## Pure Heart Key Steps competition

## Skills and Tariff sheet – Levels 1 to 3

**Requirements**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Step 1** | **Step 2** | **Step 3** |
| **Floor** | * This is a set routine * Music isn’t required | * This is a set routine * Music isn’t required | * Six skills performed in total, in any order * Music is optional |
| * All holds are to be held for three counts of ‘Mississippi’ (or similar choice of wording) | | |
| **Body management** | * This is a set routine * All holds are to be held for three counts of ‘Mississippi’ (or similar choice of wording) * Music isn’t required | | |
| **Vault** | * Two attempts permitted, best scoring attempt to count * Each attempt can be the same element, or they can be different | | |
| **Difficulty Value**  (DV score) | * Scored out of 10.0 | | |
| **Compositional Score**  (C score) | * This is not required in this competition | | |
| **Execution Score**  (E score) | * Scored out of 10.0 * See deduction table included within this document for guidance of the type of Execution Deductions judges will make | | |
| **Scoring Information** | * Difficulty Valve (DV score) + Execution Score (E score) = Starting Score * Starting Score – Judges Execution Deductions = Final Score | | |

**Note:** All information/routines are from the British Gymnastics Key Steps resource pack. This can be purchased from the Gym Shop online - <https://www.british-gymnastics.org/shop/product/key-steps/key-steps-competition-pack/> This pack contains the following:

* Section 1 – Introduction & aims of the key step programme, recommended & alternative formats for competitions.
* Section 2 – Key Steps Cards (Phase 1), Floor competitions 1-3, Vault 1-3, body Management 1-3.
* Section 3 – Managing and organising events
* Section 4 – Officiating & judging
* Section 5 – Appendices (score sheets, letters, judging slips etc)
* Section 6 – Resources (wall charts x6)

**Skills – Floor**

|  |  |  |
| --- | --- | --- |
| **Step 1** | **Step 2** | **Step 3** |
| **DV score** – 10.0 | **DV score** – 10.0 | **DV score** – 10.0 |
| * Standing with good posture, * Crouch to supported tuck, * Forwards roll to pike sit, * Teddy bear roll, * Back support, * In tuck, rock back and forward to stand, * ½ turn step backwards, * One footed stand/balance, * Stretch jump and land. | * Stretch and step forwards, * Forwards roll to stand, * Three travelling steps (knees up), * Arabesque, * Jump ½ turn, * Backwards roll to knees, * Front support and single press up, * Front support, side support, to pike sit, * Shoulder stand (arms on floor), rock to stand, * Pivot and cartwheel. | * Round off. * Side scale – towards Y balance. * Backwards roll to straddle stand. * ½ or 1/1 turn jump. * Two consecutive cartwheels or handstand forwards roll (bent arms). * Bridge, or splits, or ½ lever. |

**Deductions – Floor**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Step 1 and 2** | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault |  | X |  |  |  |
| Medium fault |  |  | X |  |  |
| Major fault |  |  |  | X |  |
| **General** | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Step 3** | **Deductions** | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault |  | X |  |  |  |
| Medium fault |  |  | X |  |  |
| Major fault |  |  |  | X |  |
| **General** | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |
| **Composition** | Not finishing with music |  | X |  |  |  |
| Poor use of floor area |  |  | X |  |  |
| No change in direction |  |  | X |  |  |
| No change in speed/levels |  |  | X |  |  |
| Sequence doesn’t flow |  |  |  | X |  |
| Poor quality/variety of linking movements (turns etc.) |  |  |  | X |  |
| No or few linking movements |  |  |  |  | X |

**Skills – Body Management**

|  |  |  |
| --- | --- | --- |
| **Step 1** | **Step 2** | **Step 3** |
| **DV score** – 10.0 | **DV score** – 10.0 | **DV score** – 10.0 |
| * Rebound jumps x10, * Tucked dish, * Back support, * Straddle sit, * Arch, * Front support, * Right leg kneeling splits, * Box split – ½ down, * Left leg kneeling splits, * Shoulder flexibility – standing, stretch arm upwards and backwards, * Broad jump. | * Single bounce skips with rope x5, * Dish with one leg out at a time, * Sit in pike, lift hips off floor (towards half lever), * 45° japana, * Arch, * Box shape, to front support, lower to floor, back to box shape, * Right leg splits – ¾ down, * Box splits – ¾ down, * Left leg splits – ¾ down, * Shoulder flexibility – box shape, pushing shoulders into the floor, * Broad jump. | * Single bounce skips with rope x10, * Dish, * Roll to arch and back to dish, * One leg half lever, * Japana, * Back support to front support, * Single press up, * Left leg split, * Box splits, * Right leg splits, * Bridge, * Broad jump. |

**Deductions – Body management**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X | X |  |  |  |
| Medium fault |  |  | X | X |  |
| Major fault |  |  |  | X | X |
| **Overall** | Flow/posture/body tension/overall impression | X | X | X | X | X |
| **General** | Step off floor | X |  |  |  |  |
| Concentration pauses | X |  |  |  |  |
| No presentation | X |  |  |  |  |
| Break during elements/series |  | X |  |  |  |
| Poor posture/untidiness throughout |  |  |  | X |  |
| Prompt by coach (max x2) |  |  |  | X |  |
| Missing out element |  |  |  |  | X |

**Example faults for floor and body management**

|  |  |  |
| --- | --- | --- |
| **Small** | **Medium** | **Major** |
| Toes not pointed  Slightly bent knees/arms  Poor posture  Legs slightly apart  Steps on landing (each step)  Exactness in turns | Bent arms/knees  Wide legs/crossed legs  Lack of height/distance in jump  Lack of split  Lack of shape e.g. tuck, pike, straddle  Balance not held  Incorrect technique | Fall  Landing on hands and knees |

**Skills – Vault**

|  |  |  |  |
| --- | --- | --- | --- |
| **Option** | **Step 1** | **Step 2** | **Step 3** |
| **A** | **DV score** – 10.0 | **DV score** – 10.0 | **DV score** – 10.0 |
| Short run, hurdle step, springboard stretch jump, land | Run, springboard take off, squat on box, stand, straight arm and legged walk to end, tuck jump off, land | Run, floor take off, squat on, immediate stretch jump off, land |
| **B** | **DV score** – 10.0 | **DV score** – 10.0 | **DV score** – 10.0 |
| Short run, hurdle step, squat onto bench, walk to end with arms out wide, stretch jump dismount, land | Run, floor take off, squat on box, stand, straight arm and legged walk to end, stretch jump off, land | Run, springboard jump, squat through, land |

**Deductions – Vault**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | **0.1** | **0.2** | **0.3** | **0.5** | **1.0** |
| **1st flight** | Legs apart | X | X | X |  |  |
| Incorrect arm action | X | X | X | X |  |
| Incorrect foot pattern | X | X | X | X |  |
| Insufficient stretch onto apparatus | X | X | X | X |  |
| Poor technique, coordination, posture | X | X | X | X |  |
| **Support/ thrust** | Touch with one hand/foot only |  |  |  |  | X |
| Touch with knees |  |  |  |  | X |
| Poor technique, coordination, posture | X | X | X | X |  |
| Too long on apparatus | X | X | X | X |  |
| Incorrect body shape | X | X | X | X |  |
| Legs apart | X | X | X |  |  |
| **2nd flight** | Incorrect arm position | X | X | X | X |  |
| Legs apart | X | X | X |  |  |
| Lack of height | X | X | X | X |  |
| Lack of distance | X | X | X | X |  |
| Poor technique, coordination, posture | X | X | X | X |  |
| Incorrect body shape | X | X | X | X |  |
| **Landing** | Poor technique, coordination, posture | X | X | X | X |  |
| Extra movement for balance | X | X | X |  |  |
| Not landing in a straight line | X | X | X |  |  |
| Deep squat on landing | X | X | X |  |  |
| Step on landing (each step) | X | X | X |  |  |
| Support by coach on landing |  |  |  | X |  |
| Support during vault |  |  |  |  | X |
| Failure to land feet first (this includes deduction for fall) |  |  |  |  | X |
| Fall |  |  |  | X |  |
| Heavy landing/lack of control | X | X | X |  |  |
| Touch floor with hand |  |  | X |  |  |
| Insufficient dynamics throughout the vault | X | X | X |  |  |
| **General** | No presentation | X |  |  |  |  |

**Tariff sheet – Step 1 and 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Level entering** | **Vault 1** | **Vault 2** |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. |

**Tariff sheet – Step 3**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast name** | **BG mem no.** | **Order of floor skills (not including linking skills)** | | | | | | **Vault 1** | **Vault 2** |
| **1** | **2** | **3** | **4** | **5** | **6** |
| [Insert full name] | [Insert no.] | Backwards roll to straddle stand | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. | Choose an item. |