



Gymnastics for All
Retford Gym Club Floor and Vault Competition 2018
Under 8 Years
Skills and Tariff sheet

Requirements – Floor and vault

	5 Years	6 Years	7 Years
Key information	<ul style="list-style-type: none"> 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 Routines are a set order which all gymnasts perform one by one Two attempts permitted on vault, best score to count 		
Floor set up	<ul style="list-style-type: none"> Strip of floor 	<ul style="list-style-type: none"> Strip of floor 	<ul style="list-style-type: none"> Strip of floor
Vault set up	<ul style="list-style-type: none"> Springboard only Junior springboard 	<ul style="list-style-type: none"> Box vault (long) – 2 sections Junior springboard 	<ul style="list-style-type: none"> Box vault (long) – 3 sections Junior springboard
Difficulty Value (DV score)	<ul style="list-style-type: none"> Each age category will state the 'max score' This score is the starting score which execution deductions are taken from 		
Execution Deductions (Deductions)	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Difficulty Value (DV score) – Deductions = Final score 		



Skills – Floor

5 Years	6 Years	7 Years
Max score: 10.00	Max score: 10.00	Max score: 10.00
<ul style="list-style-type: none"> Walk four steps stretched on toes and arms by ears, Squat down, Tuck roll backwards to shoulders and forward to finish on feet in the squat position, Roll out to lie flat on back with hands on top of thighs, Show dish shape for 3secs, Lower to the floor, Extend arms by ears and log roll onto tummy, Lift to arch for 3secs, Lower to the floor, Circle arms outwards to finish under shoulders, Push to kneeling for 3secs, Jump feet forward to squat, Jump to stand, Balance on one leg for 3secs, Put feet back together to stand, Three skips showing high knee lift, From two feet stretch jump to finish. 	<ul style="list-style-type: none"> Walk four steps stretched on toes and arms by ears, Squat down, Tuck roll backwards to shoulders and forward to stand, Stretch jump to squat down, Roll out to flat back with hands on top of thighs, Show dish shape holding for 3secs, Lower to the floor, Extend arms by ears and log roll on to tummy, Lift to arch holding for 3secs, Lower to floor and circle arms outwards to finish under shoulders, Push to kneeling hold body in a support position for 3secs, Jump feet forward to squat, Jump to stand, Balance on one leg to the side 45 degrees and hold for 3secs, Return to stand perform two chasse steps on the same leg, From two feet star jump to finish. 	<ul style="list-style-type: none"> Walk four steps stretched on toes and arms by ears, Arabesque leg over 45 degrees hold for 3secs, Return to stand, Squat down forward roll to finish in squat, Roll back to shoulder stand supporting at the hips hold for 3secs, Roll out to flat back with hands on top of thighs, Show dish shape holding for 5secs, Lower to the floor, Extend arms by ears log roll onto tummy, Lift into arch holding for 5secs, Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs, Jump feet in to squat, Stretch jump to stand, Two forward chasse steps with change leg, From two feet stretch jump ½ turn to finish.

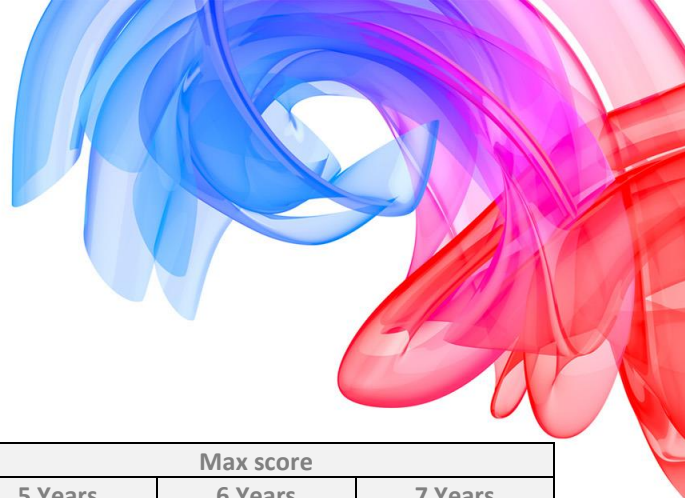
Deductions – Floor

	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

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Skills and set up – Vault

Vault	Max score		
	5 Years	6 Years	7 Years
Run, hurdle step onto a springboard with immediate stretch jump onto a safety mat	10.00		
Squat on the vault, walk with controlled steps to the end, stretch jump off with controlled landing		10.00	
Squat on the vault, immediate stretch jump with controlled landing			10.00

Deductions – Floor

	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	
	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 center	X			
	Brush on apparatus			X	
Fall				X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X