

## West Midlands Regional Gymnastics for All Competitions

### Voluntary Floor and Vault Championships 2023

Saturday 17<sup>th</sup> June and Sunday 18<sup>th</sup> June 2023

#### Disability

### Skills and Tariff sheet – Beginner to Advanced and Physical (Voluntary)

#### Requirements

		Disability – Physical disability	Disability – Beginner	Disability – Intermediate	Disability – Advanced
<b>Key Information</b>		<ul style="list-style-type: none"> <li>Equipment dimensions/type can be found within the handbook. Please note the floor is a non-sprung floor.</li> </ul>			
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>Routines are set routines with optional movements within them to suit the individual gymnast</li> </ul>	<ul style="list-style-type: none"> <li>Routines are set with eight elements within them</li> <li>Can be performed in any order</li> </ul>	<ul style="list-style-type: none"> <li>Eight elements are required</li> <li>Routines require:                             <ul style="list-style-type: none"> <li>1 x Balance</li> <li>1 x Jump/leap</li> <li>1 x Travelling</li> </ul> </li> <li>Rest of elements can be chosen from any of options</li> </ul>	
		<ul style="list-style-type: none"> <li>Music isn't required</li> <li>All holding elements are to be held for two 'Mississippi' (or similar choice of wording)</li> </ul>		<ul style="list-style-type: none"> <li>Music is required for girls only</li> <li>Music length 1min 30 secs maximum</li> <li>Please see handbook for further details about licensing and submission.</li> </ul>	
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Vault height to suit gymnast, warm up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>Both vaults must be the same element performed</li> </ul>			
<b>Difficulty Value (DV score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> </ul>			
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is listed next to the skill within the Skills section of this document</li> </ul>			
<b>Compositional Score (C score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>			
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is not required in this competition</li> </ul>			
<b>Execution Score (E score)</b>		<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>			
<b>Scoring Information</b>		<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Judges Execution Deductions = Final Score</li> </ul>			

**Skills – Floor**

Category	Disability – Physical Disability	Disability – Beginner	Disability – Intermediate	Disability – Advanced
<b>Balance</b> (min x1)	Set routine: <ul style="list-style-type: none"> <li>• Beginner pose (optional shape),</li> <li>• Stretched sideways roll,</li> <li>• Balance (optional shape),</li> <li>• Locomotive movement (optional mode of travel),</li> <li>• 2<sup>nd</sup> locomotive movement</li> <li>• End pose (optional shape).</li> </ul>	Set routine: <ul style="list-style-type: none"> <li>• Beginner pose (optional shape),</li> <li>• 2 x chasse (side),</li> <li>• 2<sup>nd</sup> locomotive movement</li> <li>• Forward arm wave,</li> <li>• Lower to the floor,</li> <li>• Back rock,</li> <li>• Stretched sideways roll,</li> <li>• End pose (optional shape).</li> </ul>	<ul style="list-style-type: none"> <li>• H balance</li> <li>• ½ star balance</li> <li>• V-sit</li> <li>• Shoulder stand</li> <li>• Arabesque (leg at 30° to 45°)</li> <li>• Handstand (momentary hold)</li> <li>• Dish hold (3 sec)</li> <li>• Arch hold (3 sec)</li> </ul>	<ul style="list-style-type: none"> <li>• Arabesque (leg 45° or above)</li> <li>• Balance with leg in front at 45° or above</li> <li>• Bridge</li> <li>• Splits</li> <li>• Handstand (1 sec hold, or more)</li> <li>• Headstand tucked</li> <li>• Headstand straight</li> </ul>
<b>Jump / leap</b> (min x1)			<ul style="list-style-type: none"> <li>• Stretch jump</li> <li>• Tuck jump</li> <li>• Star jump</li> <li>• ½ turn jump</li> <li>• Cat leap</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle jump</li> <li>• 1/1 turn jump</li> <li>• Split leap</li> <li>• Scissor leap</li> <li>• Scissor kick</li> <li>• ½ turn cat leap</li> </ul>
<b>Travelling</b> (min x1)			<ul style="list-style-type: none"> <li>• Chasse sideways</li> <li>• Chasse forwards</li> <li>• March</li> <li>• Skip</li> <li>• Steps lifting legs to 45° or above, at front or back</li> </ul>	<ul style="list-style-type: none"> <li>• Chasse cartwheel</li> <li>• Chasse cartwheel ¼ turn</li> <li>• Round off</li> <li>• Backwards walkover</li> <li>• Forwards walkover</li> <li>• Backwards roll to handstand</li> </ul>
<b>Other</b>			<ul style="list-style-type: none"> <li>• Log roll</li> <li>• Front support, jump to squat</li> <li>• Back rock</li> <li>• ¾ handstand (teeter totter)</li> <li>• Forwards roll</li> <li>• Cartwheel</li> <li>• Backwards roll</li> <li>• Japana</li> </ul>	<ul style="list-style-type: none"> <li>• Teddy bear roll</li> <li>• Egg roll</li> <li>• Shoulder roll</li> <li>• Forwards roll to straddle stand</li> <li>• Backwards roll to straddle stand</li> <li>• Pivot</li> <li>• ½ spin</li> <li>• ¾ spin</li> <li>• 1/1 spin</li> <li>• Body wave</li> <li>• Any strength skill</li> <li>• Handstand forwards roll</li> <li>• Cartwheel ¼ turn</li> <li>• Any 'Intermediate' or mainstream listed skill</li> </ul>

### Deductions – Floor

Deductions		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 (Each time)</b>	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		
<b>Landing deductions (Each time)</b>	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat			X	
<b>Falls (Each skill)</b>	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
<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 centre	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