

West Midlands Regional Gymnastics for All Competitions
Voluntary Floor and Vault Championships 2023
Sunday 5th November 2023
Disability
Skills and Tariff sheet – Beginner to Advanced and Physical
(Voluntary)

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"> Eight elements are required Routines require: <ul style="list-style-type: none"> 1 x Balance 1 x Jump/leap 1 x Travelling Rest of elements can be chosen from any of options 			
		<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) 			
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	Disability – Physical disability	Disability – Beginner	Disability – Intermediate	Disability – Advanced
Balance (min x1)	<ul style="list-style-type: none"> Beginning pose Optional balance End pose 	<ul style="list-style-type: none"> Dish hold Arch hold Front support Back support Knee scale Any standing balance 	<ul style="list-style-type: none"> H balance ½ star balance V-sit Shoulder stand Arabesque (leg at 30° to 45°) Handstand (momentary hold) Dish hold (3 sec) Arch hold (3 sec) 	<ul style="list-style-type: none"> Arabesque (leg 45° or above) Balance with leg in front at 45° or above Bridge Splits Handstand (1 sec hold, or more) Headstand tucked Headstand straight
Jump / leap (min x1)	<ul style="list-style-type: none"> Optional shape Bunny jump Frog jump 	<ul style="list-style-type: none"> Stretch jump ½ turn jump Front support to squat jump 	<ul style="list-style-type: none"> Stretch jump Tuck jump Star jump ½ turn jump Cat leap 	<ul style="list-style-type: none"> Straddle jump 1/1 turn jump Split leap Scissor leap Scissor kick ½ turn cat leap
Travelling (min x1)	<ul style="list-style-type: none"> Optional mode of travel standing Optional mode of travel at floor level 	<ul style="list-style-type: none"> Steps sideways Chasse sideways Walking steps forwards Running steps Skipping 	<ul style="list-style-type: none"> Chasse sideways Chasse forwards March Skip Steps lifting legs to 45° or above, at front or back 	<ul style="list-style-type: none"> Chasse cartwheel Chasse cartwheel ¼ turn Round off Backwards walkover Forwards walkover Backwards roll to handstand
Other	<ul style="list-style-type: none"> Lower to floor with or without assistance Back rock Stretched roll Body wave 	<ul style="list-style-type: none"> Tiptoe turn Pivot turn Lower to floor Back rock Stretched sideways roll Body wave 	<ul style="list-style-type: none"> Log roll Front support, jump to squat Back rock ¾ handstand (teeter totter) Forwards roll Cartwheel Backwards roll Japana 	<ul style="list-style-type: none"> Teddy bear roll Egg roll Shoulder roll Forwards roll to straddle stand Backwards roll to straddle stand Pivot ½ spin ¾ spin 1/1 spin Body wave Any strength skill Handstand forwards roll Cartwheel ¼ turn Any 'Intermediate' listed skill

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