New College Leicester's GymNova GfA Men's & Women's Championships 2022
Levels Primary 2 and Primary 1
Girls

Requirements – Floor

	Primary 2	Primary 1
Specific Information:	• Music isn't required • This is a set routine. • Performed on a strip of floor.	
Difficulty Value: (DV score)	• 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)	• 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:	Primary 2	Primary 1
Routine:	• Forward roll star jump, • Chasse cat leap, • Arabesque, • Stretch jump ½ turn, • Handstand, • Side to side cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears held for 3secs, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position.	• Handstand forward roll (arms may be bent), • Immediate tuck jump, • Chasse cat leap ½ turn, • ½ spin, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide, but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel.
Bonus:		If the: • Kick over from the bridge is performed = 0.5

Requirements – Vault

	Primary 2	Primary 1
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:	Primary 2	Primary 1
1	Squat on, immediate stretch jump off	Table vault (height optional)	10.0	
2	Handstand flatback	Block and safety mat = 0.8m		10.0

Requirements – A Bars

	Primary 2	Primary 1
Specific Information:	• Set routine	• Set routine • Routine split into two parts; both must be completed.
Difficulty Value: (DV score)	• 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)	• 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:	• **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:	Primary 2	Primary 1

Routine:	• Coach assistance onto bar
	• Immediate chin up, hold (2 seconds), lower down with control,
	• X1 leg lift to 45° from the bar,
	• X3 fish swings,
	• Release to safe landing.
		• Low bar:
		   o Upward circle,
		   o Cast,
		   o Cast dismount.
		• High bar (coach to assist jump to bar):
		   o Trolley swing to X3 swings,
		   o Dismount on 3rd swing backwards.

Bonus:		

Requirements – Beam

	Primary 2	Primary 1
Specific Information:	• Set routine. • Optional elements provided. • Elements can't be repeated within series. • Maximum routine length = 2.5 lengths	
Difficulty Value: (DV score)	• 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)	• 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:	• **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:	Primary 2	Primary 1
Routine:	- Jump to front support mount, - X2 leaps or jumps (not linked), - Single leg balance, ½ turn on toes, - Either: - Dismount – Stretch jump. - Dismount – Tuck jump. - Dismount – Star jump.	- Squat on mount, - X1 acro skill, - X2 linked skills (X1 must be a leap), e.g., cat leap into stretch jump - Single leg balance, ½ spin, - Dismount – Round off.
Leaps/ jumps/ balance skills:	- Stretch jump - Tuck jump - W jump - Cat leap - Split leap * - Split jump - Arabesque - Y balance	- Stretch jump - Tuck jump - W jump - Cat leap - Split leap * - Split jump - Arabesque - Y balance
Acro skills:		- 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.