

**West Midlands Regional Gymnastics for All Competition**  
**Voluntary Floor and Vault Championships 2023**  
**Saturday 17<sup>th</sup> June and Sunday 18<sup>th</sup> June 2023**  
**Boys and Girls**  
**Skills and Tariff sheet – Beginner to Advanced (Voluntary)**  
**Requirements**

		Beginner	Intermediate	Advanced
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>8 elements are required</li> <li>Beginner gymnasts can only perform 'A' and 'B' elements</li> </ul>	<ul style="list-style-type: none"> <li>8 elements are required</li> <li>Can perform 'A', 'B', and 'C' elements</li> </ul>	<ul style="list-style-type: none"> <li>8 elements are required</li> <li>Can perform 'A', 'B', and 'C' elements</li> </ul>
		<ul style="list-style-type: none"> <li>Floor will be a 12x12m non-sprung floor</li> <li>Routines require:               <ul style="list-style-type: none"> <li>1 x Balance</li> <li>1 x Jump/leap</li> <li>1 x Agility</li> </ul> </li> <li>Rest of elements can be chosen from any of options</li> <li>Rolls, headstands, and jumps to start/finish on two feet unless stated</li> </ul>		
<b>Music</b>		<ul style="list-style-type: none"> <li>Girls to perform their floor routine to music/Boys do not use music.</li> <li>Music length 1minute maximum. Please see handbook for music licensing – PPL/PRS requirements</li> <li>Music to be submitted via GymNet – Please see handbook for further details</li> </ul>		
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Vault height as per handbook</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 4.0 plus the value of each 'B' and 'C' element performed</li> <li>Bonus values are listed at top of table of Skills section of this document</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>Scored out of 1.0               <ul style="list-style-type: none"> <li>0.25 – Performance style e.g. stretching, pose, full use of ground, medium and airborne skills</li> <li>0.25 – Full use of the floor area</li> <li>0.25 – At least one direct change</li> <li>0.25 – Creative linking, routine that flows well without many stops/pauses</li> </ul> </li> </ul>		
<b>Execution Score (E score)</b>		<ul style="list-style-type: none"> <li>Scored out of 5.0</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	'A' elements	'B' elements	'C' elements
Bonus value (per element)	No bonus	0.1	0.2
<b>Balance</b> (min x1)	<ul style="list-style-type: none"> <li>H balance</li> <li>½ star balance</li> <li>Headstand (tucked)</li> </ul>	<ul style="list-style-type: none"> <li>Bridge</li> <li>Arabesque</li> <li>Splits (any)</li> <li>Headstand (straight)</li> <li>Headstand from pike</li> <li>Headstand from straddle</li> </ul>	<ul style="list-style-type: none"> <li>Y balance</li> <li>Straddle lever</li> <li>Pike lever</li> </ul>
<b>Jump / leap</b> (min x1)	<ul style="list-style-type: none"> <li>Tuck jump</li> <li>½ turn jump</li> <li>Chasse cat leap</li> </ul>	<ul style="list-style-type: none"> <li>Chasse scissor kick</li> <li>Chasse ½ turn cat leap</li> <li>Straddle jump</li> <li>Swedish fall</li> <li>W jump</li> <li>1/1 turn jump</li> <li>Chasse split leap</li> </ul>	<ul style="list-style-type: none"> <li>Chasse 1/1 turn cat leap</li> <li>Chasse change leg split leap</li> <li>Chasse stag leap ½ turn</li> </ul>
<b>Agility</b> (min x1)	<ul style="list-style-type: none"> <li>Jump step, into cartwheel ¼ turn (lunge and feet together landing accepted)</li> </ul>	<ul style="list-style-type: none"> <li>Round off, rebound</li> </ul>	<ul style="list-style-type: none"> <li>Flic (can be repeated once)</li> <li>Handspring, step out</li> <li>Handspring, rebound</li> <li>Free cartwheel (aerial)</li> <li>Backwards somersault (tucked)</li> <li>Forwards somersault (tucked)</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>Front support (3 secs)</li> <li>Teddy bear roll (180°)</li> <li>½ spin</li> <li>Forwards roll</li> <li>Backwards roll (tucked)</li> <li>Backwards roll (straddle)</li> <li>Cartwheel</li> <li>Handstand (momentary hold)</li> <li>Handstand forwards roll (bent arms)</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to straddle stand</li> <li>Handstand forwards roll (straight arms)</li> <li>Backwards roll to straddle stand (straight arms and legs)</li> <li>Double cartwheel</li> <li>1/1 spin</li> <li>Handstand ½ pirouette</li> <li>Backwards roll to handstand (bent arms)</li> <li>One handed cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Forwards walkover</li> <li>Backwards walkover</li> <li>Valdez</li> <li>Handstand 1/1 pirouette</li> <li>1 ½ spin</li> <li>2 spin</li> <li>1/1 spin (leg raised 90°)</li> <li>Backwards roll to handstand (straight arms)</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	
	Beginner level performing 'C' element			X	
	'B' element unrecognisable	X			
	'C' element unrecognisable	0.2			
<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			
<b>Landing deductions (Each time)</b>	Landing from tumblers (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	
<b>Falls (Each skill)</b>	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