

Skills & Tariff Sheet GFA Floor & Vault Festival Under 8's Boys & Girls

Requirements – Floor

	5 years	6 years	7 and 8 years
Specific Information:	<ul style="list-style-type: none"> • Music isn't required. • This is a set routine. • Performed on a strip of floor. 		
Difficulty Value: (DV score)	<ul style="list-style-type: none"> • See Execution score below 		
Execution Score: (E score)	<ul style="list-style-type: none"> • 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. 		

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 tumblers (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
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Skills – Floor

Category:	5 years	6 years	7 and 8 years
Routine:	<ul style="list-style-type: none"> • Walk four steps stretched on toes and arms by ears, • Squat down, • Tuck roll backwards to shoulders and forward to finish on feet in the squat position, • Roll out to lie flat on back with hands on top of thighs, • Show dish shape for 3secs, • Lower to the floor, • Extend arms by ears and log roll onto tummy, • Lift to arch for 3secs, • Lower to the floor, • Circle arms outwards to finish under shoulders, • Push to kneeling for 3secs, • Jump feet forward to squat, • Jump to stand, • Balance on one leg for 3secs, • Put feet back together to stand, • X3 skips showing high knee lifts, • From two feet stretch jump to finish. 	<ul style="list-style-type: none"> • Walk four steps stretched on toes and arms by ears, • Squat down, • Tuck roll backwards to shoulders and forward to stand, • Stretch jump to squat down, • Roll out to flat back with hands on top of thighs, • Show dish shape holding for 3secs, • Lower to the floor, • Extend arms by ears and log roll on to tummy, • Lift to arch holding for 3secs, • Lower to floor and circle arms outwards to finish under shoulders, • Push to kneeling hold body in a support position for 3secs, • Jump feet forward to squat, • Jump to stand, • Balance on one leg to the side 45° and hold for 3secs, • Return to stand perform two chasse steps on the same leg, • From two feet star jump to finish. 	<ul style="list-style-type: none"> • Walk X4 steps stretched on toes and arms by ears, • Arabesque leg over 45° hold for 3secs, • Return to stand, • Squat down forward roll to finish in squat, • Roll back to shoulder stand supporting at the hips hold for 3secs, • Roll out to flat back with hands on top of thighs, • Show dish shape holding for 5secs, • Lower to the floor, • Extend arms by ears log roll onto tummy, • Lift into arch holding for 5secs, • Lower to floor and circle arms outwards to finish under shoulders, • Push to front support for 3secs, • Jump feet into squat, • Stretch jump to stand, • X2 forward chasse steps with change leg, • From two feet stretch jump ½ turn to finish.
Bonus:			

Requirements – Vault

	5 years	6 years	7 and 8 years
Specific Information:	<ul style="list-style-type: none"> • 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. 		
Difficulty Value: (DV score)	<ul style="list-style-type: none"> • See Execution score below 		
Execution Score: (E score)	<ul style="list-style-type: none"> • 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. 		

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:	5 years	6 years	7 and 8 years
1	Run, hurdle step onto a springboard with immediate stretch jump onto a safety mat	Short/ junior size springboard	10.0		
2	Squat on the vault/ block, walk with controlled steps to the end, stretch jump off with controlled landing	Short/ full size springboard Table vault/ Red block height = 0.6m		10.0	
3	Squat on the vault/ box, walk with controlled steps to the end, stretch jump with controlled landing	Full size springboard only Table vault height = 1.0m			10.0