

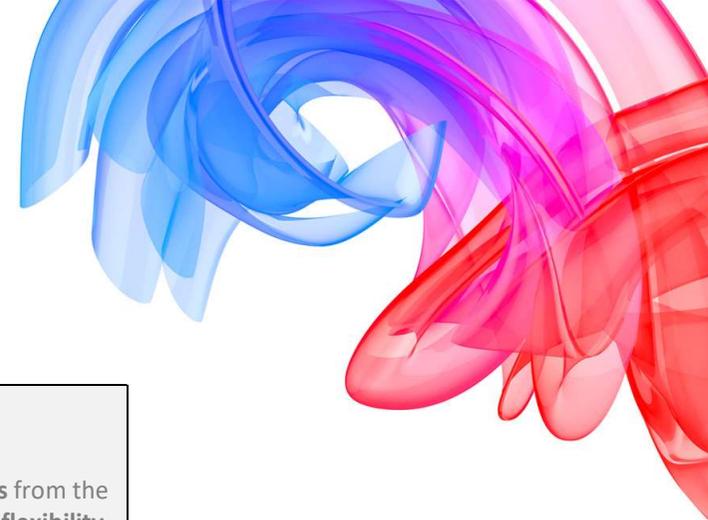
Gymnastics for All

Floor, Trampette & Vault Competition 9th February 2020

Requirements and Tariff sheets

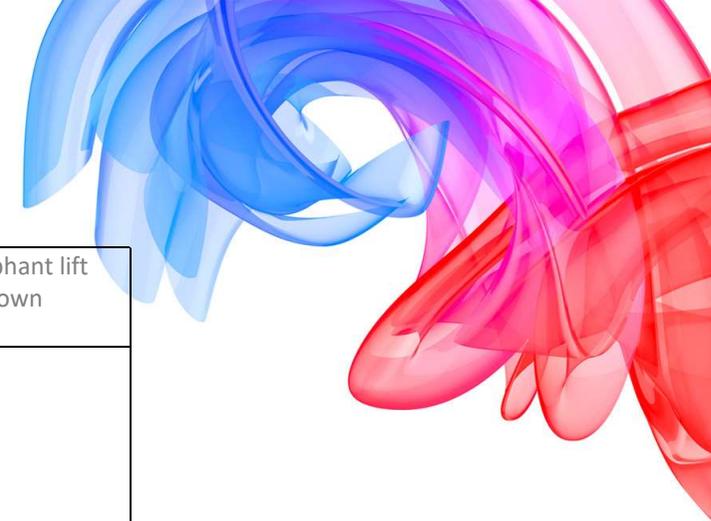
Requirements

	Bronze	Silver	Gold
Floor	<ul style="list-style-type: none"> Performed on a strip floor 7 skills performed in total All holds/balances are to be held for three seconds No music is required 	<ul style="list-style-type: none"> Performed on a strip floor 7 skills performed in total All holds/balances are to be held for three seconds No music is required 	<ul style="list-style-type: none"> Performed on a sprung floor/air track 8 skills performed in total Skills performed in any order No music is required.
Trampette	<ul style="list-style-type: none"> Performed on a strip floor with trampette and landing mat All holds are to be held for three seconds 	<ul style="list-style-type: none"> Performed on a strip floor with trampette and landing mat All holds are to be held for three seconds 	<ul style="list-style-type: none"> Performed on a strip floor with trampette and landing mat All holds are to be held for three seconds
Vault	<ul style="list-style-type: none"> Performed from a springboard onto landing mats Spring board and landing mat either side of vault 	<ul style="list-style-type: none"> Performed from a springboard onto a block Spring board and landing mat either side of vault 	<ul style="list-style-type: none"> Performed on landing mats or a vaulting table from a springboard Spring board and landing mat either side of vault
Additional/ general	<ul style="list-style-type: none"> Incorrect clothing will incur a 0.5 deduction per piece. Gymnasts will warm up both skills on trampette one after the other and perform both skills one after the other to the judges. Each gymnast gets two attempts at vault including 1 warm up, the best score counts. Floor routines should aim to use the whole of floor space with use of changes or directions. 		



Skills – Floor

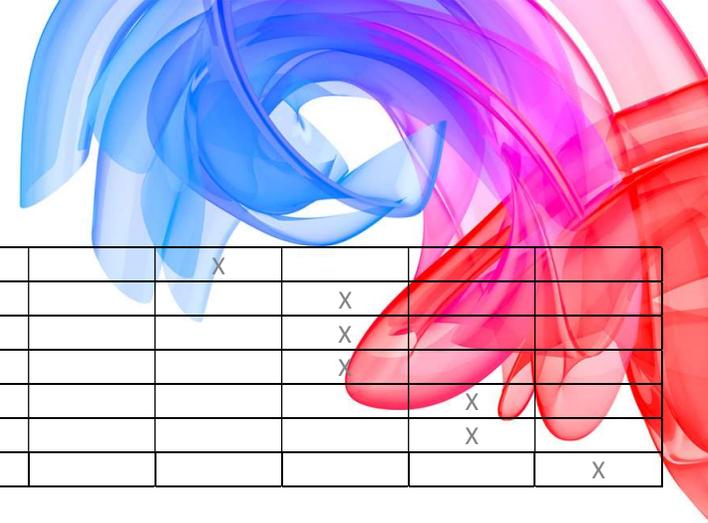
Category	BRONZE Routine to include 7 skills from the list below, 3 acrobatic, 2 flexibility, 1 balance, 1 conditioning. Dance elements for decoration. Examples of travelling steps given but not scored.	SILVER Routine to include 7 skills from the list below, 3 acrobatic, 2 flexibility, 1 balance, 1 conditioning. Dance elements for decoration. Examples of travelling steps given but not scored.	GOLD Routine to include 8 skills from the list below, 3 acrobatic, 2 flexibility, 2 balance, 1 conditioning. Dance elements for decoration. Examples of travelling steps given but not scored.
	Max score – 10.0	Max score – 10.0	Max score – 10.0
Acrobatic	Forwards or backwards roll to straddle stand Cartwheel Change leg handstand Teddy Roll 180	Straight leg backward roll Forward roll to star jump Cartwheel ¼ turn inwards Cartwheel with one hand Roundoff Handstand	Handstand forwards roll Handspring Round off flick Roundoff full turn jump Cartwheel to one hand cartwheel.
Flexibility	Straddle sit arms high Pike fold Bridge from floor lower to floor	Splits Bridge kick over Japana	Backward/Forwards walkover Splits Bridge kick over
Balance	Y Balance V sit – with hand support Arabesque Frog Balance	Arabesque Tucked headstand Y balance V sit – no hand support	Tucked/straight leg headstand Y balance Shoulder stand with no hand support Leap to arabesque
Conditioning	Front support Back support Dish hold	Dish roll to arch Side support Front support with 1 leg raised ½ lever piked or straddled	Side support turn to opposite side support Front support jump in jump up



	½ pike lever with one leg held (for 2 seconds)		From straddle stand elephant lift to handstand and pike down
Example of travelling steps	Drag steps Chasses Step turns Skips Backward skips Spring steps	Drag steps Chasses Step turns Skips Backward skips Spring steps	Drag steps Chasses Step turns Skips Backward skips Spring steps

Deductions – Floor

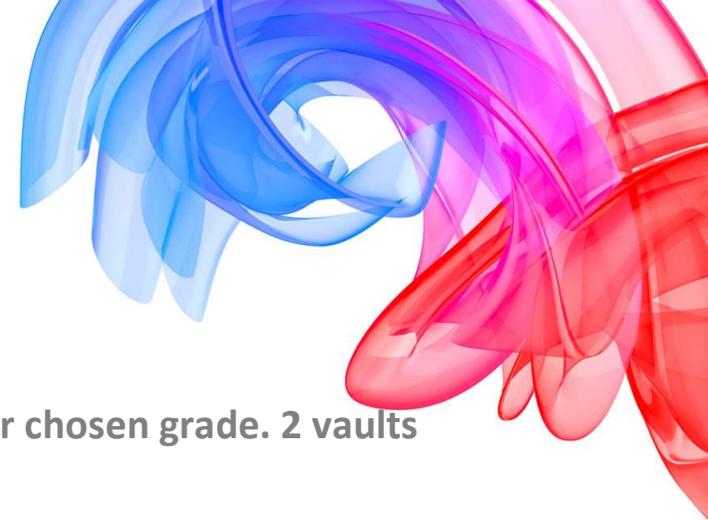
Level 1 and 2		Deductions	0.1	0.2	0.3	0.5	1.0
Technical		Small fault		X			
		Medium fault			X		
		Major fault				X	
General		Step off floor	X				
		Concentration pauses	X				
		No presentation	X				
		Break during elements/series		X			
		Poor posture/untidiness throughout				X	
		Prompt by coach (max x2)				X	
		Missing out element					X
Level 3		Deductions	0.1	0.2	0.3	0.5	1.0
Technical		Small fault		X			
		Medium fault			X		
		Major fault				X	
General		Step off floor	X				
		Concentration pauses	X				
		No presentation	X				
		Break during elements/series		X			
		Poor posture/untidiness throughout				X	
		Prompt by coach (max x2)				X	
		Missing out element					X



Composition	Not finishing with music		X			
	Poor use of floor area			X		
	No change in direction			X		
	No change in speed/levels			X		
	Sequence doesn't flow				X	
	Poor quality/variety of linking movements (turns etc.)				X	
	No or few linking movements					X

Example faults

Small	Medium	Major
Toes not pointed Slightly bent knees/arms Poor posture Legs slightly apart Steps on landing (each step) Exactness in turns	Bent arms/knees Wide legs/crossed legs Lack of height/distance in jump Lack of split Lack of shape e.g. tuck, pike, straddle Balance not held Incorrect technique	Fall Landing on hands and knees



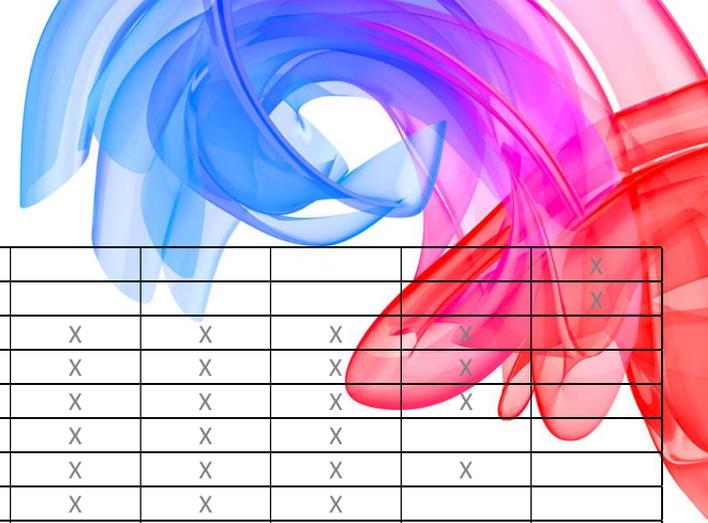
Skills – Vault

Gymnasts can perform one vault twice or both of the skills in their chosen grade. 2 vaults competed in total – highest score counts.

Skill no.	BRONZE	SILVER	GOLD
	Max score – 10.0	Max score – 10.0	Max score – 10.0
A	From run and jump from springboard, stretch jump to land	From run and jump from springboard, stretch jump to land on to block. Kick to handstand fall to flat back dismount, showing an arm swing into the handstand.	From run and jump from springboard, handspring flatback. (extended flat back position – no dish) ½ on to flat lie on firm mats (+2.0)
Or			
	Max score – 10.0	Max score – 10.0 (+1.0 DV)	Max score – 10.0
B	From run and jump from springboard, tuck jump to land	From run and jump from springboard, handspring flatback (extended flat back position – no dish).	Run, spring board take off, handspring to stand over the table vault. (+2.5) ½ on to stand over vault table (+2.7)

Deductions – Vault

Level 1, 2 and 3	Deductions	0.1	0.2	0.3	0.5	1.0
1 st flight	Legs apart	X	X	X		
	Incorrect arm action	X	X	X	X	
	Incorrect foot pattern	X	X	X	X	
	Insufficient stretch onto apparatus	X	X	X	X	
	Poor technique, coordination, posture	X	X	X	X	



Support/ thrust	Touch with one hand/foot only					X
	Touch with knees					X
	Poor technique, coordination, posture	X	X	X	X	
	Too long on apparatus	X	X	X	X	
	Incorrect body shape	X	X	X	X	
	Legs apart	X	X	X		
2 nd flight	Incorrect arm position	X	X	X	X	
	Legs apart	X	X	X		
	Lack of height	X	X	X	X	
	Lack of distance	X	X	X	X	
	Poor technique, coordination, posture	X	X	X	X	
	Incorrect body shape	X	X	X	X	
Landing	Poor technique, coordination, posture	X	X	X	X	
	Extra movement for balance	X	X	X		
	Not landing in a straight line	X	X	X		
	Deep squat on landing	X	X	X		
	Step on landing (each step)	X	X	X		
	Support by coach on landing				X	
	Support during vault					X
	Failure to land feet first (this includes deduction for fall)					X
	Fall				X	
	Heavy landing/lack of control	X	X	X		
	Touch floor with hand			X		
Insufficient dynamics throughout the vault	X	X	X			
General	No presentation	X				



Skills – Trampette

Gymnastics are to perform BOTH skills in the chosen grade – but can swap one skill for the higher DV move

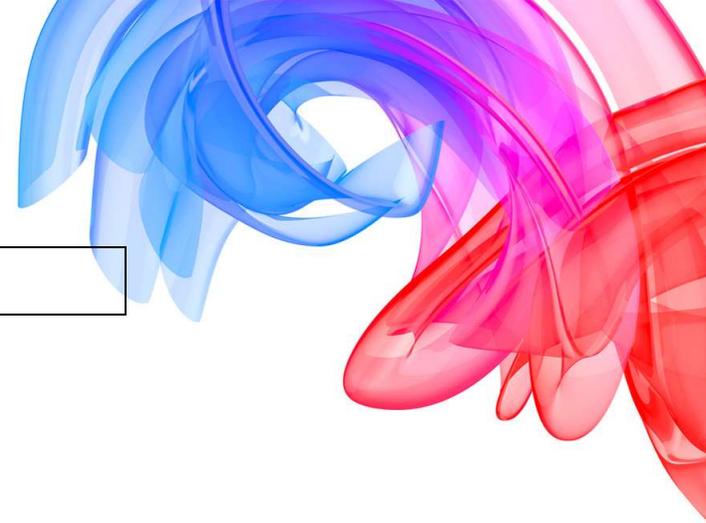
Skill no.	BRONZE	SILVER	GOLD
	Max score – 10.0	Max score – 10.0	Max score – 10.0
1	Straight jump	Straight jump ½ turn jump	Front Somi Tucked
2	Tuck jump	Straddle jump	Front Somi Piked
	DV Straddle jump (+1.0)	DV front tucked somi (+1.0)	DV Front somi Straight (+2.0)

Deductions – Trampette

Deductions		0.1	0.2	0.3	0.5	1.0
Technical	Small fault	X	X			
	Medium fault			X	X	
	Major fault				X	X
Overall	Flow/posture/body tension/overall impression	X	X	X	X	X
General	Step off floor	X				
	Concentration pauses	X				
	No presentation	X				
	Break during elements/series		X			
	Poor posture/untidiness throughout				X	
	Prompt by coach (max x2)				X	
	Missing out element					X

Example faults

Small	Medium	Major
Toes not pointed Slightly bent knees/arms Poor posture Legs slightly apart Steps on landing (each step)	Bent arms/knees Wide legs/crossed legs Lack of height/distance in jump Lack of split Lack of shape e.g. tuck, pike, straddle	Fall Landing on hands and knees



Exactness in turns	Balance not held Incorrect technique	
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