**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:** |  |  |