## Gfa

## Tumble and Trampette competition

## Skills and Tariff sheet – Levels 1 to 4

**Requirements – Tumble and Trampette**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **Key Information** | * Equipment dimensions/type can be found within the handbook * Check categories within handbook, particularly ages, for level which can be entered at | | | |
| **Tumble Information** | * These are set routines | | | |
| **Trampette Information** | * Two attempts permitted, best scoring attempt to count * Each attempt can be the same element, or they can be different | | | |
| **Difficulty Value**  (DV score) | * This score is stated at the top of each routine/element on the ‘Skills section’ * The Tariff sheet is required and can be found on the last page of this document | | | |
| **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 – Execution Deductions = Final Score | | | |

**Skills – Tumble**

|  |  |  |  |
| --- | --- | --- | --- |
| **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **DV score:** 10.00 | **DV score:** 10.00 | **DV score:** 10.00 | **DV score:** 10.00 |
| * Forwards roll straight jump, * Forwards roll into bunny hop tucked (static and high), * Stand, and stretch jump, * Forwards roll star jump | * Cartwheel (side to side) land and turn forwards, * Cartwheel ¼ turn inwards, * ½ jump, * Forwards roll * Tuck jump. | * Handstand, lunge to stand, * Forwards roll to stand, * 2 X cartwheels (linked) to stand, * Hurdle step into round off into, * 1/2 turn jump. | * Handspring to stand, * Handstand forwards roll to stand, * Cartwheel into one handed cartwheel to stand, * Round off into, * ½ turn jump immediate tuck jump. |

**Deductions – Tumble**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.2** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **Specific floor deductions** | Touch of hair/leotard/clothing | X |  |  |  |
| Missing element |  |  |  | X |
| **Skill focused deductions**  (Each time) | Lack of form, control, height and rhythm I each element | X | X | X | X |
| Bent arms/legs/body | X | X |  |  |
| Legs apart/arms not squeezing ears | X | X |  |  |
| Lack of extension within arms/legs | X |  |  |  |
| Loss of temp | X |  |  |  |
| Out of alignment | X |  |  |  |
| Lack of push/flight through hands | X | X |  |  |
| Knees touch floor (incomplete element) |  |  |  | X |
| Roll – Over one shoulder |  |  | X |  |
| Roll – Head contact with floor | X |  |  |  |
| Roll – Using one hand to stand up |  | X |  |  |
| Roll – Using two hands to stand up |  |  | X |  |
| Feet not landing at the same time |  | X |  |  |
| Lack of body tension | X |  |  |  |
| Jump – Not taking off both feet | X |  |  |  |
| Jump – Landing on one foot | X |  |  |  |
| Twisting jump – Arms not brought into chest |  | X |  |  |
| Loss of balance | X | X |  |  |
| Incomplete shape – stretch/tuck/star | X |  |  |  |
| **Landing deductions**  (Each time) | Step after landing (each step) (Max 0.5) | X |  |  |  |
| Not standing still in an upright position and showing stability for approximately three seconds | X | X |  |  |
| Touching the floor with one or both hands |  |  | X |  |
| Deep squat within landing |  |  | X |  |
| Falling to knees, hands and knees, front, back, or seat on the track or landing zone/area |  |  |  | X |
| **Falls** (Each skill) | Falls |  |  |  | X |

**Skills – Trampette – Gymnasts may choose to do one of each option or both options in their level. Two attempts are given, the highest score counts.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Trampette option** | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **A** | **DV score:** 9.00 | **DV score:** 9.00 | **DV score:** 9.00 | **DV score:** 9.00 |
| Stretch jump | Tuck jump | Straddle jump | Full turn jump |
| **B** | **DV score:** 10.00 | **DV score:** 10.00 | **DV score:** 10.00 | **DV score:** 11.00 |
| Star jump | ½ turn jump | Pike jump | Front somersault |

**Deductions – Trampette**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Deductions** | | | **0.1** | **0.2** | **0.5** | **1.0** |
| **Execution Score**  (E score)  Max of 10.0 | **Unclear body shapes:** | Hip and knee angle faults | X | X | X |  |
| Split, crossed legs, head or feet faults | X |  |  |  |
| Arms not close to body/rotation axis | X |  |  |  |
| **Unclear twisting:** | Initiating the twist too soon/late | X | X |  |  |
| Finishing the twist too late | X |  |  |  |
| Under/over rotation |  | X | X |  |
| **Lift off the vault:** | Lack of lift |  | X |  |  |
| No visible lift |  |  | X |  |
| **Distance in element:** | Too low |  | X |  |  |
| Too long | X |  |  |  |
| **Body position before landing:** | Late opening | X |  |  |  |
| No opening |  | X |  |  |
| **Landing deductions:**  (Each time) | Leaning position | X | X | X |  |
| Hips/knees bending | X | X | X |  |
| Loss of control | X | X | X |  |
| Light touch with one hand/knee | X |  |  |  |
| Light touch with two hands/knees |  | X |  |  |
| Falling (sitting, rolling, etc.) |  |  |  | X |
| Not landing feet first |  |  |  | X |
| Not landing along the center line | X | X |  |  |
| **Coaches’ actions:** | Supporting |  |  |  | X |
| Not acting in a dangerous situation |  |  |  | X |
| Helping the gymnast achieve element |  |  |  | X |

**Tariff sheet – These must be completed and handed to the competition organiser on the day of competition a minimum of 2 must be provided.**

**One Attempt is given for tumble.**

|  |  |  |
| --- | --- | --- |
|  | **Tumble** | **Difficulty Value** |
| **Enter tumble:** |  | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

**Two attempts – can be the same or different.**

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Trampette** | **Difficulty Value** |
| **1** |  | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

|  |  |  |
| --- | --- | --- |
| **Attempt no.** | **Trampette** | **Difficulty Value** |
| **2** |  | **[Select value]** |
| **Execution:** | | **10.0** |
| **Difficulty Value + Execution = Start value** | | **[Select value]** |

**Note:** Have these ready in order of performance for the judges – see programme for details.