**Skills & Tariff Sheet**

**GfA Four Piece Competition**

**Levels Advanced & Advanced Plus**

**Boys**

**Requirements – Floor**

|  |  |  |
| --- | --- | --- |
|  | **Advanced** | **Advanced Plus** |
| **Specific Information:** | * Music isn’t required
* Set elements.
* Elements can be performed in order of choice.
* Additional steps can be added for routine creation.
* Whole floor to be used.
* Max routine length = 1min 30sec
 |
| **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:** | **Advanced** | **Advanced Plus** |
| **Routine:** | * Backward roll to handstand (arm bend is optional),
* Handstand forward roll to pike sit, lift to pike lever 3secs hold,
* X2 (min) skills acro series – Backwards or sideways (One skill must be flighted),e.g., Round off, flic, (cartwheel is accepted)
* Handspring.
* Jump series – X2 different jumps linked together,
* Y balance or arabesque 3secs hold,
* Splits 3secs hold (any direction).
 | * Backward roll to handstand, ½ turn forward roll \*,
* Straddle elephant lift to handstand \*,
* Either:
	+ Round off flic \*,
	+ Round off backwards somersault – Tucked \*,
* Handspring,
* Forwards Somersault – Tucked \*,
* Splits (any direction),
* Y balance, or any balance
* Stretch jump full turn.
 |
| **Bonus:** | If both:* Skills in the acro series are flighted e.g., Round off flic = 0.5
 |  |

**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).

**Requirements – Vault**

|  |  |  |
| --- | --- | --- |
|  | **Advanced** | **Advanced Plus** |
| **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:** | **Advanced** | **Advanced Plus** |
| **1** | Handstand flatback  | Block and safety mat 0.8m | 10.0 | 10.0 |
| **2** | Handspring | Table vault (height optional) | 10.0 | 10.0 |

**Requirements – High Bar**

|  |  |  |
| --- | --- | --- |
|  | **Advanced** | **Advanced Plus** |
| **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:** | **Advanced** | **Advanced Plus** |
| **Routine:** | * Jump to hang (can be coach assisted),
* Circle up to front support,
* Cast back hip circle,
* Cast out into X2 swings, into ¾ giant to front support \*,
* Cast straddle undershoot dismount.
 | * Jump to hang,
* Circle up to front support,
* Cast back hip circle,
* Cast ¾ giant to front support \*,
* Cast straddle ½ undershoot dismount \*.
 |
| **Bonus:** | If:* X1 cast reaches 45° or above = 0.5
 |  |

**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).

**Requirements – Trampette**

|  |  |  |
| --- | --- | --- |
|  | **Advanced** | **Advanced Plus** |
| **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:** | **Advanced** | **Advanced Plus** |
| **Routine:** | * Pike jump,
* 1/1 turn jump,
* Forwards somersault – Tucked \*.
 | * Forwards somersault – Tucked \*,
* Forwards somersault – Piked \*,
* Forwards somersault – Straight \*.
 |
| **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).