**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 springboardTable 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 onlyTable 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:** |  |  |  |