



East Midlands Regional Gymnastics for All Competitions Girls Skills and Tariff sheet – Adv, Adv+, Adv+ Challenge

Requirements

		Advanced	Advanced Plus	Advanced Plus Challenge
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"> Music is required Maximum floor routine length = 1min 30sec Whole floor to be used 		
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 		
A Bars Information		<ul style="list-style-type: none"> Set routine 		
Beam Information		<ul style="list-style-type: none"> Set routine Elements can't be repeated within series Maximum routine length = 2.5 lengths 		
Difficulty Value (DV score)	Floor	<ul style="list-style-type: none"> Scored out of 10.0 Bonus values are listed in the Skills section of this document 		
	Vault	<ul style="list-style-type: none"> This is listed within the Skills section of this document 		
	A bars	<ul style="list-style-type: none"> Scored out of 10.0 Bonus values are listed in the Skills section of this document 		
	Beam	<ul style="list-style-type: none"> Scored out of 10.0 Bonus values are listed in 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 		
	A bars	<ul style="list-style-type: none"> This is not required in this competition 		
	Beam	<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

	Advanced	Advanced Plus	Advanced Plus Challenge
Routine	<ul style="list-style-type: none"> • Handstand hop forward roll with straight arms or Handspring • Min. of two skills acro series e.g. round off jump ½ turn cartwheel (these skills can be the same) • Full spin • Leap series – Split leap • Front or back walkover 	<ul style="list-style-type: none"> • Handspring • Round off flic • Front somersault • Full spin • Leap series – Split leap and cat leap • Backward roll to front support then splits 	<ul style="list-style-type: none"> • Min. of two backward flighted skills, must include a back somersault e.g. round off back somersault or round off flic back somersault • Min. of two forward flighted skills, must include a front somersault e.g. front somersault round off or handspring front somersault • Full spin • Chasse split leap step split leap • Backward roll to Handstand • Free cartwheel or free front walkover
Bonus	If both skills are flighted in the acro series = 0.5	If a back somersault is performed instead of flic = 0.5*	If three flighted skills are performed in the backward series (round off flic back somersault) = 0.5*

Note: Skills 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 from tumbles (step)	X	X		
Landing deductions (Each time)	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

Vault		Equipment	Advanced	Advanced Plus	Advanced Plus Challenge
1	Handspring over a mat + 60cm block on top	Mat + Block height = 0.8m	10.0		
2	Handstand flatback on table vault with mats	Table vault height optional	10.0		
3	Handspring over table vault	Table vault height optional		10.0	10.0
4	Handspring ½ on	Table vault height optional			10.5
5	Handspring ½ on ½ off	Table vault height optional			11.0
6	Handspring 1/1 off**	Table vault height optional			11.5

Note: Skills marked with a ** can only be supervised by a Level 3 or above in General Gymnastics, Men's Artistic, or Women's Artistic.

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

	Advanced	Advanced Plus	Advanced Plus Challenge
Routine	•	•	•
Bonus			

Note: Skills marked with a * can't be supervised by a Level 2 General Gymnastics coach.

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 – Bars

	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

	Advanced		Advanced Plus		Advanced Plus Challenge	
Routine	•		•		•	
Bonus						
Skills for leap series	Stretch jump Tuck jump W jump Cat leap	Split leap Split jump ½ spin Full spin	Stretch jump Tuck jump W jump Cat leap	Split leap Split jump ½ spin Full spin	Stretch jump Tuck jump W jump Cat leap	Split leap Split jump ½ spin Full spin
Skills for acro series	Forwards roll Handstand Cartwheel Cartwheel ¼ turn	Walkover – Backwards Walkover – Forwards	Forwards roll Handstand Cartwheel Cartwheel ¼ turn	Walkover – Backwards Walkover – Forwards	Forwards roll Handstand Cartwheel Cartwheel ¼ turn	Walkover – Backwards Walkover – Forwards

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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 – 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