## East Midlands Regional Gymnastics for All Competitions

## Boys and Girls

## Skills and Tariff sheet – Under 8 Years Floor and Vault

**Requirements**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | **5 Years** | **6 Years** | **7 and 8 Years** |
| **Key Information** | | * Equipment dimensions/type can be found within the handbook | | |
| **Floor Information** | | * Set elements performed on a strip of floor * Music isn’t required | | |
| **Vault Information** | | * Vault heights next to specific elements, warm up vault must suit the group * Two attempts permitted on vault, best score to count * Both vaults must be the same element performed | | |
| **Difficulty Value**  (DV score) | **Floor** | * Scored out of 10.0 | | |
| **Vault** | * This is listed within the Skills section of this document | | |
| **Compositional Score**  (C score) | **Floor** | * This is not required in this competition | | |
| **Vault** | * 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 Execution Deductions judges will make | | |
| **Scoring Information** | | * Difficulty Valve (DV score) + Execution Score (E score) = Starting Score * Starting Score – Judges Execution Deductions = Final Score | | |

**Skills – Floor**

|  |  |  |
| --- | --- | --- |
|  | **5 years** | **6 Years** |
| **Routine** | * Walk four steps stretched on toes and arms by ears, * Squat down, * Tuck roll backwards to shoulders and forward to finish on feet in the squat position, * Roll out to lie flat on back with hands on top of thighs, * Show dish shape for 3secs, * Lower to the floor, * Extend arms by ears and log roll onto tummy, * Lift to arch for 3secs, * Lower to the floor, * Circle arms outwards to finish under shoulders, * Push to kneeling for 3secs, * Jump feet forward to squat, * Jump to stand, * Balance on one leg for 3secs, * Put feet back together to stand, * Three skips showing high knee lift, * From two feet stretch jump to finish. | * Walk four steps stretched on toes and arms by ears, * Squat down, * Tuck roll backwards to shoulders and forward to stand, * Stretch jump to squat down, * Roll out to flat back with hands on top of thighs, * Show dish shape holding for 3secs, * Lower to the floor, * Extend arms by ears and log roll on to tummy, * Lift to arch holding for 3secs, * Lower to floor and circle arms outwards to finish under shoulders, * Push to kneeling hold body in a support position for 3secs, * Jump feet forward to squat, * Jump to stand, * Balance on one leg to the side 45° and hold for 3secs, * Return to stand perform two chasse steps on the same leg, * From two feet star jump to finish. |
| **7 Years** | 8 Years |
| * Walk four steps stretched on toes and arms by ears, * Arabesque leg over 45° hold for 3secs, * Return to stand, * Squat down forward roll to finish in squat, * Roll back to shoulder stand supporting at the hips hold for 3secs, * Roll out to flat back with hands on top of thighs, * Show dish shape holding for 5secs, * Lower to the floor, * Extend arms by ears log roll onto tummy, * Lift into arch holding for 5secs, * Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs, * Jump feet into squat, * Stretch jump to stand, * Two forward chasse steps with change leg, * From two feet stretch jump ½ turn to finish. | * Walk four steps stretched on toes and arms by ears, * Arabesque leg over 45° hold for 3secs, * Return to stand, * Squat down forward roll to stand * Stretch jump * Handstand * Dish shape 3secs hold (arms by ears or on thighs), * Roll to lie on front, * Arch shape with arms by ears 3secs hold, * Push to front support, * Jump feet to hands, * Stretch jump from the squat position. |

**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 |  |
| **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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Element** | **Equipment** | **5 years** | **6 Years** | **7 and 8 Years** |
| Run, hurdle step onto a springboard with immediate stretch jump onto a safety mat | Short/junior size springboard | 10.00 |  |  |
| Squat on the vault/block, walk with controlled steps to the end, stretch jump off with controlled landing | Short/full size springboard  Table vault/Red block height = 0.6m |  | 10.00 |  |
| Squat on the vault/box, immediate stretch jump with controlled landing | Full size springboard only  Table vault height = 1.0m |  |  | 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 squad/ 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 |