**Skills & Tariff Sheet**

**GfA Floor & Vault & Bench Competition**

**Under 8’s**

**Boys & Girls**

**Requirements – Floor**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **5 years** | **6 years** | **7 and 8 years** |
| **Specific Information:** | * Music isn’t required. * This is a set routine. * Performed on a strip of floor. | | |
| **Difficulty Value:**  (DV score) | * This is a set score of 1.0 for all levels. | | |
| **Execution Score:**  (E score) | * Execution of elements scored out of 10.0 * An overview of execution deductions is found within the ‘Deductions – Floor’ section. * Judges will deduct from this value only. | | |
| **Scoring Information:** | * **Difficulty Value** + **Execution Score** = **Starting Score** * Judges may amend this where requirements aren’t met. * **Starting Score** – **Judges Execution Deductions** = **Final Score** | | |

**Deductions – Floor**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | **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 |  |  |
| Not landing flat (flatback) |  | X | X |  |
| Extra steps up to 0.5 | X |  |  |  |
| Very large step or jump |  | X |  |  |
| Deep squat |  |  | X |  |
| **Falls:** (Each skill) | Falls |  |  |  | X |

**Skills – Floor**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Category:** | **5 years** | | **6 years** | **7 and 8 years** |
| **Routine:** | * 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, * X3 skips showing high knee lifts, * From two feet stretch jump to finish. | | * 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. | * Walk X4 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, * X2 forward chasse steps with change leg, * From two feet stretch jump ½ turn to finish. |
| **Bonus:** |  |  | |  |

**Requirements – Vault**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **5 years** | **6 years** | **7 and 8 years** |
| **Specific Information:** | * Warm up vault to suit the group, discussed on the day. * Vault heights can be found within the relevant ‘Skills – Vault’ section * Two attempts permitted on vault, best score to count * Two attempts permitted. * Best scoring attempt to count. * Each attempt can be the same or different element. | | |
| **Difficulty Value:**  (DV score) | * Elements values can be found within the relevant ‘Skills – Vault’ section. | | |
| **Execution Score:**  (E score) | * Execution of elements scored out of 10.0 * An overview of execution deductions is found within the ‘Deductions – Vault’ section. * Judges will deduct from this value only. | | |
| **Scoring Information:** | * **Difficulty Value** + **Execution Score** = **Starting Score**   Judges may amend this where requirements aren’t met.   * **Starting Score** – **Judges Execution Deductions** = **Final Score** | | |

**Deductions – Vault**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | **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 center | 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 – Vault**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Element:** | | **Equipment:** | **5 years** | **6 years** | **7 and 8 years** |
| **1** | Run, hurdle step onto a springboard with immediate stretch jump onto a safety mat | Short/ junior size springboard | 10.0 |  |  |
| **2** | 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 |  | 10.0 |  |
| **3** | Squat on the vault/ box, walk with controlled steps to the end, stretch jump with controlled landing | Full size springboard only  Table vault height = 1.0m |  |  | 10.0 |

**Requirements – Bench**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **5 years** | **6 years** | **7 and 8 years** |
| **Specific Information:** | * Music isn’t required. * This is a set routine. * Performed on a single bench. | | |
| **Difficulty Value:**  (DV score) | * This is a set score of 1.0 for all levels. | | |
| **Execution Score:**  (E score) | * Execution of elements scored out of 10.0 * An overview of execution deductions is found within the ‘Deductions – Bench’ section. * Judges will deduct from this value only. | | |
| **Scoring Information:** | * **Difficulty Value** + **Execution Score** = **Starting Score** * Judges may amend this where requirements aren’t met. * **Starting Score** – **Judges Execution Deductions** = **Final Score** | | |

**Deductions – Bench**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | **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:** Deductions are in addition to ‘normal’ beam/ bench execution deductions

**Skills – Bench**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Category:** | **5 years** | | **6 years** | **7 and 8 years** |
| **Routine:** | * Bunny hop onto the end of the bench mount, * Bunny hop off the bench and back onto the bench (side-to-side), * Stork balance, * Stretch jump, * Dismount – Stretch jump. | | * Bunny hops over the bench (side-to-side), * Straddle on mount from the side. * Side balance, * Tuck jump, * Dismount – Tuck jump. | * Squat on mount from side, * Arabesque, * 1 Stretch jump 1 tuck jump series, * X2 travelling bunny hops along the bench. * Dismount – Cartwheel ¼ turn. |
| **Bonus:** |  |  | |  |