**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).