

Spalding GfA WA 2 – 4 Piece 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 Split jump Tuck jump Forward roll W jump Handstand ½ spin Walkover ½ turn on toes Cartwheel Cat leap Arabesque Split leap Y balance	Stretch jump Forward roll Tuck jump Handstand W jump Walkover ½ spin Cartwheel ½ turn on toes Arabesque Cat leap Y balance Split leap Chasse Split jump

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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