East Midlands Regional Gymnastics for All Competitions Boys

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
 |
| **High Bar Information** | * Set routine
 |
| **P Bars Information** | * Set routine
 |
| **Difficulty Value**(DV score) | **Floor** | * Scored out of 10.0
 |
| **Vault** | * This is listed within the Skills section of this document
 |
| **H bar** | * Scored out of 10.0
 |
| **B bars** | * 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
 |
| **H bar** | * This is not required in this competition
 |
| **P bars** | * 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 into an immediate star jump,
* Jump ¼ turn,
* One side to back cartwheel (this is not a round off),
* Show handstand back to stand,
* Jump ½ turn (to change the direction),
* Side leg lift (45 degrees),
* Squat down and jump legs forward to back support hold for 3secs,
* Turn over to front support hold for 3secs,
* One press up,
* Jump feet into hands to squat,
* Backwards roll to stretch jump to finish.
 | * Tucked backward roll to front support,
* Jump feet into squat to stand,
* Two cartwheels linked, the second to feet together (to change the direction),
* Stretch jump ½ turn,
* Handstand forward roll,
* Perform a Swedish fall with leg raised,
* Lower raised leg to finish in front support,
* Two press ups,
* Squat feet in, stretch jump to stand
* Skip step into round off,
* Star jump. (not linked to round off)
 |
| **Bonus** |  |  |

**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 – High bar**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
|  | * Coach assistance to immediate chin up hold (2 secs), lower down with control
 | * Coach assist jump to high bar,
 |
|  | * 1 x leg lift to 45 degrees from bar
 | * One chin up,
 |
|  | * 3 x fish swings
 | * Upward circle,
 |
| **Routine** | * Release to safe landing
 | * Cast,
 |
|  |  | * Forward circle down,
 |
|  |  | * Three swings,
 |
|  |  | * Dismount at back of third swing.
 |
| **Bonus** |  |  |

**Note:** TeamGym, Women’s Artistic, and General Gymnastics coaches can’t enter boys

four-piece competitions as parallel bars 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 – Parallel bars**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Routine** | * One dip,
* ½ lever 2secs,
* Three swings,
* Dismount at back of third swing through middle of bars.
 | * Two dips,
* ½ lever 2secs,
* Three swings,
* Face dismount (at back to side of bar).
 |
| **Bonus** |  |  |

**Note:** TeamGym, Women’s Artistic, and General Gymnastics coaches can’t enter boys

four-piece competitions as parallel bars aren’t covered within their syllabus.

**Deductions – Parallel bars**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Deductions** | **0.1** | **0.3** | **0.5** | **1.0** |
| **General** | One leg step or swing on mount |  | X |  |  |
| Layaway on the back swing |  | X |  |  |
| Excessive hand separation/body deviation (each) | X | X | X |  |
| Hand adjustments (each) | X |  |  |  |
| Lack of extension | X | X |  |  |
| Uncontrolled re-grasping |  | X | X |  |
| Depth of the dip | X | X |  |  |
| Height of the lever | X | X |  |  |
| Body shape within swings | X | X |  |  |
| Landing | X | X |  |  |
| **Additional** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all |  |  |  | X |
| Support from coach |  |  |  | X |