West Midlands Regional Gymnastics for All Competition
Voluntary Floor and Vault Championships 2022
Sunday 4th December 2022
Boys and Girls
Skills and Tariff sheet – Beginner to Advanced (Voluntary)

Requirements

		Beginner	Intermediate	Advanced
Floor Information		• 8 elements are required • Beginner gymnasts can only perform 'A' and 'B' elements	• 8 elements are required • Can perform 'A', 'B', and 'C' elements	• 8 elements are required • Can perform 'A', 'B', and 'C' elements

		• Routines require:
		   o 1 x Balance
		   o 1 x Jump/leap
		   o 1 x Agility
		• Rest of elements can be chosen from any of options
		• Rolls, headstands, and jumps to start/finish on two feet unless stated		

Vault Information		• Vault height as per handbook, warm up vault must suit the group • Two attempts permitted on vault, best score to count • Both vaults must be the same element performed		
Difficulty Value (DV score)	**Floor**	• Scored out of 4.0 plus the value of each 'B' and 'C' element performed • Bonus values are listed at top of table of Skills section of this document		
	Vault	• This is listed next to the skill within the Skills section of this document		

Compositional Score (C score)	**Floor**	• Scored out of 1.0
		   o 0.25 – Performance style e.g. stretching, pose, full use of ground, medium and airborne skills
		   o 0.25 – At least one length of mats used
		   o 0.25 – At least one direct change
		   o 0.25 – Creative linking, routine that flows well without many stops/pauses		

	Vault	• This is not required in this competition		
Execution Score (E score)		• Scored out of 5.0 • See deduction table included within this document for guidance of the type of Execution Deductions judges will make		
Scoring Information		• Difficulty Valve (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score • Starting Score – Judges Execution Deductions = Final Score		

West Midlands GfA Competitions 2022
Beginner to Advanced – Voluntary
Skills and Tariff sheet
Boys and Girls   1   Version 1.0

Skills – Floor

Category	'A' elements	'B' elements	'C' elements
Bonus value (per element)	**No bonus**	**0.1**	**0.2**
Balance (min x1)	• H balance • ½ star balance • Headstand (tucked)	• Bridge • Arabesque • Splits (any) • Headstand (straight) • Headstand from pike • Headstand from straddle	• Y balance • Straddle lever • Pike lever
Jump / leap (min x1)	• Tuck jump • ½ turn jump • Chasse cat leap	• Chasse scissor kick • Chasse ½ turn cat leap • Straddle jump • Swedish fall • W jump • 1/1 turn jump • Chasse split leap	• Chasse 1/1 turn cat leap • Chasse change leg split leap • Chasse stag leap ½ turn
Agility (min x1)	• Jump step, into cartwheel ¼ turn (lunge and feet together landing accepted)	• Round off, rebound	• Flic (can be repeated once) • Handspring, step out • Handspring, rebound • Free cartwheel (aerial) • Backwards somersault (tucked) • Forwards somersault (tucked)
Other	• Front support (3 secs) • Teddy bear roll (180°) • ½ spin • Forwards roll • Backwards roll (tucked) • Backwards roll (straddle) • Cartwheel • Handstand (momentary hold) • Handstand forwards roll (bent arms)	• Forwards roll to straddle stand • Handstand forwards roll (straight arms) • Backwards roll to straddle stand (straight arms and legs) • Double cartwheel • 1/1 spin • Handstand ½ pirouette • Backwards roll to handstand (bent arms) • One handed cartwheel	• Forwards walkover • Backwards walkover • Valdez • Handstand 1/1 pirouette • 1 ½ spin • 2 spin • 1/1 spin (leg raised 90°) • Backwards roll to handstand (straight arms)

West Midlands GfA Competitions 2022
Beginner to Advanced – Voluntary
Skills and Tariff sheet
Boys and Girls   2   Version 1.0

Deductions – Floor

Deductions		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	
	Beginner level performing 'C' element			X	
	'B' element unrecognisable	X			
	'C' element unrecognisable	0.2			
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		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
Falls (Each skill)	Falls				X

Skills – Vault

Vault		DV score		
		Beginner	**Intermediate**	**Advanced**
1	Squat on, immediate jump off (cross box)	8.00	8.00	8.00
2	Straddle on, immediate jump off (cross box)	8.00	8.00	8.00
3	Squat through (cross box)	9.00	9.00	9.00
4	Straddle over (cross box)	9.00	9.00	9.00
5	Squat through (long box)	9.50	9.50	9.50
6	Straddle over (long box)	9.50	9.50	9.50
7	Handspring	10.00 (Under 13's and above only)	10.00	10.00
8	½ on	10.00 (Under 13's and above only)	10.00	10.00

Deductions – Vault

Deductions		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 centre	X			
	Brush on apparatus			X	
	Fall				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X