

## Skills & Tariff Sheet GFA Floor & Vault Competition Levels Primary 2 and Primary 1 Girls

### Requirements – Floor

|  | Primary 2   | Primary 1 |
|--|---|-----------|
| <b>Specific Information:</b>           | <ul style="list-style-type: none"> <li>• Music isn't required</li> <li>• This is a set routine.</li> <li>• Performed on a strip of floor.</li> </ul>  |           |
| <b>Difficulty Value:</b><br>(DV score) | <ul style="list-style-type: none"> <li>• See Execution score below</li> <li>• Bonus values can be found within the relevant 'Skills – Floor' section.</li> </ul>  |           |
| <b>Execution Score:</b><br>(E score)   | <ul style="list-style-type: none"> <li>• Execution of elements scored out of 10.0</li> <li>• An overview of execution deductions is found within the 'Deductions – Floor' section.</li> <li>• Judges will deduct from this value only.</li> </ul> |           |

### Deductions – Floor

|   |   | 0.1 | 0.3 | 0.5 | 1.0 |
|---|---|-----|-----|-----|-----|
| <b>Artistry deduction throughout:</b>       | Insufficient flow/ dynamics of routine          | X   | X   | X   |     |
| <b>Specific floor deductions:</b>           | Touch of hair/ leotard/ clothing                | X   |     |     |     |
|   | Missing competition requirements                |     |     | X   |     |
| <b>Execution deductions:</b><br>(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   |     |     |     |
| <b>Landing deductions:</b><br>(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   |     |
| <b>Falls:</b> (Each skill)                  | Falls   |     |     |     | X   |
| <b>Additional:</b>                          | Skill attempted but not completed               |     |     | X   |     |
|   | Skill not attempted at all                      |     |     |     | X   |
|   | Support from coach                              |     |     |     | X   |

## Skills – Floor

| Category:       | Primary 2   | Primary 1  |
|-----------------|---|--|
| <b>Routine:</b> | <ul style="list-style-type: none"> <li>• Forward roll star jump,</li> <li>• Chasse cat leap,</li> <li>• Arabesque,</li> <li>• Stretch jump ½ turn,</li> <li>• Handstand,</li> <li>• Side to side cartwheel,</li> <li>• Squat down to then lie flat on back,</li> <li>• Dish shape 3secs hold (arms by ears or on thighs),</li> <li>• Roll to lie on front,</li> <li>• Arch shape with arms by ears held for 3secs,</li> <li>• Push to front support,</li> <li>• Jump feet to hands,</li> <li>• Stretch jump from the squat position.</li> </ul> | <ul style="list-style-type: none"> <li>• Handstand forward roll (arms may be bent),</li> <li>• Immediate tuck jump,</li> <li>• Chasse cat leap</li> <li>• ½ spin,</li> <li>• Backward roll to straddle stand,</li> <li>• ¼ turn to slide to splits (either leg splits are allowed, hands may touch floor to assist the slide, but final position must be arms to the side),</li> <li>• From splits, turn to sit in straddle,</li> <li>• Join legs together,</li> <li>• Lie down on back and push to bridge,</li> <li>• Lie down from bridge and rock to stand,</li> <li>• From feet together, jump into round off, jump ½ turn step out into a front to back cartwheel.</li> </ul> |
| <b>Bonus:</b>   |   | If the: <ul style="list-style-type: none"> <li>• Kick over from the bridge is performed = 0.5</li> </ul>   |

## Requirements – Vault

|  | Primary 2  | Primary 1 |
|--|--|-----------|
| <b>Specific Information:</b>           | <ul style="list-style-type: none"> <li>• Warm up vault to suit the group, discussed on the day.</li> <li>• Vault heights can be found within the relevant 'Skills – Vault' section</li> <li>• Two attempts permitted on vault, best score to count</li> <li>• Two attempts permitted.</li> <li>• Best scoring attempt to count.</li> <li>• Each attempt can be the same or different element.</li> </ul> |           |
| <b>Difficulty Value:</b><br>(DV score) | <ul style="list-style-type: none"> <li>• See Execution score below</li> </ul>  |           |
| <b>Execution Score:</b><br>(E score)   | <ul style="list-style-type: none"> <li>• Execution of elements scored out Vault Tariff as stated in Vault Skills section</li> <li>• An overview of execution deductions is found within the 'Deductions – Vault' section.</li> <li>• Judges will deduct from this value only.</li> </ul>   |           |

## Deductions – Vault

|                       |  | 0.1 | 0.3 | 0.5 | 1.0 |
|-----------------------|--|-----|-----|-----|-----|
| <b>First flight:</b>  | 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   |     |
| <b>Repulsion:</b>     | 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   |     |     |
| <b>Second flight:</b> | 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   |     |     |
| <b>Landing:</b>       | 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   |     |
| <b>Additional:</b>    | Skill attempted but not completed      |     |     | X   |     |
|                       | Skill not attempted at all             |     |     |     | X   |
|                       | Support from coach                     |     |     |     | X   |

## Skills – Vault

| <b>Element:</b> |                                      | <b>Equipment:</b>             | <b>Primary 2</b> | <b>Primary 1</b> |
|-----------------|--------------------------------------|-------------------------------|------------------|------------------|
| 1               | Squat on, immediate stretch jump off | Table vault (height optional) | 10.0             |                  |
| 2               | Handstand flatback                   | Block and safety mat = 0.8m   |                  | 10.0             |