**Skills & Tariff Sheet**

**GfA Four Piece Competition**

**Levels Primary 2 and Primary 1**

**Girls**

**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:** | * Forward roll star jump,
* Chasse cat leap,
* Arabesque,
* Stretch jump ½ turn,
* Handstand,
* Side to side cartwheel,
* Squat down to then lie flat on back,
* Dish shape 3secs hold (arms by ears or on thighs),
* Roll to lie on front,
* Arch shape with arms by ears held for 3secs,
* Push to front support,
* Jump feet to hands,
* Stretch jump from the squat position.
 | * Handstand forward roll (arms may be bent),
* Immediate tuck jump,
* Chasse cat leap
* ½ spin,
* Backward roll to straddle stand,
* ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide, but final position must be arms to the side),
* From splits, turn to sit in straddle,
* Join legs together,
* Lie down on back and push to bridge,
* Lie down from bridge and rock to stand,
* From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel.
 |
| **Bonus:** |  | If the:* Kick over from the bridge is performed = 0.5
 |

**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, immediate stretch jump off | Table vault (height optional) | 10.0 |  |
| **2** | Handstand flatback | Block and safety mat = 0.8m |  | 10.0 |

**Requirements – A Bars**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Specific Information:** | * Set routine
 | * Set routine
* Routine split into two parts; both must be completed.
 |
| **Difficulty Value:**(DV score) | * This is a set score of 1.0 for all levels.
* Elements values can be found within the relevant ‘Skills – a Bars’ section.
 |
| **Execution Score:**(E score) | * Execution of elements scored out of 10.0
* An overview of execution deductions is found within the ‘Deductions – A Bars’ 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 – A Bars**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **0.1** | **0.3** | **0.5** | **1.0** |
| **General:** | Body alignment | X | X |  |  |
| Adjusted grip position | X |  |  |  |
| Hit on apparatus with feet |  |  | X |  |
| Hit on mat with feet (fall) |  |  |  | X |
| Poor rhythm in elements |  |  | X |  |
| Insufficient height | X | X |  |  |
| Under rotation | X |  |  |  |
| Insufficient extension in casts | X |  |  |  |
| Intermediate swing | X |  |  |  |
| Empty swing |  |  | X |  |
| Angle of completion of elements | X | X | X | X |
| Body alignment | X | X |  |  |
| Bent arms | X | X |  |  |
| Bent legs | X | X |  |  |
| Landing | X | X | X |  |
| Fall |  |  |  | X |
| **Additional:** | Skill attempted but not completed |  |  | X |  |
| Skill not attempted at all  |  |  |  | X |
| Support from coach (apart from jump to high bar in Primary 1) |  |  |  | X |

**Skills – A Bars**

|  |  |  |
| --- | --- | --- |
| **Category:** | **Primary 2** | **Primary 1** |
| **Routine:** | * Coach assistance onto bar
* 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.
 | * Low bar:
	+ Upward circle,
	+ Cast,
	+ Cast dismount.
* High bar (coach to assist jump to bar):
	+ Trolley swing to X3 swings,
	+ Dismount on 3rd swing backwards.
 |
| **Bonus:** |  |  |

**Requirements – Beam**

|  |  |  |
| --- | --- | --- |
|  | **Primary 2** | **Primary 1** |
| **Specific Information:** | * Set routine.
* Optional elements provided.
* Elements can’t be repeated within series.
* Maximum routine length = 2.5 lengths
 |
| **Difficulty Value:**(DV score) | * This is a set score of 1.0 for all levels.
* Elements values can be found within the relevant ‘Skills – Beam’ section.
 |
| **Execution Score:**(E score) | * Execution of elements scored out of 10.0
* An overview of execution deductions is found within the ‘Deductions – Beam’ 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 – Beam**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **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 execution deductions

**Skills – Beam**

|  |  |  |
| --- | --- | --- |
| **Category:** | **Primary 2** | **Primary 1** |
| **Element group:** |
| **Routine:** | * Jump to front support mount,
* X2 leaps or jumps (not linked),
* Single leg balance,
* ½ turn on toes,
* Either:
	+ Dismount – Stretch jump.
	+ Dismount – Tuck jump.
	+ Dismount – Star jump.
 | * Squat on mount,
* X1 acro skill,
* X2 linked skills (X1 must be a leap),e.g., cat leap into stretch jump
* Single leg balance,
* ½ spin,
* Dismount – Round off.
 |
| **Leaps/ jumps/ balance skills:** | * Stretch jump
* Tuck jump
* W jump
* Cat leap
* Split leap \*
* Split jump \*
* Arabesque
* Y balance
 | * Stretch jump
* Tuck jump
* W jump
* Cat leap
* Split leap \*
* Split jump \*
* Arabesque
* Y balance
 |
| **Acro skills:** |  | * Forwards roll
* Handstand
* Cartwheel
* Cartwheel ¼ turn
* Walkover – Backwards \*
* Walkover – Forwards \*
 |
| **Bonus:** |  |  |

**Note:** Skills marked with a \* can’t be supervised by a [Level 2 General Gymnastics Coach](https://www.british-gymnastics.org/courses/6040/general-gymnastics-level-2).