

West Midlands Regional General Gymnastics Competitions
George Finney Set Floor and Vault Championships 2024
Boys and Girls
Skills and Tariff sheet – Beginner to Advanced (Set)

Requirements

| | | Beginner | Intermediate | 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"> Can only perform routines 'A' or 'B' | <ul style="list-style-type: none"> Can only perform routines 'B' or 'C' | <ul style="list-style-type: none"> Can only perform routines 'B', 'C' or 'D' |
| | | <ul style="list-style-type: none"> Music isn't required Routines are set routines | | |
| Vault Information | | <ul style="list-style-type: none"> Vault height as per handbook 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 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"> 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

| Routine | Set A | | Set B | |
|---------------------------|--|--|---|--|
| Bonus value (per element) | No bonus | | No bonus | |
| 1 | Forwards roll, | Squat with a straight back, legs straight in roll, stand up without using hands | Cartwheel, | Front to side, hold end position 2 secs |
| 2 | Tuck jump, | Arm swing to ears, knees above horizontal, | Handstand forwards roll, | Arms optional during roll, up to 0.5 taken if handstand not vertical before roll |
| 3 | Forward roll to straddle sit, | Roll as element 1, arms optional in straddle, in straddle sit with a straight back, legs minimum 90° in straddle | Chasse Cat Leap, Chasse scissor kick, | Arms up in 'Y' shape, legs at minimum horizontal in cat leap and above 45° in scissor kick |
| 4 | Circle roll, | Arms at horizontal, if on legs 0.5 deduction | ½ Turn Jump, | Arms by ears in jump, height in jump, land with legs together |
| 5 | Join feet to pike, lie on back lift to dish, hold (3 sec), | In dish, loss of value if not held, 0.3 deduction if back not touching floor, arms by ears | Ski jump to Round off controlled rebound OR Ski jump into cartwheel ½ turn, | Run or jump entry, show speed/power, 0.3 deduction if no rebound |
| 6 | Roll to arch hold (3 sec), | Loss of value if not held, 0.3 deduction if arms or leg touch floor, legs together | Tucked headstand OR Straddle headstand, | Entry optional, straight back, hold for 3 secs, return to feet optional |
| 7 | Front support jump to crouch, | Hands under shoulders, straight back, legs together | Backward walkover OR Backward roll to straddle stand, | Walkover – Arms by ears, show split handstand. Entry optional |
| 8 | Cartwheel | Front to side | Slide to splits OR from stand forward roll to back push up to Bridge (3 secs) | Left, right or box splits, hold for 3 secs. Join legs together, roll to shoulder stand, stand up |

Skills – Floor (continued)

| Routine | Set C | | Set D | |
|---------------------------|---|--|--|--|
| Bonus value (per element) | Bonus 0.5 | | Bonus 1.0 | |
| 1 | Cartwheel linked to, | Finish ¼ turn inwards | Handstand forward roll with straight arms, immediate 1/1 turning jump, | Arms by ears, handstand must be held before roll. Height in jump, secure landing |
| 2 | One handed cartwheel, | Free arm optional (Not behind body 0.3 deduction) | Balance with leg in front at min 45° (3 sec). Raised leg travels around to arabesque, | Full leg extension and control throughout. Raised leg stay 45° Raised leg to continuously travel the 180° into arabesque |
| 3 | Forward Walkover OR Handstand forward roll with straight arms, | Walkover – Straight legs, arms by ears, fluid movement. Handstand – 0.3 deduction for rolling with bent arms, Handstand must be vertical before roll | Round off flic to backwards somersault (tucked) OR Round off flic (x2) rebound OR Round off backwards somersault (tucked), | Run/jump optional Speed/power/tempo Straight arms, secure landing |
| 4 | Full spin OR 1/1 turn jump, | Spin – Arms by ears, free leg foot by knee, 360° must be completed. Jump – Arms optional, height needed, secure landing | Chasse split leap, Chasse full turning cat leap, | Arms above horizontal, split at min 180°, legs in cat leap at minimum horizontal. |
| 5 | Backwards walkover OR Backwards roll to handstand OR Backwards roll to front support (3 sec), | Walkover – Arms by ears, show split, optional finish Handstand – Entry, arms by ears, up to 0.5 taken if handstand not vertical Support – Must be competed with straight arm entry | Forwards walkover OR Backwards roll to handstand OR Valdez, | Walkover – Straight legs and fluid movement Roll – Entry optional must show vertical shape Valdez – High leg lift entry, smooth fluid movement |
| 6 | Arabesque OR Y balance, | Arabesque – Arms optional, 0.3 deduction if leg/chest not above horizontal Y Balance – Up to 0.5 deduction, leg must be above horizontal | 1/1 turn jump OR 1/1 spin, | Jump – Height and control Spin – 360° must be completed |
| 7 | Round off flic OR Handspring, | Run or jump entry, Speed/power/tempo | Handstand ½ OR 1/1 pirouette, | ½ Pirouette – 2 hand movements, 1/1 Pirouette – 4 hand movements. |
| 8 | ½ turning tuck jump | Arms by ears, knees at minimum horizontal | Free cartwheel OR Handspring controlled rebound | Cartwheel – Jump/run, arms optional Handspring – Jump/run optional |

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 tumbles (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 |