirements – Beam

	Advanced	Advanced Plus
Specific Information:	<ul style="list-style-type: none"> Set routine. Optional elements provided. Elements can't be repeated within series. Maximum routine length = 2.5 lengths 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> This is a set score of 1.0 for all levels. 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. 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 – 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	
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:	Advanced	Advanced Plus
Routine:	<ul style="list-style-type: none"> • Mount – Jump to front support, ¼ to straddle lever (can't sit), • X2 acro skills (not linked), • X2 leaps/ jumps, • ½ spin into ½ turn, • Dismount – Handspring. 	<ul style="list-style-type: none"> • Mount – Own choice to create stylish routine start (not marked), • X1 acro skill, • X1 acro skill & X1 leap/ jump, e.g., Cartwheel stretch jump • 135° split jump, • Full spin *, • Dismount – Forwards somersault – Tucked. *
Leaps/ jumps skills:	<ul style="list-style-type: none"> • Tuck jump • W jump • Cat leap • Split leap * • Split jump * • ½ spin • Full spin * 	<ul style="list-style-type: none"> • Stretch jump • Tuck jump • W jump • Cat leap • Split leap * • Split jump * • ½ spin * • Full spin *
Acro series skills:	<ul style="list-style-type: none"> • Forwards roll • Handstand • Cartwheel • Cartwheel ¼ turn • Walkover – Backwards * • Walkover – Forwards * 	<ul style="list-style-type: none"> • Forwards roll • Handstand • Cartwheel • Cartwheel ¼ turn • Walkover – Backwards * • Walkover – Forwards *
Bonus:		

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