East Midlands Regional Gymnastics for All Competitions Boys

Skills and Tariff sheet – Advanced

**Requirements**

|  |  |
| --- | --- |
|  | **Advanced** |
| **Key Information** | * Equipment dimensions/type can be found within the handbook
 |
| **Floor Information** | * Music isn’t required
* Set elements although can be performed in any order with additional steps to create a floor routine
* Max routine length = 1min 30sec
* Whole floor to be used
 |
| **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
* Bonus values are listed in the Skills section of this document
 |
| **Vault** | * This is listed within the Skills section of this document
 |
| **H bar** | * Scored out of 10.0
* Bonus values are listed in the Skills section of this document
 |
| **B bars** | * Scored out of 10.0
* Bonus values are listed in 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
 |
| **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**

|  |  |
| --- | --- |
|  | **Advanced** |
| **Routine** | * Backward roll to handstand (arm bend is optional) \*,
* Handstand forward roll to pike sit, lift to pike lever 3secs hold,
* Min. two skills acro series backwards or sideways – One skill must be flighted (eg Round off flic/Round off cartwheel, Round off tucked back somersault)
* Front handspring or Front somersault,
* Jump series – Two different jumps linked together,
* Handstand ½ pirouette \*,
* Y balance or arabesque 3secs hold,
* Splits (any direction)
 |
| **Bonus** | If both skills in the acro series are flighted e.g. round off flic or round off tuck back = 0.5 |

**Note: S**kills marked with a \* can’t be supervised by a Level 2 General Gymnastics coach.

**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** | **Advanced** |
| Handstand flatback | Block and safety mat 1.20m | 10.0 |
| Handspring | Table vault (height optional) | 11.0 |

**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**

|  |  |
| --- | --- |
|  | **Advanced** |
| **Routine** | * Jump to hang,
* Circle up to front support,
* Cast back hip circle,
* Cast ¾ giant to front support,
* Cast straddle undershoot dismount.
 |
| **Bonus** | If one cast reaches 45 degrees = 0.5 |

**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**

|  |  |
| --- | --- |
|  | **Advanced** |
| **Routine** | * Start in upper arm support,
* Kip to straddle sit on bars lift to ½ lever 2secs hold \*,
* Two dips,
* Four swings \*,
* Flank dismount \*.
 |
| **Bonus** | If dismount from handstand = 0.5 |

**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 |