

## 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		٠	<ul> <li>Equipment dimensions/type can be found within the handbook</li> </ul>				
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	Floor	٠	Scored out of 10.0				
(DV score)	Vault	٠	This is listed within the	Skills section of this docum	ient		
Compositional	Floor	٠	This is not required in this competition				
Score (C score)	Vault	٠	This is not required in	his 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		•					

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Skills – Floor
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<ul> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Squat down,</li> <li>Tuck roll backwards to shoulders and forward to finish on feet in the squat position,</li> <li>Roll out to lie flat on back with hands on top of thighs,</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Squat down,</li> <li>Tuck roll backwards to shoulders and forward to stand,</li> <li>Tuck roll backwards to shoulders and forward to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul>			5 years		6	Years		
arms by ears;       Squat down,         • Squat down,       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 turmny,       • Extend arms by ears and log roll onto turmny,         • Lift to arch for 3secs,       • Lower to the floor,         • Circle arms outwards to finish under shoulders,       • Lower to the floor,         • Circle arms outwards to finish under shoulders,       • Jump feet forward to squat,         • Jump feet forward to squat,       • Jump to stand,         • Balance on one leg for 3secs,       • Jump to stand,         • From two feet stretch jump to finish.       • Balance on one leg for 3secs,         • Jump to stand,       • Balance on one leg for 3secs,         • Jump to stand,       • Balance on one leg for 3secs,         • Valk four steps stretched on toes and arms by ears,       • Arabesque leg over 45° hold for 3secs,         • Arabesque leg over 45° hold for 3secs,       • Keiturn to stand,         • Return to stand,       • Squat down forward oil to finish in squat,         • Squat down forward oil to finish in squat,       • Koll back to shoulder stand supporting at the high hold for 3secs,         • Lift into arch holding for 5secs,		•		٠			on toes a	and
<ul> <li>Squat down,</li> <li>Tuck roll backwards to shoulders and forward to finish on feet in the squat position,</li> <li>Roll out to lie flat on back with hands on top of thighs,</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Jump test forward to squat,</li> <li>Jump test stretch jump to finish.</li> </ul>								
<ul> <li>Tuck roll backwards to shoulders and forward to finish on feet in the squat position.</li> <li>Roll out to lie flat on back with hands on top of thighs.</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto turmmy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg to 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg to 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg to 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg to the side 45° and hold for 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg to the side 45° and hold for 3secs,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Walk four stead, squeth to stand,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder, spush to front support floor and circle arms outwards to finish under shoulders,</li> <li>Lower to the floor,</li> <li>Extend arms by ears set sponting at the higs hold for 3secs,</li> <li>Return to stand,</li> <li>Stretch jump to stand,</li> <li>Stretch jump to stand,</li> <li>Two forward chases steps with change leg.</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	-	•				
Forward to finish on feet in the squat position,       Forward to stand,         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,       Show dish shape fold body in a support position for 3secs,         Jump leet forward to squat,       Jump to stand,         Balance on one leg for 3secs,       Jump to stand,         Balance on one leg, to the side 45° and hold for 3secs,         Put feet back together to stand,         Three skips showing high knee lift,         From two feet stretch jump to finish.         Return to stand,         Balance on one leg to the side 45° and hold for 3secs,         Valk 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 out to flat back with hands on top of thighs,         Show dish shape holding for 5secs,         Lower to the floor,         Stretch jump to stand,         Squat down forward roll to finish in squat,         Stretch arms by ears log roll onto tummy,         Lift int arms by ears log roll onto tummy,		•						
<ul> <li>Serition,</li> <li>Roll out to lie flat on back with hands on top of thighs,</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul>								
<ul> <li>Roll out to lie flat on back with hands on top of thighs.</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Push to kneeling for in two feet stretch jump to finish.</li> <li>Three skips showing high knee lift,</li> <li>Three skips stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Routine fact arms by ears outwards to finish in squat,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish.</li> </ul>				•			/n,	
<ul> <li>top of thighs,</li> <li>Show dish shape for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul> Routine <b>7 &amp; 8 Years</b> Walk four steps stretched on toes and arms by ears, <ul> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Cower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift to arch holding for 3secs,</li> <li>Show dish shape holding for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift to arch holding for 5secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Stretch jump to stand,</li> <li>Two forward chase steps with change leg,</li> <li>From two feet stretch jump 15 to and,</li> <li>Stretch jump to stand,</li> <li>Stretch jump to stand,</li> <li>Two forward chase steps with change leg,</li> <li>From two feet stretch jump 15 to tont sins,</li> </ul>		•	Roll out to lie flat on back with hands on	•				op of
<ul> <li>Show dish shape holding for 3secs,         <ul> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>From two feet stretch jump to finish.</li> </ul> </li> <li>Routine         <ul> <li>Three skips showing high knee lift,</li> <li>From two feet stretch of tor 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat, the hips hold for 3secs,</li> <li>Roul out falt back with hands on top of thighs,</li> <li>Show dish shape holding for 3secs,</li> <li>From two feet stretch of tor 3secs,</li> <li>From two feet stretch jump to finish in squat, the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll on to tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to floor,</li> <li>Extend arms by ears log roll on to tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears, supporting at the hips hold for 3secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders,</li></ul></li></ul>			top of thighs,					1
<ul> <li>Lower to the floor,</li> <li>Extend arms by ears and log roll onto tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Routine</li> <li>Routine to the floor,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulders, Push to front support to floor and circle arms outwards to finish under shoulders, Push to front support to r3secs,</li> <li>Return to stand,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll on to tummy,</li> <li>Lift to arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Roll back to shoulders, Push to front support to floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift end tor shoulders, Push to front support for 3secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	Show dish shape for 3secs,	•	-	e holding	for 3secs	
<ul> <li>Extend arms by ears and log roll onto tummy, Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the higs hold for 3secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulder stand,</li> <li>Stretch jump to stand,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	Lower to the floor,	•		-		
<ul> <li>tummy,</li> <li>Lift to arch for 3secs,</li> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand der of saces,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Routine</li> </ul>		•	Extend arms by ears and log roll onto	•	Extend arms by	ears and	log roll or	n to
<ul> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul> <ul> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears, Que to for stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>			tummy,				0	
<ul> <li>Lower to the floor,</li> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump feet forward to squat,</li> <li>Jump teet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul> <ul> <li>Routine</li> <li>Case Years</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto turmny,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	Lift to arch for 3secs,	•	Lift to arch holdir	ng for 3se	ecs,	
<ul> <li>Circle arms outwards to finish under shoulders,</li> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Jump to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Routine</li> <li>Squat down forward roll to finish in squat,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	Lower to the floor,	•				ards to
<ul> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Stretch jump to stand,</li> <li>Three stated,</li> <li>Stretch jump to stand,</li> <li>The stretch jump ½ turn to finish.</li> </ul>		•	Circle arms outwards to finish under					
<ul> <li>Push to kneeling for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul> <ul> <li>Routine</li> </ul> <ul> <li>Routine</li> </ul> <ul> <li>Routine</li> </ul> <ul> <li>Routine</li> </ul> <ul> <li>Push to kneeling for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> </ul> <ul> <li>Balance on one leg to the side 45° and hold for 3secs,</li> <li>Return to stand perform two chasse steps on the same leg,</li> <li>From two feet star jump to finish.</li> </ul> <ul> <li>Walk four steps stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>				•			ly in a su	oport
<ul> <li>Jump feet forward to squat,</li> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Return to stand perform two chasse steps on the same leg,</li> <li>From two feet stretched on toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto turmmy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Jump feet forward to squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	Push to kneeling for 3secs,				- '	
<ul> <li>Jump to stand,</li> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Return to stand perform two chasse steps on the same leg,</li> <li>From two feet stretch do n toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto turmry,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•	-	•			at,	
<ul> <li>Balance on one leg for 3secs,</li> <li>Put feet back together to stand,</li> <li>Three skips showing high knee lift,</li> <li>From two feet stretch jump to finish.</li> <li>Return to stand perform two chasse steps on the same leg,</li> <li>From two feet stretch ot toes and arms by ears,</li> <li>Arabesque leg over 45° hold for 3secs,</li> <li>Return to stand,</li> <li>Squat down forward roll to finish in squat,</li> <li>Roll back to shoulder stand supporting at the hips hold for 3secs,</li> <li>Roll out to flat back with hands on top of thighs,</li> <li>Show dish shape holding for 5secs,</li> <li>Lower to the floor,</li> <li>Extend arms by ears log roll onto tummy,</li> <li>Lift into arch holding for 5secs,</li> <li>Lower to floor and circle arms outwards to finish under shoulders, Push to front support for 3secs,</li> <li>Jump feet into squat,</li> <li>Stretch jump to stand,</li> <li>Two forward chasse steps with change leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> </ul>		•		•				
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• From two feet stretch jump to finish.       on the same leg,         • From two feet stretch jump to finish.       • From two feet star jump to finish.         • Walk four steps stretched on toes and arms by ears,       • Arabesque leg over 45° hold for 3secs,         • 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 – Floor		•	<u> </u>	•	Return to stand p	perform ty	wo chass	e steps
<b>Routine</b> • From two feet star jump 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 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.		•						
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<ul> <li>leg,</li> <li>From two feet stretch jump ½ turn to finish.</li> <li>Deductions – Floor</li> </ul>		•		1				
From two feet stretch jump ½ turn to finish.  Deductions – Floor								
finish. Deductions – Floor		•						
Deductions – Floor								
	D	eduo						
						0.1	0.3	0.5



Artistry deduction throughout	Insufficient flow/dynamics of routine	Х	Х	Х	
Specific floor deductions	Touch of hair/leotard/clothing	Х			
Specific floor deductions	Missing competition requirements			Х	
	Bent arms or bent knees	Х	Х	Х	
	Balance/flexibility not held for time required	Х	Х		
Execution deductions (Each	Leg or knee separation		Х		
time)	Insufficient height of element		Х		
	Insufficient tuck, pike or stretch	Х	Х		
	Feet not pointed/loose/body alignment				
	Landing from tumbles (step)	Х	Х		
	Trunk movement to maintain balance	Х	Х		
Landing deductions (Each time)	Extra steps up to 0.5	Х			
	Very large step or jump		Х		
	Deep squat			Х	
Falls (Each skill)	Falls				Х







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**

Deductions0.10.30.51.0Incomplete turnXXXXHip angleXXXXBend kneesXXXXLeg separationXXXXArchXXXXInsufficient layout in squad/ straddleXXXBent armsXXXXShoulder angleXXXXTouch with one handXXXXFailure to pass through verticalXXXXIncomplete turnXXXXXIncomplete turnXXXXXEscond flightXXXXXIncomplete turnXXXXXIncomplete turnXXXXXIncomplete turnXXXXXIncomplete turnXXXXXLeg separationXXXXXLarge steps (over shoulder width)XXXXLarge steps (over shoulder width)XXXXDeep SquatXXXXXDeep SquatXXXXXBrush on apparatusXXXXXFallXXXXXSkill attempted but not completedXXX	Deductions – Va					
Hip angle         X         X         X           Bend knees         X         X         X         X           Leg separation         X         X         X         X           Arch         X         X         X         X           Insufficient layout in squad/ straddle         X         X         X           Bent arms         X         X         X         X           Shoulder angle         X         X         X         X           Touch with one hand         X         X         X         X           Failure to pass through vertical         X         X         X         X           Incomplete turn         X         X         X         X         X           Insufficient length         X         X         X         X         X           Leg separation         X         X         X         X         X         X           Leg separation         X         X         X         X         X         X         X           Large steps (over shoulder width)         X         X         X         X         X         X           Large steps (over shoulder width)         X		Deductions	0.1	0.3	0.5	1.0
Bend knees         X         X         X         X           Leg separation         X         X         X         X           Arch         X         X         X         X           Insufficient layout in squad/ straddle         X         X         X           Staggered altered hand placement         X         X         X           Bent arms         X         X         X         X           Shoulder angle         X         X         X         X           Touch with one hand         X         X         X         X           Failure to pass through vertical         X         X         X         X           Incomplete turn         X         X         X         X           Insufficient length         X         X         X         X           Bent knees         X         X         X         X           Lag separation         X         X         X         X           Large steps (over shoulder width)         X         X         X           Large steps (over shoulder width)         X         X         X           Deep Squat         X         X         X         X <t< td=""><td></td><td>Incomplete turn</td><td></td><td></td><td>Х</td><td></td></t<>		Incomplete turn			Х	
First hightLeg separationXXXArchXXXXInsufficient layout in squad/ straddleXXXRepulsionStaggered altered hand placementXXXBent armsXXXXShoulder angleXXXXTouch with one handXXXFailure to pass through verticalXXXXIncomplete turnXXXXInsufficient lengthXXXXInsufficient lengthXXXXLeg separationXXXXLarge steps (over shoulder width)XXXLarge steps (over shoulder width)XXXDeep SquatXXXDeep SquatXXXFallXXX		Hip angle				
Leg separationXXXArchXXXXInsufficient layout in squad/ straddleXXXStaggered altered hand placementXXXBent armsXXXXShoulder angleXXXXTouch with one handXXXXFailure to pass through verticalXXXXIncomplete turnXXXXXIncomplete turnXXXXXInsufficient lengthXXXXXLeg separationXXXXXLarge steps (over shoulder width)XXXXLarge steps (over shoulder width)XXXXDeep SquatXXXXXDeep SquatXXXXXEntain on apparatusXXXXFallXXXXX	First flight	Bend knees	Х	Х	Х	
Insufficient layout in squad/ straddleXXXStaggered altered hand placementXXXBent armsXXXXShoulder angleXXXXTouch with one handXXXXFailure to pass through verticalXXXXLack of heightXXXXXIncomplete turnXXXXXInsufficient lengthXXXXXBent kneesXXXXXLage separationXXXXXLarge steps (over shoulder width)XXXXLarge steps (over shoulder width)XXXXDeep SquatXXXXXDeviation from centreXXXXFallStation from centreXXX	First night	Leg separation		Х		
RepulsionStaggered altered hand placementXXXBent armsXXXXShoulder angleXXXXTouch with one handXXXFailure to pass through verticalXXXLack of heightXXXXIncomplete turnXXXXInsufficient lengthXXXXBent kneesXXXXLarge steps (each)XXXLarge steps (over shoulder width)XXXExtra arm swingXXXAdditional trunk movementXXXDeep SquatXXXDeviation from centreXXXFallXXX		Arch				
Bent armsXXXShoulder angleXXXTouch with one handXXXFailure to pass through verticalXXXLack of heightXXXXIncomplete turnXXXXInsufficient lengthXXXXBent kneesXXXXLeg separationXXXXLarge steps (over shoulder width)XXXExtra arm swingXXXAdditional trunk movementXXXDeep SquatXXXDeviation from centreXXXFallXXX		Insufficient layout in squad/ straddle			Х	
RepulsionShoulder angleXXXTouch with one handIXXFailure to pass through verticalXXXLack of heightXXXXIncomplete turnXXXXInsufficient lengthXXXXBent kneesXXXXLeg separationXXXILarge steps (each)XIILarge steps (over shoulder width)XIExtra arm swingXIIAdditional trunk movementXXIDeep SquatXIIDeviation from centreXIIBrush on apparatusXXIFallIXXI		Staggered altered hand placement	Х	Х		
Touch with one handXXFailure to pass through verticalXXLack of heightXXXIncomplete turnXXXInsufficient lengthXXXBent kneesXXXLeg separationXXXLarge steps (each)XXXExtra arm swingXXXAdditional trunk movementXXXDeep SquatXXXDeviation from centreXXXFallXXX		Bent arms	Х	Х	Х	
Failure to pass through verticalXXXLack of heightXXXXIncomplete turnXXXXInsufficient lengthXXXXBent kneesXXXXLeg separationXXXXLarge steps (each)XXXXLarge steps (over shoulder width)XXXExtra arm swingXXXAdditional trunk movementXXXDeep SquatXXXDeviation from centreXXXFallXXX	Repulsion	Shoulder angle	Х	Х		
Second flightXXXXXIncomplete turnXXXXXInsufficient lengthXXXXBent kneesXXXXLeg separationXXXXLarge steps (each)XXXXLarge steps (over shoulder width)XXXExtra arm swingXXXXAdditional trunk movementXXXDeep SquatXXXDeviation from centreXXXFallXXX		Touch with one hand				Х
Second flightIncomplete turnXXXInsufficient lengthXXXXBent kneesXXXXLeg separationXXXXLarge steps (each)XImage: Second flightXImage: Second flightLarge steps (over shoulder width)XImage: Second flightXImage: Second flightLarge steps (over shoulder width)XImage: Second flightImage: Second flightImage: Second flightLarge steps (over shoulder width)XImage: Second flightImage: Second flightImage: Second flightLarge steps (over shoulder width)XImage: Second flightImage: Second flightImage: Second flightLarge steps (over shoulder width)XImage: Second flightImage: Second flightImage: Second flightLarge steps (over shoulder width)XImage: Second flightImage: Second flightImage: Second flightLarge steps (over shoulder width)XImage: Second flightImage: Second flightImage: Second flightLarge steps (over flightImage: Second flightImage: Second flightImage: Second flightImage: Second flightLandingBody posture faultsXImage: Second flightImage: Second flightImage: Second flightDeviation from centreXImage: Second flightImage: Second flightImage: Second flightImage: Second flightFallImage: Second flightImage: Second flightImage: Second flightImage: Second flight <td></td> <td>Failure to pass through vertical</td> <td></td> <td>Х</td> <td></td> <td></td>		Failure to pass through vertical		Х		
Second flightInsufficient lengthXXXBent kneesXXXXLeg separationXXXExtra steps (each)XXILarge steps (over shoulder width)XIExtra arm swingXIAdditional trunk movementXXBody posture faultsXIDeep SquatXIDeviation from centreXIBrush on apparatusXXFallIX		Lack of height	Х	Х	Х	Х
Bent kneesXXXLeg separationXXXExtra steps (each)XLarge steps (over shoulder width)XLarge steps (over shoulder width)XExtra arm swingXAdditional trunk movementXXBody posture faultsXDeep SquatXDeviation from centreXBrush on apparatusXXFallXX		Incomplete turn	Х	Х		
Leg separationXXExtra steps (each)XLarge steps (over shoulder width)XExtra arm swingXAdditional trunk movementXXBody posture faultsXDeep SquatXDeviation from centreXXBrush on apparatusXXFallX	Second flight	Insufficient length	Х	Х	Х	
Extra steps (each)XILarge steps (over shoulder width)XIExtra arm swingXIAdditional trunk movementXXBody posture faultsXIDeep SquatXIDeviation from centreXIBrush on apparatusXXFallIX		Bent knees	Х	Х	Х	
Large steps (over shoulder width)XExtra arm swingXAdditional trunk movementXAdditional trunk movementXBody posture faultsXDeep SquatXDeviation from centreXBrush on apparatusXFallX		Leg separation	Х	Х		
Extra arm swingXIAdditional trunk movementXXBody posture faultsXIDeep SquatXIDeviation from centreXIBrush on apparatusXXFallIX		Extra steps (each)	Х			
LandingAdditional trunk movementXXIBody posture faultsXIIDeep SquatXIDeviation from centreXIBrush on apparatusXXFallIX		Large steps (over shoulder width)		Х		
LandingBody posture faultsXDeep SquatXXDeviation from centreXXBrush on apparatusXXFallXX		Extra arm swing	Х			
Deep Squat     X       Deviation from centre     X       Brush on apparatus     X       Fall     X		Additional trunk movement	Х	Х		
Deviation from centre     X       Brush on apparatus     X       Fall     X	Landing	Body posture faults	Х			
Brush on apparatus     X       Fall     X		Deep Squat			Х	
Fall X		Deviation from centre	Х			
Fall X		Brush on apparatus			Х	
Additional Skill attempted but not completed X						Х
	Additional	Skill attempted but not completed			Х	

4

Bribish Gymnastics	RMA	
	Skill not attempted at all	X
	Support from coach	Х