



## West Midlands Regional General Gymnastics Competitions George Finney Set Floor and Vault Championships 2020 Boys and Girls Skills and Tariff sheet – Beginner to Advanced (Set)

### Requirements

		Beginner	Intermediate	Advanced
<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>Can only perform routines 'A' or 'B'</li> </ul>	<ul style="list-style-type: none"> <li>Can only perform routines 'B', 'C' or 'D'</li> </ul>	<ul style="list-style-type: none"> <li>Can only perform routines 'B', 'C' or 'D'</li> </ul>
		<ul style="list-style-type: none"> <li>Music isn't required</li> <li>Routines set routines</li> </ul>		
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Vault height as per handbook, 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> <li>Bonus values are listed at top of table of Skills section of this document</li> </ul>		
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is listed next to the skill 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) + Compositional Score (C score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Judges Execution Deductions = Final Score</li> </ul>		



### Skills – Floor

Routine	Set A		Set B	
Bonus value (per element)	No bonus		No bonus	
1	H balance,	Arms optional, straight back and supporting leg, knee at 90°	Balance with leg in front at 45° or above (3 sec), linked into	Arms optional, legs straight
2	Forwards roll,	Squat with straight back, legs straight in roll, stand up without using hands	Cartwheel,	Front to side
3	Star jump,	Arm swing, legs at 90° split	Handstand forwards roll,	Arms optional during roll, up to 0.5 taken if handstand not vertical before roll
4	Forward roll into dish,	Arms optional, 0.5 deduction if feet touch floor	Forwards roll to pike sit push to bridge OR Forwards roll to non-supported V sit,	Squat with straight back, legs straight in roll V sit with arms parallel to floor
5	Dish hold (3 sec),	Loss of value if not held, 0.3 deduction if back not touching floor	Tucked shoulder stand into ½ turn jump,	Up to 0.5 deduction hips not over shoulders / jump arms optional
6	Roll to arch hold (3 sec),	Loss of value if not held, 0.3 deduction if arms or leg touch floor, legs together	Backwards roll to straddle stand,	Entry optional
7	Front support jump to crouch,	Hands under shoulders, straight back, legs together	Tucked headstand OR Straddle headstand,	Entry optional, straight back, return to feet optional
8	Cartwheel.	Front to side	Roundoff controlled rebound OR Jump step into cartwheel ¼ turn.	Run or jump entry, show speed/power, 0.3 deduction if no rebound



**Skills – Floor (continued)**

Routine	Set C		Set D	
Bonus value (per element)	Bonus = 0.5		Bonus 1.0	
1	Arabesque OR Y balance,	Arabesque – Arms optional, 0.3 deduction if leg/chest not above horizontal Y balance – Up to 0.5 deduction, leg must be above horizontal	Balance with leg in front at min 45° (3sec). Raised leg travels around to arabesque,	Full leg extension and control throughout Raised leg stay at 45° Raised leg to continuously travel the 180° into arabesque
2	Handstand forwards roll,	Arms straight during roll Handstand must be vertical before roll	Forwards walkover OR Backwards roll to handstand OR Valdez,	Walkover – Straight Legs and fluid movement Roll – Entry optional must show vertical shape Valdez – High leg lift entry, smooth fluid movement
3	One handed cartwheel, linked into	Free arm optional (Not behind body 0.3 deduction)	Round off flic to backwards somersault (tucked) OR Round off flic (x2) rebound OR Round off backwards somersault (tucked),	Run/jump optional Speed/power/tempo Straight arms, landing still
4	Cartwheel,	Finish ¼ turn inwards	One handed cartwheel, linked to	Free arm optional (Not behind body 0.3 deduction)
5	Backwards walkover OR Backwards roll to handstand OR Backwards roll to front support (3 sec),	Walkover – Arms by ears, show split, optional finish Handstand – Entry, arms by ears, up to 0.5 taken if handstand not vertical Support – Must be competed with straight arm entry	Handstand ½ pirouette roll out,	Two hand movements
6	1/1 turn jump,	Arms optional, height needed	1/1 turn jump OR 1/1 spin,	Jump – Height and control Spin – 360° must be completed
7	Handspring, rebound, stop, straddle jump OR Round off flic.	Speed/power/tempo	Forwards roll into ½ turn tuck jump OR ½ turn straddle jump,	½ turn completed before shape Legs at hip level
8			Free cartwheel OR Handspring controlled rebound.	Cartwheel – Jump/run, arms optional Handspring – Jump/run optional



### Deductions – Floor

Deductions		0.1	0.3	0.5	1.0
Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
Specific floor deductions	Touch of hair/leotard/clothing	X			
	Missing competition requirements			X	
	Beginner level performing 'C' element			X	
	'B' element unrecognisable	X			
	'C' element unrecognisable	0.2			
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 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	
Falls (Each skill)	Falls				X



### Skills – Vault

Vault		DV score		
		Beginner	Intermediate	Advanced
1	Squat on, immediate jump off (cross box)	8.00	8.00	8.00
2	Straddle on, immediate jump off (cross box)	8.00	8.00	8.00
3	Squat through (cross box)	9.00	9.00	9.00
4	Straddle over (cross box)	9.00	9.00	9.00
5	Squat through (long box)	9.50	9.50	9.50
6	Straddle over (long box)	9.50	9.50	9.50
7	Handspring	10.00 (Under 13's and above only)	10.00	10.00
8	½ on	10.00 (Under 13's and above only)	10.00	10.00

### Deductions – Vault

Deductions		0.1	0.3	0.5	1.0
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 squat/ straddle	X	X	X	
Repulsion	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		
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 centre	X			
	Brush on apparatus			X	
Fall				X	
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X