**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:** |  |  |

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