

Skills & Tariff Sheet GFA Four Piece Competition Levels Advanced & Advanced Plus Boys

Requirements – Floor

	Advanced	Advanced Plus
Specific Information:	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • See Execution score below • Bonus values can be found within the relevant 'Skills – Floor' section. 	
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 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
Additional:	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X

Skills – Floor

Category:	Advanced	Advanced Plus
Routine:	<ul style="list-style-type: none"> 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). 	<ul style="list-style-type: none"> Backward roll to handstand, ½ turn forward roll * Straddle elephant lift to handstand * Either: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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](#).

Requirements – Vault

	Advanced	Advanced Plus
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. Each attempt can be the same or different element. 	
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 Vault Tariff as stated in the Vault Skills section. 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:	Advanced	Advanced Plus
1	Handstand flatback over Table Vault	Table vault and level mat stack behind (height optional)	10.0	
2	Handspring	Table vault (height optional)		10.0

Requirements – High Bar

	Advanced	Advanced Plus
Specific Information:	<ul style="list-style-type: none"> Set routine. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> See Execution score below Bonus values can be found within the relevant 'Skills – High Bar' section. 	
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 – High Bar' section. Judges will deduct from this value only. 	

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:	<ul style="list-style-type: none"> Jump to hang (can be coach assisted), Circle up to front support, Cast back hip circle, Cast out into X2 swings, into $\frac{3}{4}$ giant to front support * Cast straddle undershoot dismount. 	<ul style="list-style-type: none"> Jump to hang, Circle up to front support, Cast back hip circle, Cast $\frac{3}{4}$ giant to front support * , Cast straddle $\frac{1}{2}$ undershoot dismount * .
Bonus:	If: <ul style="list-style-type: none"> X1 cast reaches 45° or above = 0.5 	

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Requirements – Trampoline

	Advanced	Advanced Plus
Specific Information:	<ul style="list-style-type: none"> Set routine. 	
Difficulty Value: (DV score)	<ul style="list-style-type: none"> See Execution score below Bonus values can be found within the relevant 'Skills – Trampoline' section. 	
Execution Score: (E score)	<ul style="list-style-type: none"> Execution of elements scored out of 10.0 for each jump and deductions totaled for final score An overview of execution deductions is found within the 'Deductions – Trampoline' section. Judges will deduct from this value only. 	

Deductions – Trampoline

		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 trampoline:	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
Coaches' actions:	Not landing along the center line	X	X		
	Supporting				X
	Not acting in a dangerous situation				X
	Helping the gymnast achieve element				X

Skills – Trampoline

Category:	Advanced	Advanced Plus
Routine:	<ul style="list-style-type: none"> Pike jump, 1/1 turn jump, Forwards somersault – Tucked * 	<ul style="list-style-type: none"> Forwards somersault – Tucked *, Forwards somersault – Piked *, Forwards somersault – Straight *
Bonus:		

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