

**West Midlands Regional Gymnastics for All Competition
Voluntary Floor and Vault Championships 2023
Sunday 5th November 2023
Boys and Girls
Skills and Tariff sheet – Beginner to Advanced (Voluntary)**

Requirements

		Beginner	Intermediate	Advanced
Floor Information		<ul style="list-style-type: none"> 8 elements are required Beginner gymnasts can only perform 'A' and 'B' elements 	<ul style="list-style-type: none"> 8 elements are required Can perform 'A', 'B', and 'C' elements 	<ul style="list-style-type: none"> 8 elements are required Can perform 'A', 'B', and 'C' elements
		<ul style="list-style-type: none"> Routines require: <ul style="list-style-type: none"> 1 x Balance 1 x Jump/leap 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		<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 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	<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"> Scored out of 1.0 <ul style="list-style-type: none"> 0.25 – Performance style e.g. stretching, pose, full use of ground, medium and airborne skills 0.25 – At least one length of mats used 0.25 – At least one direct change 0.25 – Creative linking, routine that flows well without many stops/pauses 		
	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 5.0 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	'A' elements	'B' elements	'C' elements
Bonus value (per element)	No bonus	0.1	0.2
Balance (min x1)	<ul style="list-style-type: none"> H balance ½ star balance Headstand (tucked) 	<ul style="list-style-type: none"> Bridge Arabesque Splits (any) Headstand (straight) Headstand from pike Headstand from straddle 	<ul style="list-style-type: none"> Y balance Straddle lever Pike lever
Jump / leap (min x1)	<ul style="list-style-type: none"> Tuck jump ½ turn jump Chasse cat leap 	<ul style="list-style-type: none"> Chasse scissor kick Chasse ½ turn cat leap Straddle jump Swedish fall W jump 1/1 turn jump Chasse split leap 	<ul style="list-style-type: none"> Chasse 1/1 turn cat leap Chasse change leg split leap Chasse stag leap ½ turn
Agility (min x1)	<ul style="list-style-type: none"> Jump step, into cartwheel ¼ turn (lunge and feet together landing accepted) 	<ul style="list-style-type: none"> Round off, rebound 	<ul style="list-style-type: none"> Flic (can be repeated once) Handspring, step out Handspring, rebound Free cartwheel (aerial) Backwards somersault (tucked) Forwards somersault (tucked)
Other	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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)

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 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	
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