



Trix Academy GfA Floor and Vault Competition  
 Advanced  
 Girls  
 Skills and Tariff sheet

Requirements

		Advanced	Advanced Plus
<b>Key Information</b>		<ul style="list-style-type: none"> <li>Equipment dimensions/type can be found within the handbook</li> <li>Note that these routines have been adapted to suit the East Midlands GfA routines, and some elements may have been changed to suit the environment</li> </ul>	
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>Music is required</li> <li>Maximum floor routine length = 1min 30sec</li> <li>Whole floor to be used</li> </ul>	
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Vault heights next to specific elements, warm up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>Both vaults must be the same element performed</li> </ul>	
<b>Difficulty Value</b> (DV score)	<b>Floor</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>Bonus values are listed in the Skills section of this document</li> </ul>	
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is listed within the Skills section of this document</li> </ul>	
<b>Compositional Score</b> (C score)	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>	
	<b>Vault</b>	<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

Advanced	
<b>Routine</b>	<ul style="list-style-type: none"> <li>• Handspring bounce (hop) into forwards roll with straight arms,</li> <li>• Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same),</li> <li>• Full spin,</li> <li>• Leap series – Split leap, cat leap,</li> <li>• Stretch jump full turn,</li> <li>• Walkover.</li> </ul>
<b>Bonus</b>	If both skills are flighted in the acro series = 0.5
<b>Skills for series</b>	<ul style="list-style-type: none"> <li>• Forwards roll</li> <li>• Backward roll</li> <li>• Walkover – forwards or backwards</li> <li>• Cartwheel</li> <li>• Cartwheel ¼ turn</li> <li>• Round off</li> </ul>

**Note:** Skills marked with a \* can't be supervised by a Level 2 General Gymnastics coach.

## Deductions – Floor

Deductions		0.1	0.3	0.5	1.0
<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>Execution deductions (Each time)</b>	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			
<b>Landing deductions (Each time)</b>	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		
<b>Falls (Each skill)</b>	Deep squat			X	
	Falls				X



### Skills – Vault

Element	Equipment	Advanced
Handstand flatback	Safety mats 1.1m	10.0

**Note:** Skills marked with a \*\* can only be supervised by a Level 3 or above in General Gymnastics, Men’s Artistic, or Women’s Artistic.

### 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