**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).