## Gymnastics for All

## Trix Floor and Vault Over 8 Years Competition Girls

Advanced and Advanced Plus

## Skills and Tariff sheet

**Requirements (Girls)**

|  |  |  |
| --- | --- | --- |
|  | **Advanced** | **Advanced Plus** |
| **Key Information** | * Boys and girls will compete together but will be in separate categories * Please ensure all clothing requirements are upheld – see handbook for details * Equipment dimensions/type can be found within the handbook | |
| **Floor Information** | * These are set routines with options at certain points * Note that routines are adapted from the East Midlands Regional GfA routines, some skills have been changed to suit the environment * Maximum floor routine length = 1min 30secs to music To contain no words, not be Disney, Cirque de Soleil, or Lloyd Webber * Floor music is maximum of 1min 30 secs | |
| **Vault Information** | * Box vault height during performance as per handbook. During the warm up, the height is to suit the group * Two attempts permitted on vault, best score to count * The chosen skill can be different or the same for vault 1 and vault 2. Please state using the ‘Tariff Sheet’ located at the bottom of this document | |
| **Difficulty Value**  (DV score) | * This score is stated at the top of each routine on the ‘Skills section’ * There is a bonus skill available for this level * Bonus’ are added to the DV score | |
| **Compositional Score**  (C score) | * This is not required in this competition | |
| **Execution Score**  (E score) | * Scored out of 10.0 * See deduction table included within this document for guidance of the type of judge deductions | |
| **Scoring Information** | * Difficulty Valve (DV score) + Execution Score (E score) = Starting Score * Starting Score – Judges Execution Deductions = Final Score | |

**Skills – Floor (Girls)**

|  |  |  |
| --- | --- | --- |
| **Advanced** | | **Advanced Plus** |
| **DV score:** 10.00 | | **DV score:** 10.00 |
| **Routine** | | |
| * Handstand bounce into forward roll * Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same) \* * Full spin, * Leap series – Split leap, cat leap, * Stretch jump full turn, * Walkover. | | * Round off immediate flic into flic * Handspring, * Leap series – Split leap into cat leap full turn, * Full spin, * Backward roll to handstand (arm bend optional) |
| **Skills for series** | | |
| * Forwards roll * Backwards roll * Forwards walkover * Backwards walkover * Cartwheel | * Flighted cartwheel * Cartwheel ¼ turn * Round off * Flic |  |
| **Bonus** | | |
| * \*If both skills are flighted in the acro series = 0.5 to DV score | |  |

**Note:** Must not be delivered by a Lvl 2 General Gymnastics coach as not covered within their syllabus

**Deductions – Floor (Girls)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **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**

|  |  |  |  |
| --- | --- | --- | --- |
| **Vault** | | **DV score** | |
| **Advanced** | **Advanced Plus** |
| A | Handspring to feet | 10.0 |  |
| B | Handstand flatback | 10.0 |  |
| C | Handspring |  | 10.0 |
| D | ½ on, ½ off to flatback |  | 10.5 |

**Note:** Must not be delivered by a Lvl 2 General Gymnastics, Men’s Artistic, Women’s Artistic coach as not covered within their syllabus

**Deductions – Vault (Girls)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **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 |  |
| Extra steps on top of the vault (per step) | X |  |  |  |
| Shoulder angle | X | X |  |  |
| Touch with one hand |  |  |  | X |
| Steps to the end of vault | X | X | 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 center | X |  |  |  |
| Brush on apparatus |  |  | X |  |
| Fall |  |  |  | X |
| **Additional** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all |  |  |  | X |
| Support from coach |  |  |  | X |

**Deductions – Floor (Disability category)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **Artistry deduction throughout** | Insufficient flow/dynamics of routine | X | X |  |  |
| **Specific floor deductions** | Missing competition requirements |  |  | X |  |
| **Skill focused 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 |  |  |  |
| Insufficient height of element | X | X |  |  |
| Insufficient tuck, pike or stretch | X |  |  |  |
| Element not held for three seconds | X | X |  |  |
| Feet not pointed/loose/body alignment | X |  |  |  |
| **Landing deductions**  (Each time) | Extra steps (each) (max of 0.3) | X |  |  |  |
| Trunk movement to maintain balance | X |  |  |  |
| Very large step or jump |  | X |  |  |
| Deep squat |  | X |  |  |
| **Falls**  (Each skill) | Falls |  |  | X |  |

**Deductions – Vault (Disability category)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.3** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **First flight** | Incomplete turn | X | X | X |  |
| Hip angle | X |  |  |  |
| Bend knees | X | X |  |  |
| Leg separation | X |  |  |  |
| Insufficient layout in squad | X | X |  |  |
| **Repulsion** | Staggered altered hand placement | X |  |  |  |
| Bent arms | X | X |  |  |
| Shoulder angle | X | X |  |  |
| Touch with one hand |  |  | X |  |
| Steps to the end of vault | X | X |  |  |
| Failure to pass through vertical |  | X |  |  |
| **Second flight** | Lack of height | X | X | X |  |
| Incomplete turn | X |  |  |  |
| Insufficient length | X | X |  |  |
| Bent knees | X | X |  |  |
| Leg separation | X |  |  |  |
| **Landing** | Extra steps (each) (max of 0.3) | X |  |  |  |
| Extra arm swing | X |  |  |  |
| Body posture faults | X |  |  |  |
| Deep Squat |  | X |  |  |
| Deviation from center | X |  |  |  |
| Fall |  |  | X |  |
| **Additional** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all |  |  |  | X |
| Support from coach |  | X |  |  |

**Tariff sheet – Advanced (Girls)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Floor routine** | | | | | | | **Vaults** | |
| **Skill 1** | **Skill 2** | **Skill 3** | **Skill 4** | **Skill 5** | **Skill 6** | **Skill 7** | **Vault 1** | **Vault 2** |
| **Acro series** | |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |

**Tariff sheet – Advanced (Girls)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Floor routine** | | | | | | | **Vaults** | |
| **Skill 1** | **Skill 2** | **Skill 3** | **Skill 4** | **Skill 5** | **Skill 6** | **Skill 7** | **Vault 1** | **Vault 2** |
| **Acro series choices** | |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Handstand bounce fwd roll | [Select] | [Select] | Full spin | Leap series – Split leap, cat leap | Stretch jump full turn | Walkover | Choose an item. | Choose an item. |

**Tariff sheet – Advanced Plus (Girls)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Floor routine** | | | | | **Vaults** | |
| **Skill 1** | **Skill 2** | **Skill 3** | **Skill 4** | **Skill 5** | **Vault 1** | **Vault 2** |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |

**Tariff sheet – Advanced Plus (Girls)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gymnast name** | **BG membership no.** | **Floor routine** | | | | | **Vaults** | |
| **Skill 1** | **Skill 2** | **Skill 3** | **Skill 4** | **Skill 5** | **Vault 1** | **Vault 2** |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |
| [Insert full name] | [Insert no.] | Round off, flic, flic | Handspring | Leap series – Split leap, cat leap full turn | Full spin | Backward roll to handstand | Choose an item. | Choose an item. |