**Skills & Tariff Sheet**

**GfA Four Piece Competition**

**Levels Advanced to Advanced+ Challenge**

**Girls**

**Requirements – Floor**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Advanced** | **Advanced Plus** | **Advanced+ Challenge** |
| **Specific Information:** | * Music is required * Maximum floor routine length = 1min 30 sec * Whole floor to be used | | |
| **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** | **Advanced+ Challenge** |
| **Element group:** |
| **Routine:** | * Either:   + Handstand hop forwards rolls with straight arms or.   + Handspring. * X2 (min) acro skills series, e.g., Round off jump ½ turn cartwheel * Full spin, * Split leap, * Walkover – Forward or backward. | * Round off flic \*, * Handspring, * Forwards somersault – Tucked, * Leap series – Split leap and cat leap, * Full spin, * Backwards roll to front support into frontal splits (any). | * Round off flick tuck jump * Chasse split leap step split leap * Full Spin, * Either:   + Free cartwheel \*,   + Free front walkover \*,   + Straight front somersault \*, * X2 (min.) forwards flighted skills linked, must include a front somersault \*, * Backward roll to handstand. |
| **Acro series skills:** | * Forwards roll * Backward roll * Walkover – forwards/ backwards * Cartwheel * Cartwheel ¼ turn * Round off * Flic |  | * Cartwheel * Cartwheel ¼ turn * Round off * Flic * Handspring * Walkover – forwards/ backwards * Somersault – forwards/ backwards/ sideways \* |
| **Bonus:** | If a:   * Round off flic is performed in the acro series \* = 0.5 | If a:   * Backwards somersault is performed instead of the flic \* = 0.5 | If a backwards somersault:   * Backwards acro series \* = 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** | **Advanced+ Challenge** |
| **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** | **Advanced+ Challenge** |
| **1** | Handspring over a block with mat underneath | Block & mat height = 0.8m | 10.0 |  |  |
| **2** | Handstand flatback | Table vault with mat piled level to same height | 10.0 |  |  |
| **3** | Handspring | Table vault height optional |  | 10.0 | 10.0 |
| **4** | Handspring ½ on, ½ off \* | Table vault height optional |  |  | 10.5 |
| **5** | Handspring 1/1 off \* | Table vault height optional |  |  | 11.0 |

**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 – A Bars**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Advanced** | **Advanced Plus** | **Advanced+ Challenge** |
| **Specific Information:** | * Set routine | | |
| **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:** | **Advanced** | **Advanced Plus** | **Advanced+ Challenge** |
| **Routine:** | * Upward circle, * Cast to 45° from horizontal, * Backwards hip circle, * Squat on, * Stretch jump dismount. | * Upward circle, * Cast into backwards hip circle, * Squat on, * Jump to catch high bar, 1 trolley swing into swing round to top bar , * Circle down | * Upward circle, * Cast into backwards hip circle, * Squat on, * Jump to catch high bar, * Immediate circle up, * Cast to baby giant \*, * Straddle undershoot dismount. |
| **Bonus:** | If:   * Catch the high bar with X1 swing to dismount at the back of the swing = 0.5 | If:   * No pauses within routine = 0.5 | If the:   * Upstart replaces the upwards circle or circle up on the low/ high bar \* = 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 – Beam**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Advanced** | **Advanced Plus** | **Advanced+ Challenge** |
| **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:** | **Advanced** | | **Advanced Plus** | **Advanced+ Challenge** |
| **Element group:** |
| **Routine:** | * Mount – Jump to front support, ¼ to straddle lever (can’t sit), * X2 acro skills (not linked), * X2 leaps/ jumps (linked) * ½ spin into ½ turn, * Dismount – Handspring. | | * Mount – Own choice to create stylish routine start (not marked), * X1 acro skill, * X1 acro skill & X1 leap/ jump linked, e.g., Cartwheel stretch jump * 135° split jump, * Full spin \*, * Dismount – Forwards somersault – Tucked \*. | * Mount – Own choice to create stylish routine start (not marked), * X2 (min) acro skills series – Immediately linked, e.g., split handstand into backwards walkover \* * X2 (min) leap/ jump series (linked), one must be at least 135° split \*, * Full spin \*, * Either:   + Dismount – Forwards somersault – Tucked \*.   + Dismount – Backwards somersault – Tucked \*. |
| **Leaps/ jumps skills:** | * Tuck jump * W jump * Cat leap * Split leap \* * Split jump \* * ½ spin * Full spin \* | | * Stretch jump * Tuck jump * W jump * Cat leap * Split leap \* * Split jump \* * ½ spin * Full spin \* | * Stretch jump * Tuck jump * W jump * Cat leap * Split leap \* * Split jump \* * ½ spin * Full spin \* |
| **Acro series skills:** | * Forwards roll * Handstand * Cartwheel * Cartwheel ¼ turn * Walkover – Backwards \* * Walkover – Forwards \* | * Forwards roll * Handstand * Cartwheel * Cartwheel ¼ turn * Walkover – Backwards \* * Walkover – Forwards \* | | * Forwards roll * Handstand * Cartwheel * Cartwheel ¼ turn * Walkover – Backwards \* * Walkover – Forwards \* |
| **Bonus:** |  |  | | If a:   * All criteria fulfilled without any falls = 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).