



## Retford GfA and Disability Competition 2020

### Girls

### Skills and Tariff sheet – Adv, Adv+, Adv+ Challenge

#### Requirements

		Advanced	Advanced Plus	Advanced Plus Challenge
<b>Key Information</b>		<ul style="list-style-type: none"> <li>Equipment dimensions/type can be found within the handbook</li> </ul>		
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>Music is required</li> <li>Maximum floor routine length = 1min 30sec</li> <li>Whole floor to be used</li> </ul>		
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Vault heights next to specific elements, warm up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>Both vaults must be the same element performed</li> </ul>		
<b>A Bars Information</b>		<ul style="list-style-type: none"> <li>Set routine</li> </ul>		
<b>Beam Information</b>		<ul style="list-style-type: none"> <li>Set routine with optional elements</li> <li>Elements can't be repeated within series</li> <li>Maximum routine length = 2.5 lengths</li> </ul>		
<b>Difficulty Value</b> (DV score)	<b>Floor</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>Bonus values are listed in the Skills section of this document</li> </ul>		
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is listed within the Skills section of this document</li> </ul>		
	<b>A bars</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>Bonus values are listed in the Skills section of this document</li> </ul>		
	<b>Beam</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>Bonus values are listed in the Skills section of this document</li> </ul>		
<b>Compositional Score</b> (C score)	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
	<b>A bars</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
	<b>Beam</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>		
<b>Execution Score</b> (E score)		<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>		
<b>Scoring Information</b>		<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Execution Deductions = Final Score</li> </ul>		



### Skills – Floor

	Advanced	Advanced Plus	Advanced Plus Challenge
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Handspring,</li> <li>• Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same),</li> <li>• Full spin,</li> <li>• Leap series – Split leap and cat leap,</li> <li>• Stretch jump full turn,</li> <li>• Walkover.</li> </ul>	<ul style="list-style-type: none"> <li>• Min. of two flighted skills acro series – Both skills must be flighted and different,</li> <li>• Handspring,</li> <li>• Somersault (forwards or backwards) *,</li> <li>• Leap series – Split leap and cat leap and full turn,</li> <li>• Full spin,</li> <li>• Handstand forward roll – Straight arms.</li> </ul>	<ul style="list-style-type: none"> <li>• Round off, flic, tuck jump,</li> <li>• Min of two skill leap series – One skill must be 180° split leap,</li> <li>• Min of two skill jump series,</li> <li>• Full spin,</li> <li>• Walkover – Backwards or forwards,</li> <li>• Backward roll to handstand (arm bends optional) *,</li> <li>• Min. of two acro series – One skill must be flighted and both to be different,</li> <li>• Cartwheel.</li> </ul>
<b>Bonus</b>	If both skills are flighted in the acro series = 0.5	If a skill is performed before or after the somersault e.g. front somersault walk out round off * = 0.5 If free cartwheel is performed = 0.5*	If round off, flic, backwards somersault is completed instead of tuck jump at the end = 0.5* If round off, flic, backwards somersault is completed in pike or puck = 0.5* If free cartwheel is performed instead of cartwheel = 0.5* If free forwards walkover is performed instead of walkover – forwards = 0.5*
<b>Leap series skills</b>	As stated in routine	As stated in routine	Split leap (180° split) Cat leap 1/1 turn Stag leap
<b>Jump series skills</b>			Tuck jump Straddle jump Pike jump W jump ½ turn 1/1 turn
<b>Acro series skills</b>	Forwards roll Backward roll Walkover – forwards or backwards Handspring	Cartwheel Cartwheel ¼ turn Round off Flic	Cartwheel Cartwheel ¼ turn Round off Flic Handspring Walkover – forwards or backwards Somersault – forwards, backwards or sideways*

**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
<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine	X	X	X	
<b>Specific floor deductions</b>	Touch of hair/leotard/clothing	X			
	Missing competition requirements			X	
<b>Execution deductions (Each time)</b>	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			
<b>Landing deductions (Each time)</b>	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		
	Deep squat			X	
<b>Falls (Each skill)</b>	Falls				X



### Skills – Vault

Vault		Equipment	Advanced	Advanced Plus	Advanced Plus Challenge
1	Handspring to feet (off a block)	Block height = 0.6m	10.0		
2	Handstand flatback	Block and mat height = 0.9m	10.0		
3	Handspring	Table vault height optional		10.0	10.0
4	Handspring ½ off	Table vault height optional			11.0
5	Handspring ½ on, ½ off	Table vault height optional		10.5	
6	Handspring 1/1 off	Table vault height optional			12.0

### Deductions – Vault

Deductions		0.1	0.3	0.5	1.0
<b>First flight</b>	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	
<b>Repulsion</b>	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		
<b>Second flight</b>	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		
	Extra steps (each)	X			
<b>Landing</b>	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
	Skill attempted but not completed			X	
<b>Additional</b>	Skill not attempted at all				X
	Support from coach				X



### Skills – A Bars

	Advanced	Advanced Plus	Advanced Plus Challenge
<b>Routine</b>	<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch high bar,</li> <li>Two swings,</li> <li>Release on third swing back.</li> </ul>	<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch top bar,</li> <li>Immediate <math>\frac{3}{4}</math> baby giant *,</li> <li>Straddle undershoot dismount.</li> </ul>	<ul style="list-style-type: none"> <li>Upward circle,</li> <li>Cast back hip circle,</li> <li>Squat on,</li> <li>Jump to catch top bar,</li> <li>Immediate <math>\frac{3}{4}</math> baby giant *,</li> <li>Straddle undershoot dismount <math>\frac{1}{2}</math> turn*.</li> </ul>
<b>Bonus</b>	If one cast reaches $45^\circ = 0.5$	If dismount is straddle undershoot $\frac{1}{2}$ turn* = 0.5	If cast achieves $45^\circ$ from vertical = 0.5* If cast to back hip circle is cast to back sole circle into the squat = 0.5*

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

### Deductions – A Bars

Deductions		0.1	0.3	0.5	1.0
<b>General</b>	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	
<b>Additional</b>	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 – Beam**

	<b>Advanced</b>	<b>Advanced Plus</b>	<b>Advanced Plus Challenge</b>
<b>Routine</b>	<ul style="list-style-type: none"> <li>Mount – Jump to front support, ¼ to straddle lever (can't sit),</li> <li>Leap series – Two skills linked, and one must be a leap e.g. cat leap/tuck jump,</li> <li>One split jump (min 135°),</li> <li>½ spin,</li> <li>Two acro series skills,</li> <li>Dismount – Round off <b>or</b> handspring.</li> </ul>	<ul style="list-style-type: none"> <li>Mount – Squat through to rear support,</li> <li>One split leap (min 135°),</li> <li>Two acro series skills,</li> <li>Leap series – Two skills linked, and one must be a leap e.g. cat leap/tuck jump,</li> <li>Full spin,</li> <li>Dismount – Handspring.</li> </ul>	<ul style="list-style-type: none"> <li>Mount – Squat through to rear support,</li> <li>One split leap – Min 135°,</li> <li>Min two skill acro series – Immediately linked,</li> <li>Min two skill leap series – Immediately linked and one must be a leap,</li> <li>Full spin,</li> <li>Dismount – Somersault.</li> </ul>
<b>Bonus</b>	If full spin is performed instead of ½ spin = 0.5	If the dismount is a somersault * = 0.5 If all criteria fulfilled and no falls = 0.5	If all criteria fulfilled and no falls = 0.5 If routine has music and linking dance movements to create a full beam routine = 0.5
<b>Skills for series</b>	Stretch jump    Split leap Tuck jump        Split jump W jump            Forward roll ½ spin             Handstand Full spin          Walkover Cat leap          Cartwheel	Stretch jump    Stretch jump Tuck jump        Tuck jump W jump            W jump ½ spin             ½ spin Full spin          Full spin Cat leap          Cat leap	Split leap         Stretch jump Split jump        Tuck jump Forward roll     W jump Handstand       ½ spin Walkover         Full spin Cartwheel        Cat leap

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

**Deductions – Beam**

<b>Deductions</b>		<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<b>General</b>	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	
<b>Additional</b>	Additional movements to maintain balance			X	
	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

**Note:** These deductions are in additional 'normal' execution deductions for beam