



Retford GfA and Disability Competition 2020

Boys

Skills and Tariff sheet – Advanced

Requirements

		Advanced
Key Information		<ul style="list-style-type: none"> Equipment dimensions/type can be found within the handbook
Floor Information		<ul style="list-style-type: none"> Music isn't required Set elements although can be performed in any order with additional steps to create a floor routine Max routine length = 1min 30sec Whole floor to be used
Vault Information		<ul style="list-style-type: none"> Vault heights next to specific elements, warm up vault must suit the group Two attempts permitted on vault, best score to count Both vaults must be the same element performed
High Bar Information		<ul style="list-style-type: none"> Set routine
P Bars Information		<ul style="list-style-type: none"> Set routine
Difficulty Value (DV score)	Floor	<ul style="list-style-type: none"> Scored out of 10.0 Bonus values are listed in the Skills section of this document
	Vault	<ul style="list-style-type: none"> This is listed within the Skills section of this document
	H bar	<ul style="list-style-type: none"> Scored out of 10.0 Bonus values are listed in the Skills section of this document
	B bars	<ul style="list-style-type: none"> Scored out of 10.0 Bonus values are listed in the Skills section of this document
Compositional Score (C score)	Floor	<ul style="list-style-type: none"> This is not required in this competition
	Vault	<ul style="list-style-type: none"> This is not required in this competition
	H bar	<ul style="list-style-type: none"> This is not required in this competition
	P bars	<ul style="list-style-type: none"> This is not required in this competition
Execution Score (E score)		<ul style="list-style-type: none"> 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		<ul style="list-style-type: none"> Difficulty Value (DV score) + Execution Score (E score) = Starting Score Starting Score – Judges Execution Deductions = Final Score



Skills – Floor

Advanced	
Routine	<ul style="list-style-type: none"> • Backward roll to handstand (arm bend is optional) * • Handstand forward roll to pike sit, lift to pike lever 3secs hold, • Min. two skills acro series – One skill must be flighted, Round off, flic, handspring, cartwheel is accepted • Handspring, • Jump series – Two different jumps linked together, • Handstand ½ pirouette * • Y balance or arabesque 3secs hold, • Splits 3secs hold (forwards or box).
Bonus	If both skills in the acro series are flighted e.g. round off, flic, handspring = 0.5

Note: Skills marked with a * can't be supervised by a Level 2 General Gymnastics coach.

Deductions – Floor

Deductions		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 from tumblers (step)	X	X		
Landing deductions (Each time)	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
Falls (Each skill)	Falls				X



Skills – Vault

Element	Equipment	Advanced
Handstand flatback	Block and safety mat 1.20m	10.0
Handspring	Table vault (height optional)	10.0

Deductions – Vault

Deductions		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 centre	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 – High bar

Advanced	
Routine	<ul style="list-style-type: none"> • Jump to hang, • Circle up to front support, • Cast back hip circle, • Cast $\frac{3}{4}$ giant to front support, • Cast straddle undershoot dismount.
Bonus	If one cast reaches 45 degrees = 0.5

Note: TeamGym, Women’s Artistic, and General Gymnastics coaches can’t enter boys four-piece competitions as parallel bars aren’t covered within their syllabus.

Deductions – High bar

Deductions		0.1	0.3	0.5	1.0
General	Legs apart		X		
	Lack of swing or pause	X	X		
	Low amplitude on flight elements	X	X		
	Deviation from plane of movement	X	X		
	Layaway on the back swing		X		
	Bent arms	X	X		
	Bent knees (each time)	X	X		
	Elements not continuing in their intended direction			X	
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X		
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X



Skills – Parallel bars

Advanced	
Routine	<ul style="list-style-type: none"> • Start in upper arm support, • Kip to straddle sit on bars lift to ½ lever 2secs hold *, • Two dips, • Four swings *, • Flank dismount *.
Bonus	If dismount from handstand = 0.5

Note: TeamGym, Women’s Artistic, and General Gymnastics coaches can’t enter boys four-piece competitions as parallel bars aren’t covered within their syllabus.

Deductions – Parallel bars

Deductions		0.1	0.3	0.5	1.0
General	One leg step or swing on mount		X		
	Layaway on the back swing		X		
	Excessive hand separation/body deviation (each)	X	X	X	
	Hand adjustments (each)	X			
	Lack of extension	X	X		
	Uncontrolled re-grasping		X	X	
	Depth of the dip	X	X		
	Height of the lever	X	X		
	Body shape within swings	X	X		
Additional	Landing	X	X		
	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X