## Retford GfA and Disability Competition 2020

## Skills and Tariff sheet – Disability Levels 1 to 3

**Requirements – Floor**

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| --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** |
| **General requirements** | * Music is optional * All holding elements are to be held for three ‘Mississippi’ (or similar choice of wording) | | |
| **Difficulty Value**  (DV score) | * Marked out of 10.0 * This is a set routine made up of eight elements (skills) | * Marked out of 11.0 * Severn elements (skills) to be performed in any order | * Marked out of 12.0 * Eight (elements) skills that fulfil the minimum requirements:   + 1 X acrobatic line which includes two skills (no flighted move required)   + 1 X leap or jump series (no split required)   + 1 X full spin or jump full turn   + 1 X backwards element * Maximum of one somersault |
| **Compositional Score**  (C score) | * This is not required in this competition | | |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | | |
| **Scoring Information** | * Difficulty Valve (DV score) + Execution Score (E score) = Starting Score * Starting Score – Judges Execution Deductions = Final Score | | |

**Skills – Floor**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Level 1** | | **Level 2** | | **Level 3** | |
| **Boys** | **Girls** | **Boys** | **Girls** | **Boys** | **Girls** |
| **Skills** | * Forwards roll to sit, * Rock back to shoulder stand, * Lie on back and half a log roll (180°), push to front support, step/jump feet in and stand, * Arabesque (rear leg above 45°), * Jump half turn (180°), * Half handstand (lead leg above 45°), * Tuck jump to land, * Stretch jump to land. | | * Cartwheel (legs above 45°) * Round off * Roll to stand – forwards or backwards * Handstand * Jump full turn (360°) * Tuck jump, immediate star jump, to land * Arabesque hold for 2 seconds minimum (rear leg above 45°) | | ‘A’, ‘B’, and ‘C’ elements from the MAG FIG Code of Points p.42 – 53 | ‘A’ and ‘B’ elements from the WAG FIG Code of Points p.149 – 168 |
| **Barred elements** | The above routine is a set routine. | | Only the elements listed above can be performed. | | Multiple flics  Double somersaults  Jumps/leaps/hops/spins with more than a 1/1 LA turn  Elements higher then stated element groups | |

**Requirements – Vault**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** |
| **General requirements** | * Each gymnast gets two attempts at vault, the highest scoring vault counts | | |
| **Difficulty Value**  (DV score) | * You can find these score in the table below | | |
| **Execution score**  (E score) | * Marked out of 10.0 * This is the focus of judging deductions, therefore don’t go for the higher difficulty, go for perfected execution | | |
| **Scoring** | * Difficulty Value + Execution = Start Value Example: 8.0 (DV) + 10.0 (E score) = 18.0 Start Value | | |

**Skills – Vault**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Option** | **Element** | **Equipment** | **Level 1** | **Level 2** | **Level 3** |
| **A** | Climb onto bench (anyway wish to – this isn’t judged) From standing on the end of a bench, stretch jump to land | Bench, landing mat | 8.0 |  |  |
| **B** | Run, hurdle step to springboard rebound stretch or tuck jump, to land | Springboard, landing mat | 8.5 |  |  |
| **C** | Run, hurdle step to springboard, squat onto platform, walk to end, stretch jump off, to land | Springboard, 0.6m platform, landing mat | 9.0 |  |  |
| **D** | Run, hurdle step to springboard, squat onto platform, walk to end, stretch jump off, to land | Springboard, 1.0m vaulting table, landing mat |  | 9.5 |  |
| **E** | Run, hurdle step to springboard, squat onto platform, immediate stretch jump off, to land | Springboard, 1.0m vaulting table, landing mat |  | 10.0 |  |
| **F** | Run, hurdle step to springboard, handstand flatback | Springboard, 0.6m platform, landing mat |  | 10.5 |  |
| **G** | Run, hurdle step to springboard, handstand flatback | Springboard, 0.9m platform, landing mat |  |  | 11.0 |
| **H** | Run, hurdle step to springboard, handstand flatback | Springboard, 1.1m platform, landing mat |  |  | 11.5 |
| **I** | Run, hurdle step to springboard, handspring | Springboard, vaulting table 1.0m+, landing mat |  |  | 12.0 |

**Deductions – Floor**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **Artistry deduction throughout** | Insufficient flow/dynamics of routine | X | X |  |  |
| **Specific floor deductions** | Missing competition requirements |  |  | X |  |
| **Skill focused 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 |  |  |  |
| Insufficient height of element | X | X |  |  |
| Insufficient tuck, pike or stretch | X |  |  |  |
| Element not held for three seconds | X | X |  |  |
| Feet not pointed/loose/body alignment | X |  |  |  |
| **Landing deductions**  (Each time) | Extra steps (each) (max of 0.3) | X |  |  |  |
| Trunk movement to maintain balance | X |  |  |  |
| Very large step or jump |  | X |  |  |
| Deep squat |  | X |  |  |
| **Falls**  (Each skill) | Falls |  |  | X |  |

**Deductions – Vault**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **First flight** | Incomplete turn | X | X | X |  |
| Hip angle | X |  |  |  |
| Bend knees | X | X |  |  |
| Leg separation | X |  |  |  |
| Insufficient layout in squad | X | X |  |  |
| **Repulsion** | Staggered altered hand placement | X |  |  |  |
| Bent arms | X | X |  |  |
| Shoulder angle | X | X |  |  |
| Touch with one hand |  |  | X |  |
| Steps to the end of vault | X | X |  |  |
| Failure to pass through vertical |  | X |  |  |
| **Second flight** | Lack of height | X | X | X |  |
| Incomplete turn | X |  |  |  |
| Insufficient length | X | X |  |  |
| Bent knees | X | X |  |  |
| Leg separation | X |  |  |  |
| **Landing** | Extra steps (each) (max of 0.3) | X |  |  |  |
| Extra arm swing | X |  |  |  |
| Body posture faults | X |  |  |  |
| Deep Squat |  | X |  |  |
| Deviation from center | X |  |  |  |
| Fall |  |  | X |  |
| **Additional** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all |  |  |  | X |
| Support from coach |  | X |  |  |

**Tariff sheet**

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| --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Category** | | |
| **Level** | **Age** | **Disability** |
| [Insert full name] | [Insert no.] | [Select level] | [Select] | [Select] |

|  |  |  |
| --- | --- | --- |
| **Floor tariff** | | |
| **No.** | **Elements (skills) in order of performance** | |
| **1** | [Insert move/element name] | |
| **2** | [Insert move/element name] | |
| **3** | [Insert move/element name] | |
| **4** | [Insert move/element name] | |
| **5** | [Insert move/element name] | |
| **6** | [Insert move/element name] | |
| **7** | [Insert move/element name] | |
| **8** | [Insert move/element name] | |
| **Difficulty Value:** | | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Difficulty Value** |
| **1** | [Select vault option] | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Difficulty Value** |
| **2** | [Select vault option] | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

**Note:** Have these ready in order of performance for the judges – see programme for details.