



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		<ul style="list-style-type: none"> Equipment dimensions/type can be found within the handbook 		
Floor Information		<ul style="list-style-type: none"> Set elements performed on a strip of floor Music isn't required 		
Vault Information		<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Scored out of 10.0 		
	Vault	<ul style="list-style-type: none"> This is listed within the Skills section of this document 		
Compositional Score (C score)	Floor	<ul style="list-style-type: none"> This is not required in this competition 		
	Vault	<ul style="list-style-type: none"> This is not required in this competition 		
Execution Score (E score)		<ul style="list-style-type: none"> 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		<ul style="list-style-type: none"> Difficulty Value (DV score) + Execution Score (E score) = Starting Score Starting Score – Judges Execution Deductions = Final Score 		



Skills – Floor

	5 years	6 Years
Routine	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 & 8 Years	
	<ul style="list-style-type: none"> 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. 	

Deductions – Floor

Deductions	0.1	0.3	0.5	1.0
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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 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

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 table vault, stretch jump off with controlled landing. The stretch jump can be performed immediately or from controlled steps to the end of the vault.	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