



Yorkshire Regional General Gymnastics Competitions

Floor and Vault competition

Boys

Skills and Tariff sheet – Introductory to Advanced+ Levels

Requirements – Floor and Vault

		Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
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"> 10 elements are required All holding elements are to be held for two 'Mississippi' (or similar choice of wording) 			<ul style="list-style-type: none"> Bonus can be added to the DV score One bonus per routine permitted
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 Bonus given for a layout vault showing a full horizontal layout 			
Difficulty Value (DV score)	Floor	<ul style="list-style-type: none"> Each Element is valued at 0.1 Max DV score = 1.0 Additional Elements performed don't count towards DV score but may incur Execution Deductions (unless stated as a bonus – Adv+ Level only) Bonus are added to the DV score 			
	Vault	<ul style="list-style-type: none"> This is listed next to the skill within the Skills section of this document Bonus added to DV score 			
Compositional Score (C score)	Floor	<ul style="list-style-type: none"> For each 'Category' selected a value of 0.5 is added to the C score Max C score = 2.5 At least 1 Element to be selected from each Category Elements selected from the 'Other skills' section don't count towards an 'Category' but do count towards your total element count 			
	Vault	<ul style="list-style-type: none"> This is not required in this part of the 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	Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
Forwards (Min of 1)	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 legs at a time) Forwards roll to sit (tuck or straddle) Forwards roll to straddle stand Handstand tucked (high bunny jump) Handstand Swedish fall (2 sec) Jump forwards roll 	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 feet) Forwards roll to sit (straddle) Forwards roll to straddle stand Handstand Swedish fall Handstand forwards roll (bent or straight arms) Dive forwards roll 	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 feet) Forwards roll to straddle stand Forwards roll to stand (straight arms and legs) Handstand Handstand forwards roll (straight arms) Handspring (to 2 or 1 feet) Flyspring Swedish fall Dive forwards roll Swallow dive roll 	<ul style="list-style-type: none"> Forwards roll to stand (1 or 2 feet) Forwards roll to straddle stand Forwards roll to pike (straight arms and legs) Handstand Handstand forwards roll (straight arms) Healey handstand Handspring (to 2 or 1) Headspring Flyspring Swedish fall Dive forwards roll Forwards somersault (tucked) - sprung floor permitting
Backwards (Min of 1)	<ul style="list-style-type: none"> Backwards roll to stand (tuck, straddle, pike, or front support) Shoulder roll Rock to stand Shoulder stand then rock to stand 	<ul style="list-style-type: none"> Backwards roll to stand (tuck, straddle, pike, or front support) Backwards roll with straight arms and legs 	<ul style="list-style-type: none"> Backwards roll to stand (tuck, straddle, pike, or front support) Backwards roll with straight arms and legs Backwards roll to handstand (bent or straight arms) Jump ½ turn to front support 	<ul style="list-style-type: none"> Backwards roll to stand (tuck, straddle, pike, or front support) Backwards roll with straight arms and legs Backwards roll to handstand (bent or straight arms) Jump ½ turn to front support Flic (to 2 feet) Backwards somersault (tucked) - Sprung floor permitting
Sideways (Min of 1)	<ul style="list-style-type: none"> Log roll Egg roll tucked Dish Arch Side roll with knees passing through straddle 180° Teddy bear roll Cartwheel 	<ul style="list-style-type: none"> Dish hold Arch hold Dish roll to arch Side roll with knees passing through straddle 180° Teddy bear roll Cartwheel side to side Cartwheel ¼ in/out Round off 	<ul style="list-style-type: none"> Dish roll to arch hold Side roll to knee Cartwheel Cartwheel ¼ in/out Round off Tinsica Free Cartwheel (no run permitted) 	<ul style="list-style-type: none"> Dish roll to arch hold Side roll to knee Cartwheel Cartwheel ¼ in/out Round off Tinsica Free Cartwheel (no run permitted) Side Somersault (sprung floor permitting)



Skills – Floor (continued)

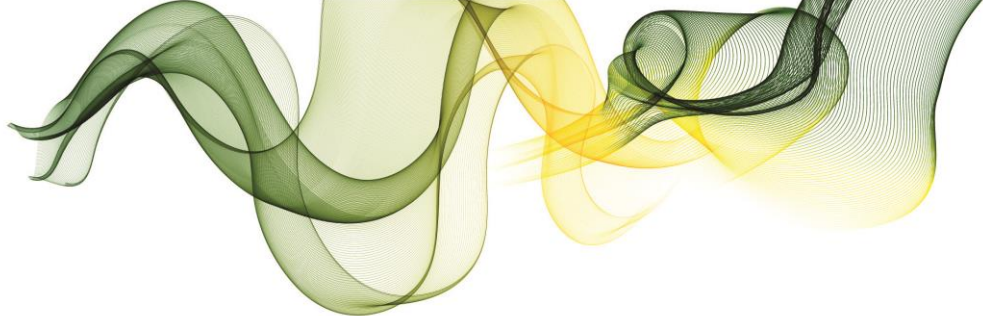
Category	Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
Flight (Min of 1)	<ul style="list-style-type: none"> Jumps (straight, star, tuck, ½ turn, or 1/1 turn) Leaps (scissor kick, cat) Single leg circle 	<ul style="list-style-type: none"> Jumps (tuck, star, straddle, ½ turn, or 1/1 turn) Leaps (scissor kick) Single leg circle 	<ul style="list-style-type: none"> Jumps (tuck, straddle, ½ turn, 1/1 turn, tuck ½ turn) Leaps (scissor kick) Single leg circle 	<ul style="list-style-type: none"> Jumps (tuck, straddle, ½ turn, 1/1 turn, tuck ½ turn) Leaps (scissor kick) Single leg circle
Balance (Min of 1)	<ul style="list-style-type: none"> V sit (with or without aid of arms) Supports (front or back) Straddle sit Single leg balance ½ Lever (one leg on floor) Frog balance Headstand tucked Lever (tucked) 	<ul style="list-style-type: none"> V sit (with or without aid of arms) ½ Lever (pike or straddle) Single leg balance Headstand straight legged Lever (tucked) 	<ul style="list-style-type: none"> V sit (without aid of arms) ½ Lever (pike or straddle) Handstand Headstand push to handstand Elephant lift held Single leg balance Lever (tucked) 	<ul style="list-style-type: none"> V sit (without aid of arms) ½ Lever (pike or straddle) Handstand Headstand push to handstand Elephant lift held Single leg balance Lever (tucked) Russian lever
	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance 	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance 	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance Chest balance (fish) 	<ul style="list-style-type: none"> Splits (any) Japana (chest on floor or swim through) Bridge D balance Chest balance (fish)
Other skills	<ul style="list-style-type: none"> Side support 	<ul style="list-style-type: none"> Front support walk through side support to back support (positions not held) 	<ul style="list-style-type: none"> Front support walk through side support to back support (positions not held) Press up 	<ul style="list-style-type: none"> Front support walk through side support to back support (positions not held) Press up Flare
Bonus				<ul style="list-style-type: none"> Linking of two acrobatic tumbling elements = 0.5 Use of Flares/ Russians/ Healey handstands = 0.5



Deductions – Floor

		Deductions	0.1	0.3	0.5	1.0
Execution Score (E score) Max of 10.0	Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
	Specific floor deductions	Touch of hair/leotard/clothing	X			
		Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Missing competition requirements			X	
	Skill focused 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		
		Element not held for two seconds	X	X	X	X
		Balance Element not held for two seconds			X	
	Landing deductions (Each time)	Feet not pointed/loose/body alignment	X			
		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			
Falls (Each skill)	Deep squat			X		
	Falls				X	

		Deductions	0.1	0.3	0.5	1.0
Head Judge Deductions (Create DV score and C score)	DV score	Missing elements (max 0.8)	X			
	Categories covered (Up to 2.5)	Forwards (max 0.5)			X	
		Backwards (max 0.5)			X	
		Sideways (max 0.5)			X	
		Flight (max 0.5)			X	
		Balance (max 0.5)			X	
	Bonus (Adv+ Level only)	Performance of bonus element (0.5 per element)			X	



Skills – Vault

Vault		DV score			
		Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
1	Squat on	1.0	1.0	1.0	1.0
2	Straddle on	1.0	1.0	1.0	1.0
3	Squat through	2.0	2.0	2.0	2.0
4	Straddle over	2.0	2.0	2.0	2.0
5	Layout squat vault	2.0	2.0	2.0	2.0
6	Layout straddle vault	2.0	2.0	2.0	2.0
7	Straight jump up – handstand fall onto level mats	1.5	1.5	1.5	1.5
8	Straight jump up – round off dismount		2.0	2.0	2.0
9	Handstand flatback		2.5	2.5	2.5
10	Straight jump up – handspring dismount onto lower mats			3.0	3.0
11	Handspring stand up onto level mats			3.5	3.5
12	Handspring			4.0	4.0
13	Handspring 1/2 on or Handspring 1/2 off				4.0

Bonus of 1.0 to be added to the DV score when a layout vault is shown with a full horizontal layout shape.

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