**Skills & Tariff Sheet**

**GfA Four Piece Competition**

**Levels Primary 2 and Primary 1**

**Boys**

**Requirements – Floor**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **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.
* Bonus values can be found within the relevant ‘Skills – Floor’ section.
 |
| **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:** | **Primary 2** | **Primary 1** |
| **Routine:** | * Forwards roll into an immediate star jump,
* Jump ¼ turn,
* 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°),
* 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,
* Handstand forwards roll,
* X2 cartwheels linked, the second to feet together (to change the direction),
* Swedish fall with a leg raised,
* Lower raised leg to finish in front support,
* X2 press ups,
* Squat feet in, stretch jump to stand,
* Skip step into round off,
* Star jump (not linked to round off),
* Stretch jump ½ turn.
 |
| **Bonus:** |  |  |

**Requirements – Vault**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **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:** | **Primary 2** | **Primary 1** |
| **1** | Squat on into immediate stretch jump off | Table vault (height optional) | 10.0 |  |
| **2** | Handstand flatback | Block and safety mat = 0.8m |  | 10.0 |

**Requirements – High Bar**

|  |  |
| --- | --- |
|  | **Advanced** |
| **Specific Information:** | * Set routine.
 |
| **Difficulty Value:**(DV score) | * This is a set score of 1.0 for all levels.
* Bonus values can be found within the relevant ‘Skills – High Bar’ section.
 |
| **Execution Score:**(E score) | * Execution of elements scored out of 10.0
* An overview of execution deductions is found within the ‘Deductions – High Bar’ 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 – High Bar**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **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 – High Bar**

|  |  |  |
| --- | --- | --- |
| **Category:** | **Primary 2** | **Primary 1** |
| **Routine:** | * Coach assistance onto bar into,
* Immediate chin up, hold (2 seconds), lower down with control,
* X1 leg lift to 45° from the bar,
* X3 fish swings,
* Release to safe landing.
 | * Coach assist jump to high bar into immediate
* Upward circle,
* Cast,
* Forward circle down,
* Trolley swing into X3 swings,
* Dismount at back of 3rd swing.
 |
| **Bonus:** |  |  |

**Requirements – Trampette**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Specific Information:** | * Set routine.
 |
| **Difficulty Value:**(DV score) | * This is a set score of 1.0 for all levels.
* Bonus values can be found within the relevant ‘Skills – Trampette’ section.
 |
| **Execution Score:**(E score) | * Execution of elements scored out of 10.0
* An overview of execution deductions is found within the ‘Deductions – Trampette’ 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 – Trampette**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **0.1** | **0.3** | **0.5** | **1.0** |
| **Unclear body shapes:** | Hip and knee angle faults | X | X | X |  |
| Split, crossed legs, head, or feet faults | X |  |  |  |
| Arms are not close to body/ rotation axis | X |  |  |  |
| **Unclear twisting:** | Initiating the twist too soon/ late | X | X |  |  |
| Finishing the twist too late | X |  |  |  |
| Under/over rotation |  | X | X |  |
| **Lift off the trampette:** | Lack of lift |  | X |  |  |
| No visible lift |  |  | X |  |
| **Distance in element:** | Too low |  | X |  |  |
| Too long | X |  |  |  |
| **Body position before landing:** | Late opening | X |  |  |  |
| No opening |  | X |  |  |
| **Landing deductions: (Per skill)** | Leaning position | X | X | X |  |
| Hips/knees bending | X | X | X |  |
| Loss of control | X | X | X |  |
| Light touch with one hand/knee | X |  |  |  |
| Light touch with two hands/knees |  | X |  |  |
| Falling (sitting, rolling, etc.) |  |  |  | X |
| Not landing feet first |  |  |  | X |
| Not landing along the center line | X | X |  |  |
| **Coaches’ actions:** | Supporting |  |  |  | X |
| Not acting in a dangerous situation |  |  |  | X |
| Helping the gymnast achieve element |  |  |  | X |

**Skills – Trampette**

|  |  |  |
| --- | --- | --- |
| **Category:** | **Primary 2** | **Primary 1** |
| **Routine:** | * Stretch jump,
* Tuck jump,
* Star jump.
 | * Straddle jump,
* Pike jump,
* ½ turn stretch jump.
 |
| **Bonus:** |  |  |