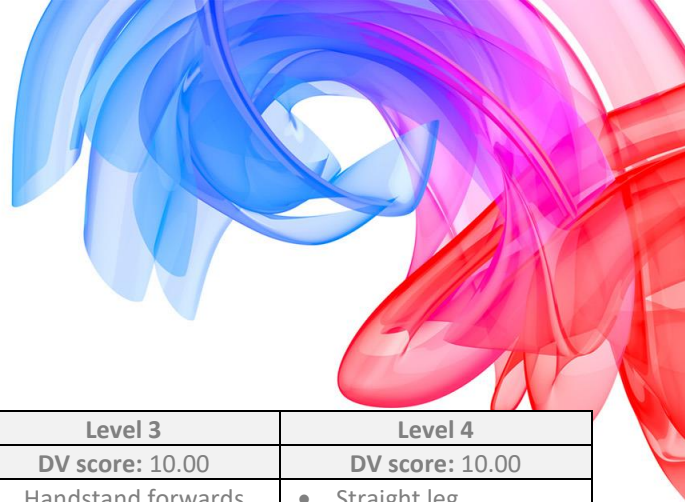




## Sleaford Elite Levels 1 – 4 Floor and Vault competition Skills and Tariff sheet – Levels 1 to 4

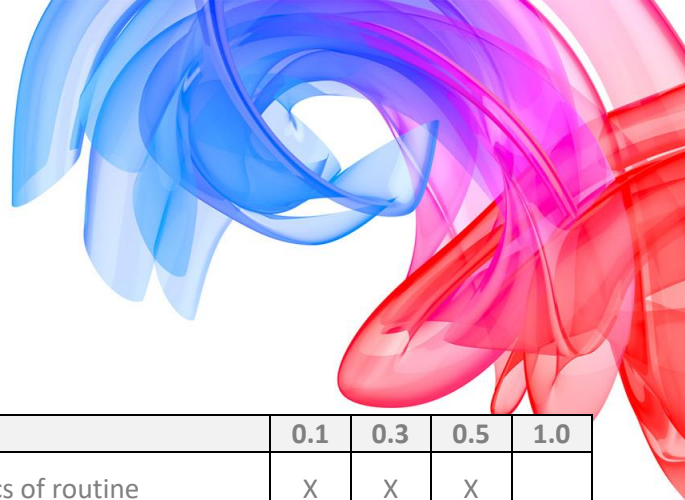
### Requirements – Floor and Vault

	Level 1	Level 2	Level 3	Level 4
<b>Key Information</b>	<ul style="list-style-type: none"> <li>• Equipment dimensions/type can be found within the handbook</li> <li>• Check categories within handbook, particularly ages, for level which can be entered at</li> <li>• Tariff sheets aren't required for this event – judges are to judge what they see on the day</li> <li>• Gymnasts are to compete the same level on floor and vault</li> </ul>			
<b>Floor Information</b>	<ul style="list-style-type: none"> <li>• Eight skills to be performed in any order; but must contain the following elements: <ul style="list-style-type: none"> <li>○ 3 X Acrobatic</li> <li>○ 2 X Flexibility</li> <li>○ 2 X Balance</li> <li>○ 1 X Conditioning</li> </ul> </li> <li>• Skills can't be repeated</li> <li>• No music is required</li> <li>• All holding elements are to be held for three 'Mississippi' (or similar choice of wording)</li> <li>• Only the skills are judged but you may wish to add travelling elements in for ease of movement for the gymnasts. Such elements could be (this list is not extensive):</li> </ul>			
	<ul style="list-style-type: none"> <li>• Chasses</li> <li>• Step turns</li> </ul>		<ul style="list-style-type: none"> <li>• Skips</li> <li>• Backward skips</li> </ul>	
<b>Vault Information</b>	<ul style="list-style-type: none"> <li>• Two attempts permitted, best scoring attempt to count</li> <li>• Each attempt can be the same element, or they can be different</li> <li>• Any handstand flatback skills are to land flat, not dished</li> </ul>			
<b>Difficulty Value</b> (DV score)	<ul style="list-style-type: none"> <li>• This score is stated at the top of each routine/element on the 'Skills section'</li> </ul>			
<b>Compositional Score</b> (C score)	<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 – Judges Execution Deductions = Final Score</li> </ul>			



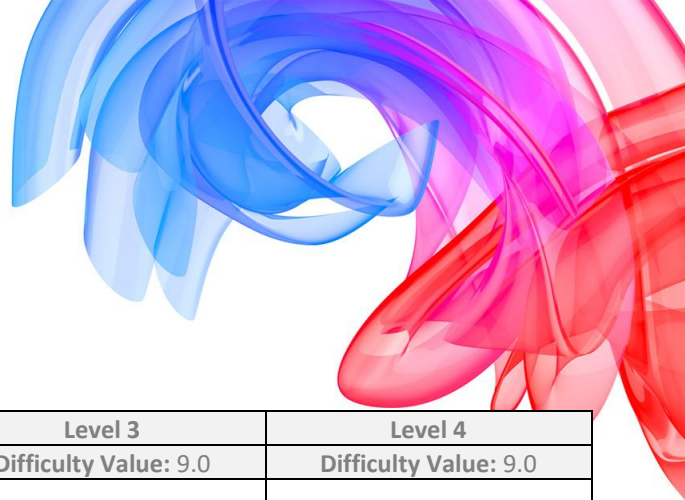
**Skills – Floor**

Category	Level 1	Level 2	Level 3	Level 4
	DV score: 10.00	DV score: 10.00	DV score: 10.00	DV score: 10.00
<b>Acrobatic</b> (3 required)	<ul style="list-style-type: none"> <li>Forwards roll – Tucked</li> <li>Backwards roll – Tucked</li> <li>Star jump</li> <li>Cartwheel</li> <li>Change leg handstand (leg to reach vertical)</li> <li>Low leap (&lt;45°) showing stability throughout</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll (tucked) to star jump</li> <li>Backwards roll (tucked) to front support</li> <li>Backwards roll (tucked) to straddle stand</li> <li>Cartwheel ¼ turn inwards</li> <li>Handstand</li> <li>45° leap with straight legs</li> </ul>	<ul style="list-style-type: none"> <li>Handstand forwards roll – Tucked</li> <li>Backwards roll (tucked) to straddle stand</li> <li>One hand cartwheel</li> <li>Roundoff</li> <li>Roundoff 1/1 turn jump</li> <li>90° leap with straight legs</li> </ul>	<ul style="list-style-type: none"> <li>Straight leg backwards roll (tucked), to finish in pike stand</li> <li>Handspring</li> <li>Round off, stop/immediate, flic</li> <li>Cartwheel walk out</li> <li>Roundoff immediate ½ turn jump</li> <li>Round off immediate 1/1 turn jump</li> <li>Split leap (either leg)</li> </ul>
<b>Flexibility</b> (2 required)	<ul style="list-style-type: none"> <li>Straddle sit with arms straight above head</li> <li>From floor, lift to bridge and lower to floor again</li> <li>Low forwards lunges – Foot under front knee (both legs)</li> </ul>	<ul style="list-style-type: none"> <li>Pike sit with arms straight above head</li> <li>Japana 45°</li> <li>Lift to bridge – One leg lifted above 45°</li> <li>Splits forwards – Front leg straight, back leg bent, arms can support (both legs)</li> </ul>	<ul style="list-style-type: none"> <li>Pike fold 45°</li> <li>Japana flat</li> <li>Bridge kick over</li> <li>Splits forwards – Flat, arms can support (one leg)</li> </ul>	<ul style="list-style-type: none"> <li>Pike fold flat</li> <li>Japana to swing/pull through to lay flat</li> <li>Forwards walkover</li> <li>Backwards walkover</li> <li>Splits forwards – Flat, arms out wide (one leg)</li> </ul>
<b>Balance</b> (2 required)	<ul style="list-style-type: none"> <li>One-foot stand 2 secs hold</li> <li>Single leg V-sit other leg tucked – With hand support</li> <li>Rock back and forwards (tucked) to tuck sit</li> <li>Bunny jump – 2 secs hold</li> <li>Tuck sit – One leg straight and lifted off floor, one leg tucked, foot on floor, arms straight in front</li> </ul>	<ul style="list-style-type: none"> <li>One-foot stand 5 secs hold</li> <li>V-sit – With hand support</li> <li>Tuck sit with feet off floor</li> <li>Headstand keeping toes on floor with straight legs (upside down V shape)</li> </ul>	<ul style="list-style-type: none"> <li>Y balance</li> <li>Arabesque</li> <li>V-sit – Without hand support</li> <li>Shoulder stand hips supported</li> <li>Tucked headstand</li> </ul>	<ul style="list-style-type: none"> <li>Y Balance</li> <li>T balance</li> <li>From floor sharp lift into V-sit and lower again</li> <li>Shoulder stand with no hand support</li> <li>Straight leg headstand</li> </ul>
<b>Conditioning</b> (1 required)	<ul style="list-style-type: none"> <li>Table top hands and knees on floor showing clear tension in the back</li> <li>Tuck dish hold</li> <li>Dorsal raise – Keeping legs/feet on floor</li> </ul>	<ul style="list-style-type: none"> <li>Front support</li> <li>Back support</li> <li>Dish hold</li> <li>Arch hold</li> </ul>	<ul style="list-style-type: none"> <li>Front support with one leg raised 45°</li> <li>Back support with one leg raised 90°</li> <li>Side support</li> <li>Dish roll to arch</li> </ul>	<ul style="list-style-type: none"> <li>Front support jump to squat, stretch jump</li> <li>Back support 90° leg lift on each leg</li> <li>Side support turn to the other side</li> <li>2 X Consecutive log rolls</li> </ul>



**Deductions – Floor**

		<b>Deductions</b>	<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<b>Execution Score</b> (E score) Max of 10.0	<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>Skill focused deductions</b> (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		
		Element not held for three seconds	X	X	X	X
		Feet not pointed/loose/body alignment	X			
	<b>Landing deductions</b> (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	
	<b>Falls</b> (Each skill)	Falls				X

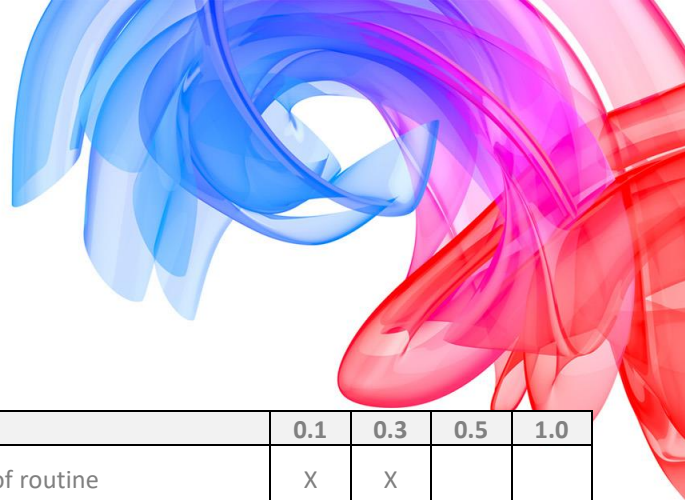


**Skills – Vault**

Option	Level 1	Level 2	Level 3	Level 4
A	<b>Difficulty Value: 9.0</b> Standing stretch jump off spring board	<b>Difficulty Value: 9.0</b> From standing, squat on to vault, immediate stretch jump off	<b>Difficulty Value: 9.0</b> Run, squat on immediate tuck jump off	<b>Difficulty Value: 9.0</b> Run, immediate handstand flat back (no dish)
	<b>Difficulty Value: 10.0</b> Run, stretch jump off springboard	<b>Difficulty Value: 10.0</b> Run, squat onto vault, immediate stretch jump off	<b>Difficulty Value: 10.0</b> Run, squat through to land	<b>Difficulty Value: 10.0</b> Run, stretch jump on, step to lunge into handspring off end of vault to land
B	<b>Difficulty Value: 11.0</b> From standing, squat on to vault, immediate stretch jump off	<b>Difficulty Value: 11.0</b> Run, squat onto vault, star jump off	<b>Difficulty Value: 11.0</b> Run, stretch jump on, step lunge to handstand flat back (no dish)	<b>Difficulty Value: 11.0</b> Run, full handspring vault to land
	<b>Difficulty Value: 10.0</b> From standing, squat on to vault, immediate stretch jump off	<b>Difficulty Value: 10.0</b> Run, squat onto vault, star jump off	<b>Difficulty Value: 10.0</b> Run, stretch jump on, step lunge to handstand flat back (no dish)	<b>Difficulty Value: 10.0</b> Run, full handspring vault to land

**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	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		
	Second flight	Failure to pass through vertical		X			
		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		
	Additional	Fall				X	
		Skill attempted but not completed			X		
		Skill not attempted at all				X	
		Support from coach				X	



**Deductions – Floor (Disability category)**

Deductions		0.1	0.3	0.5	1.0		
Execution Score (E score) Max of 10.0	<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine		X	X		
	<b>Specific floor deductions</b>	Missing competition requirements				X	
	<b>Skill focused deductions</b> (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			
	<b>Landing deductions</b> (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			
	<b>Falls</b> (Each skill)	Falls				X	

**Deductions – Vault (Disability category)**

Deductions		0.1	0.3	0.5	1.0		
Execution Score (E score) Max of 10.0	<b>First flight</b>	Incomplete turn		X	X	X	
		Hip angle		X			
		Bend knees		X	X		
		Leg separation		X			
		Insufficient layout in squad		X	X		
	<b>Repulsion</b>	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		
	<b>Second flight</b>	Lack of height		X	X	X	
		Incomplete turn		X			
		Insufficient length		X	X		
		Bent knees		X	X		
		Leg separation		X			
	<b>Landing</b>	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	
		Skill attempted but not completed				X	
	<b>Additional</b>	Skill not attempted at all					X
		Support from coach			X		