

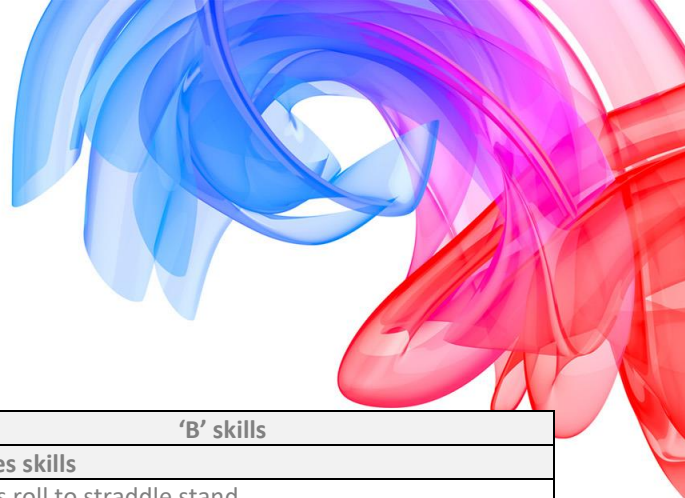


Gymnastics for All Southern Region Floor and Vault Competition

Tariff Sheet

Requirements – Floor

	White	Blue	Red
Key information	<ul style="list-style-type: none"> • 5 skills per routine • Skills valued at 1.0 • 'A' skills only • Performed on a strip floor • Music/choreography will incur a 0.5 deduction 	<ul style="list-style-type: none"> • 7 skills per routine • Skills valued at 0.75 • 'A' skills only • Performed on a strip floor • Music/choreography will incur a 0.5 deduction 	<ul style="list-style-type: none"> • 10 skills per routine • Skills valued at 0.5 • 'A' and 'B' skills only • Minimum 4 x 'B' skills • Performed on a strip floor • Music/choreography will incur a 0.5 deduction
Compositional Requirements 0.5 each	<ul style="list-style-type: none"> • There are no set boundaries of skills. Please use appropriate skills from the skills list 	<ul style="list-style-type: none"> • Balance (B) held for two seconds • Strength (S) • Acro series: Two linked acrobatic skills • Mixed series: Skill and jump or leap • Gym series: Two jumps, leaps, spin (continuous steps/chasses permitted) or second acro series 	<ul style="list-style-type: none"> • Balance (B) held for two seconds • Strength (S) or flexibility (F) • Acro series: Two linked acrobatic skills • Mixed series: Skill and jump or leap • Gym series: Two jumps, leaps, spin (continuous steps/chasses permitted) or second acro series
Notes	<ul style="list-style-type: none"> • 'A' skills can't replace 'B' skills • Each skill can only be valued once, however if a move is repeated it will incur deductions for execution • Two series can't be linked • Incorrect clothing will incur a 0.5 deduction 		



Skills – Floor

‘A’ skills	‘B’ skills
Acro, mixed, and gym series skills	
Forwards roll tucked to stand Teddy bear roll 360° From front support, jump in and up Bunny hop Straight jump Tuck jump Star jump Two footed turn	Forwards roll to straddle stand Backwards roll – Tucked Backwards roll – Piked to stand Backwards roll to front support (held) Handstand Cartwheel Catleap ½ turn jump ½ spin Scissor leap
Strength (S) skills	
Dish hold Arch hold	Frog balance ½ lever – Pike ½ lever – Straddle
Flexibility (F) skills	
	Bridge – From and lower to floor Pike fold
Balance (B) skills	
One footed balance Front support Back support	V-sit with hand support Shoulder stand with arm support Arabesque

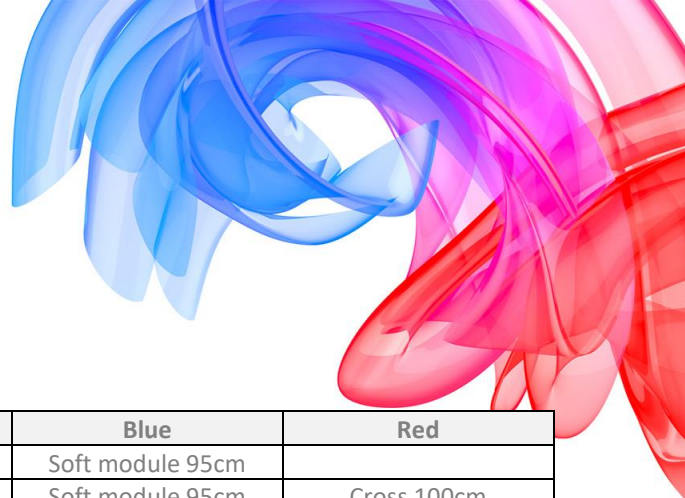
Deductions – Floor

	Deductions	0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow of routine	X	X	x	
	Lack of range of moves/ skills within the routine	X	X	X	
	Lack of dynamics throughout the routine	X	X	X	
Specific floor deductions	Missing A or B skills			X	
	B skills in white or blue			X	
	Touch of hair/ leotard/ clothing	X			
	Missing competition requirements			X	
	The use of music			X	
Execution deductions (Each time)	Bent arms or bent knees	X	X	X	
	Balance /flexibility not held for 2 seconds	X	X		
	Leg or knee separation	X	X		
	Insufficient height of element	X	X		
	Insufficient tuck, pike or stretch	X	X		
	Body alignment	X			
	Feet not pointed/ loose	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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Place of Registration England. VAT Registration No 100166672



Skills and set up – Vault

		White	Blue	Red
Apparatus set up	U8	Coaching block 60cm	Soft module 95cm	
	U10	Soft module 95cm	Soft module 95cm	Cross 100cm
	U12	Cross 110cm	Cross 110cm	Cross 110cm
	U14	Cross 110cm	Cross 110cm	Cross 110cm
	15+	Cross 120cm	Cross 120cm	Cross 120cm
Skills and tariff				
Two footed straight jump		10	10	
Two footed tuck or star jump		10.3	10.3	
Two footed straddle or pike jump		10.5	10.5	10.5
Two footed ½ turn jump in straight		10.5	10.5	10.5
Two footed 1/1 turn jump in straight shape		11	11	11
Squat/straddle on, straight jump off		11.5	11.5	11.5
Squat/straddle on, tuck/star jump off		12	12	12
Squat/straddle through			12.5	12.5
Handstand flat back				13

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/ 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	Run approach with touch of springboard/ vault		0			
	Failure to complete vault		0			
	Support from coach		3.00			

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