



Retford GfA and Disability Competition 2020

Boys

Skills and Tariff sheet – Primary 2 and 1

Requirements

		Primary 2	Primary 1
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 performed on a strip of floor 	
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 	
	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 	
	B bars	<ul style="list-style-type: none"> Scored out of 10.0 	
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

	Primary 2	Primary 1
Routine	<ul style="list-style-type: none"> • Forward roll into an immediate star jump, • Jump ¼ turn, • One side to back cartwheel (this is not a round off), • Show handstand back to stand, • Jump ½ turn (to change the direction), • Side leg lift (45 degrees), • Squat down and jump legs forward to back support hold for 3secs, • Turn over to front support hold for 3secs, • One press up, • Jump feet into hands to squat, • Backwards roll to stretch jump to finish. 	<ul style="list-style-type: none"> • Tucked backward roll to front support, • Jump feet into squat to stand, • Arabesque, • Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (to change the direction), • Step feet together, • Stretch jump ½ turn, (to change the direction), • Handstand forward roll, • Perform a Swedish fall with leg raised, • Lower raised leg to finish in front support, • Two press ups, • Squat feet in, • Stretch jump to stand, • Skip step into round off, • Jump half turn jump to land, • Forward roll, • Star jump to finish.
Bonus		

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

Skills – Vault

Element	Equipment	Primary 2	Primary 1
Squat on	Table vault (height optional)	10.0	10.0
Handstand flatback	Block and safety mat 0.8m		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

	Primary 2	Primary 1
Routine	<ul style="list-style-type: none"> • Three swings, • Dish shape hold 3secs, • Arch shape hold 3secs, • Trolley swing to initiate the 3 swings, • Dismount on third swing 	<ul style="list-style-type: none"> • Coach assist jump to high bar, • One chin up, • Upward circle, • Cast, • Forward circle down, • Three swings, • Dismount at back of third swing.
Bonus		

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

	Primary 2	Primary 1
Routine	<ul style="list-style-type: none"> • One dip, • ½ lever 2secs, • Three swings, • Dismount at back of third swing through middle of bars. 	<ul style="list-style-type: none"> • Two dips, • ½ lever 2secs, • Three swings, • Flank off at back to side of bar.
Bonus		

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		
	Landing	X	X		
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X