## East Midlands Regional Gymnastics for All Competitions

## Girls

## Skills and Tariff sheet – Primary 2 and 1

**Requirements**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Primary 2** | **Primary 1** |
| **Key Information** | | * Equipment dimensions/type can be found within the handbook | |
| **Floor Information** | | * Music isn’t required * Set elements performed on a strip of floor | |
| **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 | |
| **A Bars Information** | | * Set routine | * Set routine * This routine is in two parts, both must be completed |
| **Beam Information** | | * Set routine * Elements can be repeated within series | * Set routine * Elements can’t be repeated within series |
| **Difficulty Value**  (DV score) | **Floor** | * Scored out of 10.0 | |
| **Vault** | * This is listed within the Skills section of this document | |
| **A bars** | * Scored out of 10.0 | |
| **Beam** | * Scored out of 10.0 | |
| **Compositional Score**  (C score) | **Floor** | * This is not required in this competition | |
| **Vault** | * This is not required in this competition | |
| **A bars** | * This is not required in this competition | |
| **Beam** | * 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**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Routine** | * Forward roll star jump, * Chasse cat leap, * Arabesque, * Stretch jump ½ turn , * Handstand, * Side to side cartwheel, * Squat down to then lie flat on back, * 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. | * Handstand forward roll (arms may be bent), * Immediate tuck jump, * Chasse cat leap * ½ spin * Backward roll to straddle stand, * ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide but final position must be arms to the side), * From splits, turn to sit in straddle, * Join legs together, * Lie down on back and push to bridge, * Lie down from bridge and rock to stand, * From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel. |
| **Bonus** |  | If kick over from the bridge = 0.5 |

**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** | **Primary 2** | **Primary 1** |
| Squat on | Table vault (height optional) | 10.0 | 10.0 |
| Handstand flatback | Block and safety mat 0.8m |  | 10.0 |

**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 |

**Skills – A bars**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Routine** | * Trolley swing to initiate, * Three swings, * Dismount on third swing. | * Low bar:   + Upward circle,   + Cast,   + Cast dismount. * High bar (coach to assist jump to bar):   + One chin,   + One leg lift,   + Three fish swings, * Release to land. |
| **Bonus** |  |  |

**Note:** TeamGym and Men’s Artistic coaches can’t enter girls four-piece competitions as A-bars and beam aren’t covered within their syllabus.

**Deductions – High bar**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **General** | Legs apart |  | X |  |  |
| Lack of swing or pause | X | X |  |  |
| Low amplitude on flight elements | X | X |  |  |
| Deviation from plane of movement | X | X |  |  |
| Layaway on the back swing |  | X |  |  |
| Bent arms | X | X |  |  |
| Bent knees (each time) | X | X |  |  |
| Elements not continuing in their intended direction |  |  | X |  |
| Body alignment | X | X |  |  |
| Bent arms | X | X |  |  |
| Bent legs | X | X |  |  |
| Landing | X | X |  |  |
| Fall |  |  |  | X |
| **Additional** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all |  |  |  | X |
| Support from coach |  |  |  | X |

**Skills – Beam**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Primary 2** | | **Primary 1** | |
| **Routine** | * Mount – Squat on or jump to front support, * Leap series – Two leaps or jumps linked, * Single leg balance, * Two leaps or jumps or hops or turns or spins (don’t have to be linked), * Dismount – Stretch, tuck, or star jump. | | * Mount – Squat on, * Leap series – Two skills linked (one must be a leap e.g. cat leap or tuck jump), * One acro skill, * Two leaps or jumps or spins (don’t have to be linked), * Single leg balance, * Dismount – Round off. | |
| **Bonus** |  | |  | |
| **Skills for leap series** | * Stretch jump * Tuck jump * W jump * Cat leap * Split leap | * Split jump * Arabesque * Y balance * ½ spin * ½ turn on toes | * Stretch jump * Tuck jump * W jump * Cat leap * Split leap * Split jump | * Arabesque   Y balance  Chasse   * ½ spin * ½ turn on toes |
| **Skills for acro series** | * Forwards roll * Handstand * Cartwheel * Cartwheel ¼ turn | * Walkover – Forwards * Walkover – Backwards | * Forwards roll * Handstand * Cartwheel * Cartwheel ¼ turn | * Walkover – Forwards * Walkover – Backwards |

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**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