## Gymnastics for All

## Retford Gym Club Floor and Vault Competition 2018

## Over 8 years Boys and Girls – Primary 2 and 1

## Skills and Tariff sheet

**Requirements (Boys and Girls)**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Key information** | * Boys and girls will compete together but will be in separate categories * If the gymnast runs out of floor space they are to stop and turn around neatly and continue – this won’t be judged but help maintain focus * Table vault height optional, but warm up must suit the group * Two attempts permitted on vault, best score to count | |
| **Floor set up** | * Strip of floor | * Strip of floor |
| **Vault set up** | * Box vault   + 8 years – 3 sections   + 9+ years – 4 sections | * Box vault   + 8 years – 3 sections   + 9 and 10 years – 4 sections   + 11+ years – 4 sections * Handstand flatback will have blocks/mats to match height of vault |
| **Difficulty Value**  (DV score) | * Each age category will state the ‘max score’ * This score is the starting score which execution deductions are taken from | |
| **Execution Deductions**  (Deductions) | * This is the focus of the competition performance. Gymnasts should focus on the quality of the skills being performed so they receive fewer deductions * A guidance of deductions can be found at the bottom of each apparatus skill list | |
| **Scoring information** | * Difficulty Value (DV score) – Deductions = Final score | |

**Skills – Floor (Girls)**

|  |  |
| --- | --- |
| **Primary 2** | **Primary 1** |
| **Max score:** 10.00 | **Max score:** 10.00 |
| * 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. | * 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** 0.5 if kick over from the bridge. |

**Skills – Floor (Boys)**

|  |  |
| --- | --- |
| **Primary 2** | **Primary 1** |
| **Max score:** 10.00 | **Max score:** 10.00 |
| * 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. | * 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. |

**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 tumbles (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 (Boys and Girls)**

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| --- | --- | --- | --- |
| **Vault** | | **Primary 2** | **Primary 1** |
| A | Squat on, stretch jump off | 10.0 | 9.0 |
| B | Squat through (9 and 10 years only) |  | 10.0 |
| C | Straddle over (9 and 10 years only) |  | 10.0 |
| D | Squat through (11+ years only) |  | 9.0 |
| E | Straddle over (11+ years only) |  | 9.0 |
| F | Handstand flatback |  | 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 | X | X | X |  |
| **Repulsion** | Staggered altered hand placement | X | X |  |  |
| Bent arms | X | X | X |  |
| Extra steps on top of the vault (per step) | X |  |  |  |
| Shoulder angle | X | X |  |  |
| Touch with one hand |  |  |  | X |
| Steps to the end of vault | X | X | 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 |

**Tariff sheet – Primary 1 only**

|  |  |  |  |
| --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Vault 1** | **Vault 2** |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
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| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
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| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
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| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Choose an item. | Choose an item. |