



## Barnsley GfA WA Level 7 Networks Competition 2019

### Skills and Tariff sheet – Level 7

#### Requirements

Level 7		
<b>Key Information</b>	<ul style="list-style-type: none"> <li>These rules are based on the Yorkshire Women's Artistic Competition Handbook 2019.</li> </ul>	
<b>Floor Information</b>	<ul style="list-style-type: none"> <li>Performed to music</li> <li>Music to be between 30 – 60 seconds long</li> <li>Routine to be created in order of own choice using elements listed (below)</li> </ul>	
<b>Vault Information</b>	<ul style="list-style-type: none"> <li>Two attempts permitted, best scoring attempt to count</li> <li>There is only one vault available</li> </ul>	
<b>Bars Information</b>	<ul style="list-style-type: none"> <li>This is a set routine</li> </ul>	
<b>Beam Information</b>	<ul style="list-style-type: none"> <li>This is a set routine</li> <li>Max of 60 seconds long</li> </ul>	
<b>Difficulty Value (D score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is valued at 2.0 (Using the YGA WA rules scoring)</li> </ul>
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is valued at 2.2 (Using the YGA WA rules scoring)</li> </ul>
	<b>Bars</b>	<ul style="list-style-type: none"> <li>This is valued at 2.4 (Using the YGA WA rules scoring)</li> </ul>
	<b>Beam</b>	<ul style="list-style-type: none"> <li>This is valued at 2.0 (Using the YGA WA rules scoring)</li> </ul>
<b>Compositional Score (C score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is valued at 0.6 (Using the YGA WA rules scoring)</li> </ul>
	<b>Vault</b>	<ul style="list-style-type: none"> <li>N/a</li> </ul>
	<b>Bars</b>	<ul style="list-style-type: none"> <li>N/a</li> </ul>
	<b>Beam</b>	<ul style="list-style-type: none"> <li>This is valued at 0.6 (Using the YGA WA rules scoring)</li> </ul>
<b>Execution Score (E score)</b>	<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 (D score) + Compositional Score (C score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Judges Execution Deductions = Final Score</li> </ul>	



**Skills – Floor**

<b>Level 7</b>	
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Forward roll.</li> <li>• Backwards roll (straight arms).</li> <li>• Cartwheel.</li> <li>• Handstand forward roll (showing handstand, not holding).</li> <li>• Cat leap.</li> <li>• Star jump.</li> </ul>

**Skills – Vault**

<b>Level 7</b>	
<b>Skill</b>	<ul style="list-style-type: none"> <li>• Handstand flatback.</li> </ul>

**Skills – Bar**

<b>Level 7</b>	
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Circle up,</li> <li>• 2 casts towards horizontal,</li> <li>• Back hip circle,</li> <li>• Straddle shoot dismount.</li> </ul>

**Skills – Beam**

<b>Level 7</b>	
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Mount (jump to support),</li> <li>• Straight jump,</li> <li>• Cat leap,</li> <li>• Half spin,</li> <li>• Split handstand,</li> <li>• Round off dismount.</li> </ul>



### 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		
	Feet not pointed/loose/body alignment	X			
<b>Landing deductions (Each time)</b>	Landing from tumblers (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	
<b>Falls (Each skill)</b>	Falls				X

### 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



### Deductions – Bar

Deductions		0.1	0.3	0.5	1.0
General	Body alignment	X	X		
	Adjusted grip position	X			
	Hit on apparatus with feet			X	
	Hit on mat with feet (fall)				X
	Poor rhythm in elements			X	
	Insufficient height	X	X		
	Under rotation	X			
	Insufficient extension in casts	X			
	Intermediate swing	X			
	Empty swing			X	
	Angle of completion of elements	X	X	X	X
	Body alignment	X	X		
	Bent arms	X	X		
	Bent legs	X	X		
	Landing	X	X	X	
Fall				X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (apart from jump to high bar in Primary 1)				X

### Deductions – Beam

Deductions		0.1	0.3	0.5	1.0
General	Poor rhythm/adjustments (each)	X			
	Excessive arm swings (each)	X			
	Pause (more than 2 seconds) (each)	X			
	Body posture/amplitude throughout	X			
	Additional support of leg against the side surface of the beam		X		
	Grasp beam to avoid a fall			X	
	Additional movements to maintain balance			X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

**Note:** These deductions are in additional 'normal' execution deductions for beam