

West Midlands George Finney Set Floor and Vault Championships 2023

Floor and Vault

Disability

Skills and Tariff sheet – Beginner to Advanced and Physical (Set)

Requirements

		Disability – Physical disability	Disability – Beginner	Disability – Intermediate	Disability – Advanced
Key Information		<ul style="list-style-type: none"> Equipment dimensions/type can be found within the handbook 			
Floor Information		<ul style="list-style-type: none"> Elements can be performed in any order/direction Optional choreography allowed 	<ul style="list-style-type: none"> Choice of Set 'A' or Set 'B' Set routines 		
		<ul style="list-style-type: none"> Music isn't required All holding elements are to be held for two 'Mississippi' (or similar choice of wording) Performed on a single line of mats 			
Vault Information		<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Scored out of 10.0 			
	Vault	<ul style="list-style-type: none"> This is listed next to the skill within the Skills section of this document 			
Compositional Score (C score)	Floor	<ul style="list-style-type: none"> This is not required in this competition 			
	Vault	<ul style="list-style-type: none"> This is not required in this competition 			
Execution Score (E score)		<ul style="list-style-type: none"> Scored out of 10.0 See deduction table included within this document for guidance of the type of Execution Deductions judges will make 			
Scoring Information		<ul style="list-style-type: none"> Difficulty Value (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score Starting Score – Judges Execution Deductions = Final Score 			

Skills – Floor

Category Routine option	Disability – Physical disability	Disability – Beginner	Disability – Intermediate	Disability – Advanced
Set A	<ul style="list-style-type: none"> • Salute to judge • Beginner pose (optional shape) • 1st Locomotive (optional mode of travel) • 2nd Locomotive (optional mode of travel) • Back rock • End pose (optional shape) • Salute to judge 	Stretch jump, ¼ turn to straddle stand, chasse, bring feet together, ½ turn jump, Chasse, bring feet together, Squat down, through push up to lay flat, X2 log roll, Push to knee scale, to stand.	H balance, Forwards roll, Star jump, Forwards roll into dish, Dish hold (2 sec), Roll to arch (2 sec), Front support jump to crouch, Backwards roll OR cartwheel.	Turn to face sideways along mats to side chasse to a cartwheel, Face down mats and arabesque (45° or above), Kick to handstand (feet together above waist), Backwards roll to knee lunge position (momentary hold) stand, ½ turn jump, 3 or 4 running steps into round off, ½ turn jump.
Set B		X3 Kick steps, X2 Side steps and step point to side, X2 Side steps and step point to side (other side) 360° tip toe turn, Stretch jump, X5 Running steps, Squat and place hands on the floor to, Knee scale, Back body wave, End pose (Sitting on hip)		Balance with leg in front (45° or above) (2 sec), Cartwheel, Handstand forwards roll, Forwards roll to pike sit push to bridge OR Forwards roll to non-supported V sit, Tucked shoulder stand into ½ turn jump, Backwards roll to straddle stand, Headstand (tucked) OR Straddle up to headstand, Roundoff into controlled rebound OR Jump step into cartwheel ¼ turn.
Bonus				

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	
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 from tumblers (step)	X	X		
Landing deductions (Each time)	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			
		Disability – Physical disability	Disability – Beginner	Disability – Intermediate	Disability – Advanced
1	Stand at attention on springboard, stretch jump off board to land on mat, stretch to finish	9.50			
2	Stand at attention a short distance from springboard, walk/run, hurdle onto board, stretch jump off to land on mat, stretch to finish.	10.00			
3	Run, hurdle step onto springboard, stretch jump off		8.50	8.50	8.50
4	Run, hurdle step onto springboard, tuck jump off		8.50	8.50	8.50
5	Run, hurdle step onto springboard, star jump off		8.50	8.50	8.50
6	Squat on, immediate straight jump off		9.00	9.00	9.00
7	Squat on, immediate tuck jump off		9.00	9.00	9.00
8	Squat on, immediate straddle jump off		9.00	9.00	9.00
9	Straddle on, immediate straight jump off		9.00	9.00	9.00
10	Straddle on, immediate tuck jump off		9.00	9.00	9.00
11	Straddle on, immediate straddle jump off		9.00	9.00	9.00
12	Squat through		9.50	9.50	9.50
13	Straddle over		9.50	9.50	9.50
14	From springboard, handstand flatback to low mat		9.50	9.50	9.50
15	Handspring		10.00	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