



Trix Academy GfA Floor and Vault Competition
Primary 2 and 1
Boys and Girls
Skills and Tariff sheet

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 	
Difficulty Value (DV score)	Floor	<ul style="list-style-type: none"> Scored out of 10.0 There isn't a bonus available 	<ul style="list-style-type: none"> There is a bonus available (Girls only) Bonus' to be added to above DV score
	Vault	<ul style="list-style-type: none"> This is listed within the Skills section of this document 	
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 	
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 (Girls)

	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

Skills – Floor (Boys)

	Primary 2	Primary 1
Routine	<ul style="list-style-type: none"> • Forward roll into an immediate star jump, • Jump ¼ turn, • One side to back cartwheel (this is not a round off), • Show handstand back to stand, • Jump ½ turn (to change the direction), • Side leg lift (45 degrees), • Squat down and jump legs forward to back support hold for 3secs, • Turn over to front support hold for 3secs, • One press up, • Jump feet into hands to squat, • Backwards roll to stretch jump to finish. 	<ul style="list-style-type: none"> • Tucked backward roll to front support, • Jump feet into squat to stand, • Arabesque, • Two continuous cartwheels, second cartwheel one handed with a ¼ inwards to finish in lunge (to change the direction), • Step feet together, • Stretch jump ½ turn, (to change the direction), • Handstand forward roll, • Perform a Swedish fall with leg raised, • Lower raised leg to finish in front support, • Two press ups, • Squat feet in, • Stretch jump to stand, • Skip step into round off, • Jump half turn jump to land, • Forward roll, • Star jump to finish.
Bonus		



Deductions – Floor (Boys and Girls)

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 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



Skills – Vault (Boys and Girls)

Element	Equipment	Primary 2	Primary 1
Squat on, stretch jump off	Box vault 1.1m	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		
Repulsion	Insufficient layout in squad/ straddle	X	X	X	
	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				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	
Landing	Leg separation	X	X		
	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			
Additional	Brush on apparatus			X	
	Fall				X
	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X