

Skills & Tariff Sheet GFA Floor & Vault Competition Levels Advanced to Advanced+ Challenge Girls

Requirements – Floor

	Advanced	Advanced Plus	Advanced+ Challenge
Specific Information:	<ul style="list-style-type: none"> • Music is required • Maximum floor routine length = 1min 30 sec • Whole floor to be used 		
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 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: Element group:	Advanced	Advanced Plus	Advanced+ Challenge
Routine:	<ul style="list-style-type: none"> • Either: <ul style="list-style-type: none"> ○ 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. 	<ul style="list-style-type: none"> • 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). 	<ul style="list-style-type: none"> • Round off flick tuck jump • Chasse split leap step split leap • Full Spin, • Either: <ul style="list-style-type: none"> ○ 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:	<ul style="list-style-type: none"> • Forwards roll • Backward roll • Walkover – forwards/backwards • Cartwheel • Cartwheel ¼ turn • Round off • Flic 		<ul style="list-style-type: none"> • Cartwheel • Cartwheel ¼ turn • Round off • Flic • Handspring • Walkover – forwards/backwards • Somersault – forwards/backwards/ sideways *
Bonus:	If a: <ul style="list-style-type: none"> • Round off flic is performed in the acro series * = 0.5 	If a: <ul style="list-style-type: none"> • Backwards somersault is performed instead of the flic * = 0.5 	If a: <ul style="list-style-type: none"> • Backwards somersault is performed instead of tuck jump * = 0.5

Note: Skills marked with a * can't be supervised by a [Level 2 General Gymnastics Coach](#).

Requirements – Vault

	Advanced	Advanced Plus	Advanced+ Challenge
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 of 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	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

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