## Gymnastics for All

## Spalding Gym Academy GfA Men’s Artistic 2 – 6 Piece Competition

## Skills and Tariff sheets

**Requirements – Floor**

|  |  |  |
| --- | --- | --- |
|  | **U8** | **O8** |
| **General requirements** | * This apparatus is compulsory
* Eight moves in total
* Holds/hangs should all last for a minimum of two seconds
 |
| **Difficulty** | * If a move is repeated it will be ignored the second time
* Only ‘J’ moves are to be performed
* The moves are totaled together to provide the difficultyExample:

8 x J moves = 0.4 (Difficulty score) | * If a move is repeated it will be ignored the second time
* ‘J’ moves and ‘A’ moves are available to be selected
* There is no set number of ‘J’ moves and ‘A’ requiredExample:

6 x A moves = 0.42 x J moves = 0.10.4 + 0.1 = 0.5 (Difficulty score) |
| **Element groups** | * Each of the following ‘Element Groups’ must be used at least once:
	+ Non-acro element
	+ Forward element
	+ Backward element
	+ Dismount element
* ‘J’ Element groups score = 0.3
* Therefore, this category can score a maximum of 1.2 for Element scoreExample: 4 x J = 1.2 (Element score)
 | * Each of the following ‘Element Groups’ must be used at least once:
	+ Non-acro element
	+ Forward element
	+ Backward element
	+ Dismount element
* ‘A’ Element groups score = 0.5
* ‘J’ Element groups score = 0.3
* Therefore, this category can be different for each gymnast, for their Element scoreExample: Gymnast 1; 3A + 1J = 1.8 (Element score)Gymnast 2; 2A + 2J = 1.6 (Element score)
 |
| **Execution score** | * Marked out of 10.0
* This is the focus of the competition, please go for quality and better executed skill performance rather than difficulty of the skill
* For every ‘move’ missed out a deduction of 1.0 will be deducted
 |
| **Scoring** | * Difficult + Element groups = Start value Example: 0.4 x 1.2 = 1.6
* Start value + Execution score = Total scoreExample: 1.6 + 10.0 = 11.6
* Total score – judge deductions = Final score
 |

**Skills – Floor**

|  |  |  |
| --- | --- | --- |
| Move | Value | Element group |
| 1 – Non-acro element | 2 – Forward element | 3 – Backward element | 4 – Dismount element |
| ‘J’ moves | 0.05 | HeadstandSwedish fallJumpsFoutte½ lever – straddleBridge | Forwards rollForwards roll – straddle sitHandstand – forwards rollCartwheel | Backwards roll – AnyRoll to shoulder stand | All skills from groups 2 and 3 that land on feet together |
| ‘A’ moves | 0.10 | HandstandY scaleArabesqueStraddle stand press to handstandSplits | Dive rollForwards somersault – TuckedHandspringRound off | FlicBackwards somersault – Tucked | All skills from groups 2 and 3 that land on feet together |

**Deductions – Floor**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| **General** | Step off floor | X |  |  |  |
| Concentration pauses | X |  |  |  |
| No presentation | X |  |  |  |
| Break during elements/series |  | X |  |  |
| Poor posture/untidiness throughout | X | X | X |  |
| Prompt by coach (max x2) |  |  | X |  |

**Requirements – Vault**

|  |  |  |
| --- | --- | --- |
|  | **U8** | **O8** |
| **General requirements** | * This apparatus is compulsory
* Each gymnast gets two attempts. Each attempt can be a different vaulting skill
* The best scoring vault will count
 |
| **Difficulty** | * This is the ‘Vault value’ listed in the below table
 |
| **Execution score** | * Marked out of 10.0
* This is the focus of the competition, please go for quality and better executed skill performance rather than difficulty of the skill
 |
| **Scoring** | * Difficult (D) + Execution (E) = Starting value – deductions = Final score
 |

**Skills – Vault**

|  |  |
| --- | --- |
|  | **Vault value**  |
| **U8** | **O8** |
| **Jump on, stretch jump off** | 9.50 | 9.50 |
| **Squat on, stretch jump off** | 10.00 | 10.00 |
| **Squat through** | 10.50 | 10.50 |
| **Handspring** | N/a | 11.60 |

**Deductions – Vault**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **1st flight** | Legs apart | X | X |  |  |
| Incorrect arm action, foot pattern | X | X | X |  |
| Insufficient stretch onto apparatus | X | X | X |  |
| Poor technique, coordination, posture | X | X | X |  |
| **Support/ thrust** | Touch with one hand/foot only, knees |  |  |  | X |
| Poor technique, coordination, posture | X | X | X |  |
| Too long on apparatus | X | X | X |  |
| Incorrect body shape | X | X | X |  |
| Legs apart | X | X |  |  |
| **2nd flight** | Incorrect arm position  | X | X | X |  |
| Legs apart | X | X |  |  |
| Lack of height, distance | X | X | X |  |
| Poor technique, coordination, posture | X | X | X |  |
| Incorrect body shape | X | X | X |  |
| **Landing** | Poor technique, coordination, posture | X | X | X |  |
| Not landing in a straight line | X | X |  |  |
| Step on landing (each step) | X | X |  |  |
| Support by coach on landing |  |  | X |  |
| Support during vault |  |  |  | X |
| Fall |  |  | X |  |
| Heavy landing/lack of control | X | X |  |  |
| Touch floor with hand |  | X |  |  |
| Insufficient dynamics throughout the vault | X | X |  |  |
| **General** | No presentation | X |  |  |  |

**Requirements – Pommel**

|  |  |  |
| --- | --- | --- |
|  | **U8** | **O8** |
| **General requirements** | * This apparatus is voluntary
* This is a set routine
 |
| **Difficulty** | * This score is a set value – see below
 |
| **Execution score** | * This score is a set value – see below
* This is the focus of the competition; a well-executed performance will score highly
 |
| **Scoring** | * Difficulty + Execution = 10.0 Starting value – deductions = Final score
 |

**Skills – Pommel**

|  |  |
| --- | --- |
| **U8** | **O8** |
| 5 x Double leg circles on high mushroom |

**Deductions – Pommel**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| Body shape error/failure/collapse | X | X |  |  |
| Turning of body direction during circle |  | X | X |  |
| Incorrect hand placement | X | X |  |  |
| **General** | Per stop (max two per circle) |  |  | X |  |
| Chronological error |  |  | X |  |
| No presentational | X |  |  |  |

**Requirements – Rings**

|  |  |  |
| --- | --- | --- |
|  | **U8** | **O8** |
| **General requirements** | * This apparatus is voluntary
* This is a set routine
* Holds/hangs should all last for a minimum of two seconds
 |
| **Difficulty** | * This score is a set value – see below
 |
| **Execution score** | * This score is a set value – see below
* This is the focus of the competition; a well-executed performance will score highly
 |
| **Scoring** | * Difficulty + Execution = 10.0 Starting value – deductions = Final score
 |

**Skills – Rings**

|  |  |
| --- | --- |
| **U8** | **O8** |
| Chin up (head in line with rings),Straight leg lift to inverted hang,Straight leg lower to German hang,Lift to pike hang,Cast,Swing backwards and swing forwards x 3,Into backwards somersault – tucked dismount. |

**Deductions – Rings**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| Movement ‘smoothness’ (no stutter) in strength movements | X | X | X |  |
| Not reaching desired height/position in movements | X | X | X |  |
| Hangs not held for two seconds |  | X |  |  |
| Legs, arms not straight | X | X | X |  |
| Swings not smooth (per swing) | X | X |  |  |
| Dish and arch in swings not used effectively (per swing) | X | X |  |  |
| Height in somersault |  | X | X |  |
| Rotation in somersault |  | X | X |  |
| Landing too low, high, wide |  | X | X |  |
| **General** | Chronological error |  |  | X |  |
| Missing element |  |  |  | X |
| No presentational | X |  |  |  |

**Requirements – Parallel bars**

|  |  |  |
| --- | --- | --- |
|  | **U8** | **O8** |
| **General requirements** | * This apparatus is voluntary
* This is a set routine
* Holds/hangs should all last for a minimum of two seconds
 |
| **Difficulty** | * This score is a set value – see below
 |
| **Execution score** | * This score is a set value – see below
* This is the focus of the competition; a well-executed performance will score highly
 |
| **Scoring** | * Difficulty + Execution = 10.0 Starting value – deductions = Final score
 |

**Skills – Parallel bars**

|  |  |
| --- | --- |
| **U8** | **O8** |
| Jump to support,Dip x 1,½ lever – Pike, Swing backwards and forwards x 2,Swing backwards into face vault dismount with support on one rail. |

**Deductions – Parallel bars**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| Straight arms, legs not shown | X | X | X |  |
| Full dip not shown | X | X | X |  |
| Hold not for two seconds |  | X |  |  |
| Swings not smooth (per swing) | X | X |  |  |
| Dish and arch in swings not used effectively (per swing) | X | X |  |  |
| High swing with hand transition in dismount |  | X | X |  |
| Landing upright, no movement | X | X | X |  |
| **General** | Chronological error |  |  | X |  |
| Missing element |  |  |  | X |
| If support on one rail not shown |  | X |  |  |
| No presentational | X |  |  |  |

**Requirements – High bar**

|  |  |  |
| --- | --- | --- |
|  | **U8** | **O8** |
| **General requirements** | * This apparatus is voluntary
* This is a set routine
* Gymnasts require strap and gloves required
 |
| **Difficulty** | * This score is a set value – see below
 |
| **Execution score** | * This score is a set value – see below
* This is the focus of the competition; a well-executed performance will score highly
 |
| **Scoring** | * Difficulty + Execution = 10.0 Starting value – deductions = Final score
 |

**Skills – High bar**

|  |  |
| --- | --- |
| **U8** | **O8** |
| Chin up,Leg lift,Circle upwards (bent arms allowed), Undershoot,Swing backwards and forwards x 2,Swing backwards. |

**Deductions – High bar**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **Technical** | Small fault | X |  |  |  |
| Medium fault |  | X |  |  |
| Large fault |  |  | X |  |
| Fall |  |  |  | X |
| Movement ‘smoothness’ (no stutter) in strength movements | X | X | X |  |
| Not reaching desired height/position in movements | X | X | X |  |
| Legs, arms not straight | X | X | X |  |
| Support not held during leaning back phasing in undershoot | X | X |  |  |
| Full height, extension not gained in undershoot |  | X | X |  |
| Swings not smooth (per swing) | X | X |  |  |
| Dish and arch in swings not used effectively (per swing) | X | X |  |  |
| **General** | Chronological error |  |  | X |  |
| Missing element |  |  |  | X |
| Coach assistance |  |  | X |  |
| No presentational | X |  |  |  |

**Tariff sheet – Complete and print per gymnasts**

|  |  |  |  |
| --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **U8 or O8** | **Are they competing? (Tick if competing)** |
| **Pommel** | **Rings** | **Parallel bars** | **High bar** |
| [Insert full name] | [Insert no.] | [Select] | [ ]  | [ ]  | [ ]  | [ ]  |

|  |
| --- |
| **Floor tariff** |
| **No.** | **Move** | **Move value** | **Element group** | **Element score (max 4 groups)** |
| **1** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **2** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **3** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **4** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **5** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **6** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **7** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **8** | [Insert move/element name] | [Select] | [Select] | [Select] |
| **Move value****total:** | **[Insert value]** | **Element group total:** | **[Insert value]** |
| **Execution:** | **10.00** |
| **Move value total + Element group total + Execution = Start value** | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **1** | [Insert move/element name] | **[Insert value]** |
| **Execution:** | **10.00** |
| **Move value total + Execution = Start value** | **[Insert value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Vault** | **Vault value** |
| **2** | [Insert move/element name] | **[Insert value]** |
| **Execution:** | **10.00** |
| **Move value total + Execution = Start value** | **[Insert value]** |

**Note:** Have these ready in order of performance for the judges

Each gymnast will require a tariff sheet (best practice to have two copies on the day).