



**Trix Academy GfA Floor and Vault Competition**  
**Under 8 Years**  
**Boys and Girls**  
**Skills and Tariff sheet**

**Requirements**

		5 Years	6 Years	7 and 8 Years
<b>Key Information</b>		<ul style="list-style-type: none"> <li>Equipment dimensions/type can be found within the handbook</li> </ul>		
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>Set elements performed on a strip of floor</li> <li>Music isn't required</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> </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

	5 years	6 Years	7 and 8 Years
<b>Routine</b>	<ul style="list-style-type: none"> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Squat down,</li> <li>Tuck roll backwards to shoulders and forward to finish on feet in the squat position,</li> <li>Roll out to lie flat on back with hands on top of thighs,</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Squat down,</li> <li>Tuck roll backwards to shoulders and forward to stand,</li> <li>Stretch jump to squat down,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll on to tummy,</li> <li>Lift to arch holding for 3secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders,</li> <li>Push to kneeling hold body in a support position for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg to the side 45 degrees and hold for 3secs,</li> <li>Return to stand perform two chasse steps on the same leg,</li> <li>From two feet star jump to finish.</li> </ul>	<ul style="list-style-type: none"> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45 degrees hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>
<b>Bonus</b>			

## 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		
<b>Landing deductions (Each time)</b>	Feet not pointed/loose/body alignment	X			
	Landing from tumblers (step)	X	X		
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
<b>Falls (Each skill)</b>	Very large step or jump		X		
	Deep squat			X	
	Falls				X

### Skills – Vault

Element	Equipment	5 years	6 Years	7 and 8 Years
Run, hurdle step onto a springboard with immediate stretch jump onto a safety mat	Full size springboard	10.00		
Squat on the vault/block, walk with controlled steps to the end, stretch jump off with controlled landing	Full size springboard Red block height = 0.6m		10.00	
Squat on the vault/box, immediate stretch jump with controlled landing	Full size springboard only Box vault height = 1.0m			10.00

### Deductions – Vault

Deductions		0.1	0.3	0.5	1.0
<b>First flight</b>	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	
<b>Repulsion</b>	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		
<b>Second flight</b>	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		
<b>Landing</b>	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	
<b>Additional</b>	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X