



Retford GfA and Disability Competition 2020

Girls

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 	
A Bars Information		<ul style="list-style-type: none"> Set routine 	<ul style="list-style-type: none"> Set routine This routine is in two parts, both must be completed
Beam Information		<ul style="list-style-type: none"> Set routine Elements can be repeated within series 	<ul style="list-style-type: none"> Set routine Elements can't be repeated within series
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 	
	A bars	<ul style="list-style-type: none"> Scored out of 10.0 	
	Beam	<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 	
	A bars	<ul style="list-style-type: none"> This is not required in this competition 	
	Beam	<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 star jump, • Chasse cat leap, • Arabesque, • ½ spin, • Handstand, • Front to back cartwheel, • Squat down to then lie flat on back, • Dish shape 3secs hold (arms by ears or on thighs), • Roll to lie on front, • Arch shape with arms by ears 3secs hold, • Push to front support, • Jump feet to hands, • Stretch jump from the squat position. 	<ul style="list-style-type: none"> • Handstand forward roll (arms may be bent), • Forward roll stretch jump, • Immediate tuck jump, • Chasse cat leap ½ turn, • Backward roll to straddle stand, • ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide but final position must be arms to the side), • From splits, turn to sit in straddle, • Join legs together, • Lie down on back and push to bridge, • Lie down from bridge and rock to stand, • Stretch jump full turn, • From feet together, jump into round off, jump ½ turn step out into a front to side cartwheel.
Bonus		If kick over from the bridge = 0.5

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		
	Deep squat			X	
Falls (Each skill)	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 – A bars

	Primary 2	Primary 1
Routine	<ul style="list-style-type: none"> • Trolley swing to initiate, • Three swings, • Dismount on third swing. 	<ul style="list-style-type: none"> • Low bar: <ul style="list-style-type: none"> ○ Upward circle, ○ Cast, ○ Cast dismount. • High bar (coach to assist jump to bar): <ul style="list-style-type: none"> ○ One chin, ○ One leg lift, ○ Three fish swings, • Release to land.
Bonus		

Note: TeamGym and Men’s Artistic coaches can’t enter girls four-piece competitions as A-bars and beam 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 – Beam

	Primary 2		Primary 1	
Routine	<ul style="list-style-type: none"> Mount – Squat on or jump to front support, Leap series – Two leaps or jumps linked, Single leg balance, Two leaps or jumps or hops or turns or spins (don't have to be linked), Dismount – Stretch, tuck, or star jump. 		<ul style="list-style-type: none"> Mount – Squat on, Leap series – Two skills linked (one must be a leap e.g. cat leap or tuck jump), One acro skill, Two leaps or jumps or spins (don't have to be linked), Single leg balance, Dismount – Round off. 	
Bonus				
Skills for series	Stretch jump Tuck jump W jump ½ spin ½ turn on toes Cat leap Split leap	Split jump Forward roll Handstand Walkover Cartwheel Arabesque Y balance	Stretch jump Tuck jump W jump ½ spin ½ turn on toes Cat leap Split leap Split jump	Forward roll Handstand Walkover Cartwheel Arabesque Y balance Chasse

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Deductions – Beam

	Deductions	0.1	0.3	0.5	1.0
General	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	
	Additional movements to maintain balance			X	
Additional	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