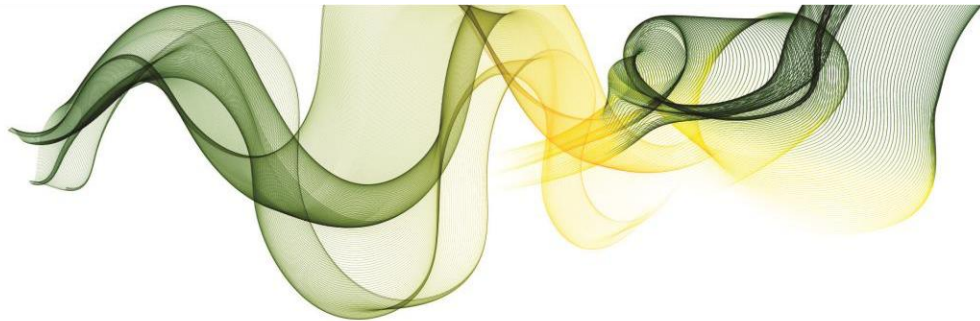
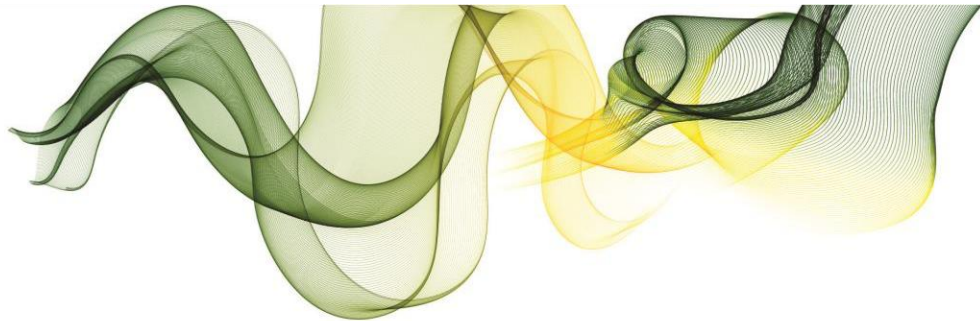




Yorkshire Regional General Gymnastics Competitions
4 Piece Competition – **Crystal** (August 2026 version 5)
Girls Skills and Tariff sheet

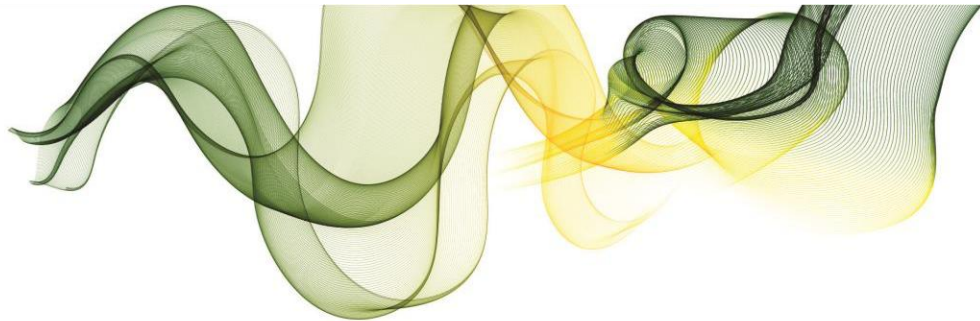
Key information	- Equipment dimensions can be found in the Handbook - Non permitted elements are not allowed, and no Difficulty Value will be given if they are performed) IMPORTANT – At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution	
Floor information	8 elements are required - Ideally should include 4 Compositional Requirements (CR) - Only permitted elements allowed - All holding elements are to be held for two 'Mississippi' (or similar choice of wording) - Music length is required between 45 sec and 1min 15sec - Longer music may be used (max 1min 30sec) without a penalty but is not encouraged. Music longer than 1min 30 sec will incur a penalty	Bonus Split leapt showing 180° element 0.2 Salto forwards or backwards 0.2 Good use of directions, levels and corners 0.3
Beam information	8 elements are required - Ideally should include 4 Compositional Requirements (CR) - All holding elements are to be held for two 'Mississippi' (or similar choice of wording) - Beam height 125cm - Matting to sit under the beam – optional 30cm	Bonus Exercise without a fall (provided all CRs are fulfilled) 0.5 Split jump or leap 0.2
Bar Information	6 elements are required - Ideally should contain 4 Compositional Requirements (CR)	Cast to 45° or above OR float upstart 0.3 Exercise with no stops 0.2 Stationery landing 0.2
Vault information	- Vault height as per Handbook - Warm up vaults to suit the group - Two attempts permitted on vault, best score to count	
Difficulty Vale (DV Score)	Floor	- Each element is valued at 0.1 - Max DV score = 0.8 - Additional elements performed don't count towards DV but may incur Execution Deductions - Bonus are added to the DV score
	Beam	- Each element is valued at 0.1 - Max DV score = 0.8 - Additional elements performed don't count towards DV but may incur Execution Deductions - Bonus are added to the DV score
	Bar	- Each element is valued at 0.1 - Max DV score = 0.6 - Additional elements performed don't count towards DB but may incur Execution Deductions - Bonus are added to the DV score
	Vault	- This is listed next to the vault skill on the criteria sheet - Bonus are added to the DV score
Compositional Score (C Score)	Floor	- For each Compositional Requirement (CR) selected, a value of 0.5 is added to the C score - Max C score = 2.0 - Choose 4 Compositional Requirements (CR) from the list on the skills sheet
	Beam	- For each Compositional Requirement (CR) selected, a value of 0.5 is added to the C score - Max C score = 2.0 - Choose 4 Compositional Requirements (CR) from the list on the skills sheet
	Bar	- For each Compositional Requirement (CR) selected, a value of 0.5 is added to the C score - Max C score = 2.0
	Vault	This is not required in this part of the competition
Execution Score (E score)	- Scored out of 10.0 - See deductions table included within this document for guidance of the type of Execution Deductions judges will make	
SCORING INFORMATION	- Difficulty Value (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score - Starting score – Judges Execution Deductions = Final Score	



CRYSTAL 4 PC

Competition Criteria Updated August 2026)

Age Groups (in year of competition) U8, U10, U12, U14 and 15+			
Vault	Handspring flat back 2.5 Handspring up on to Mats 3.0 Handspring 3.5	Vault height See deductions page	2 x vaults performed Vaults may be different Best score to count
	Uncoded Elements 0.1 each	Composition Requirements (CRs) 4 @ 0.5 each	Bonus Options
Bars NOTE Cast into back hip circle = 2 moves	Mounts – Upward circle from 2 feet, float upstart, Jump ½ turn float upstart, Jump to hang on HB float upstart Skills – Float swing, Cast towards horizontal, Counter swing, Long float upstart, Forward hip circle, Back hip circle, Squat on LB, ¾ giant from LB to HB, ¾ giant from HB to HB, Sole circle Dismounts – Straddle or Pike undershoot (with or without ½ turn), Squat on jump off LB, Swing ½ turn from HB (turn can be on the bar or on release)	- Upward circle from 2 feet - Forward hip circle - Backwards hip circle - Element to HB - Element started and finished on HB - Dismount	Cast to 45° or above OR float upstart 0.3 Exercise without stops 0.2 Stationery landing 0.2
Beam NB – straddle hold can be facing across or down the beam	Mounts – Squat on, straddle on, Japan, Squat/stoop through to rear support, Straddle hold on end of beam*, forward roll on, Circle up to front support, Jump to land in arabesque Leaps/Jumps/Spins/Turns – Tuck jump, Straight jump, Split jump, Scissor kick, Cat leap, Stag jump, Split leap, Wolf jump, Stag leap, Wolf hop, Sissonne, ½ spin on one foot, ½ spin into immediate ½ turn, Full spin Acro – Forward roll to feet, Backward roll to feet, Cartwheel, Handstand (legs joined), backwards walkover Balances/Holds – Straddle lever hold, Pike lever hold, Arabesque, Y balance, Needle scale, Splits hold Dismounts – Round off, Handspring, Cartwheel into straight backward jump, Backwards salto, Forwards salto	½ spin into immediate ½ turn 2 jumps OR leap/jump connection (joined) - Acro element forwards or sideways - Acro element backwards - Mixed series - Salto dismount	Exercise without a fall (provided all CRs are fulfilled) 0.5 Split jump or leap 0.2
Floor NB – salto must be tucked or pike only	Leaps/Jumps/Spins/Turns – Straight jump, tuck jump, star jump, split jump, Wolf jump, Full turning jump, full spin, cat leap, scissor kick, split leap, Wolf hop, Fouetté hop, Sissonne. Stag leap, stag jump, cat leap ½ turn, cat leap full turn Acro – Forward roll (optional exit to feet), Backwards roll (optional exit to feet), Handstand (from jump, kick or press – legs joined), Handstand forwards roll, Backwards roll to handstand, Cartwheel, Round off, Forward walkover, Backwards walkover, Tick-tock, Tinsica, Balances/Holds – Splits, Arabesque, Y balance, Handstand (held 2 sec) Flighted Acro / Salto – Handspring to one, Handspring to two, Flyspring, Back flip, Free Cartwheel (from chassé or 2 steps), Free walkover, Whip, Front salto, Back salto	- Dance passage of 2 leaps - Acro element forwards or sideways - Acro element backwards - Spin 360° OR full turn jump - Mixed series - Acro line of 2 or 3 elements (must include flighted element)	Split leap showing minimum 180° split 0.2 Salto / aerial / whip 0.2 Good use of direction, levels and corners 0.3

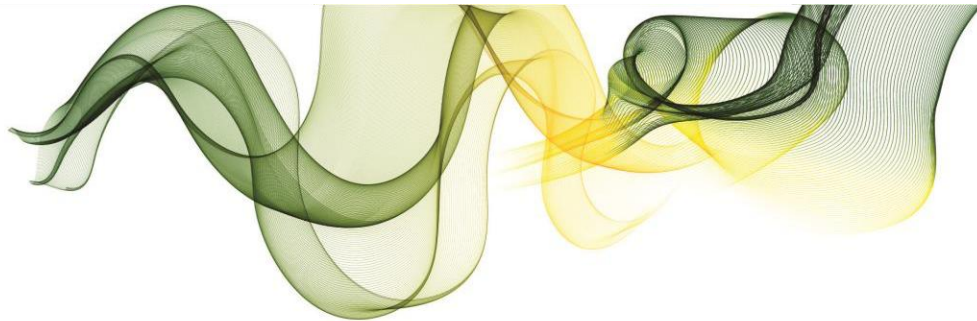


Floor Deductions

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	
		No Presentation	X			
	Skill focused deductions (Each time)	Bent arms or bent knees	X	X	X	
		Leg or knee separation	X	X		
		Insufficient height of element	X	X		
		Insufficient tuck, pike or stretch	X	X		
		Brush against apparatus		X		
		Instability/wobble/adjustment in element	X	X		
		Balance Element not held for two seconds			X	
		Feet not pointed/loose/body alignment	X			
		Lack of rotation on turns and acro skills	X	X		
		Backwards roll with 2 point contact		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		
		Stepping off the floor area (1 foot)	X			
		Stepping off the floor area (2 feet)		X		
	Falls (Each skill)	2 nd attempt of balance element			X	
		Falls				X

Deductions			0.1	0.3	0.5	1.0
Head Judge Deductions (create DV and C score)	DV Score	Missing element (max 0.8)	X			
		Missing Compositional Requirement (max 2.0)			X	
	Bonus	Performance of Bonus element (max 0.7)				

Please note for non-matching kit (shorties/leggings not in the same material / colour) a deduction of 0.3 will be applied to the overall score. The same penalty applies to team members in non-matching attire.

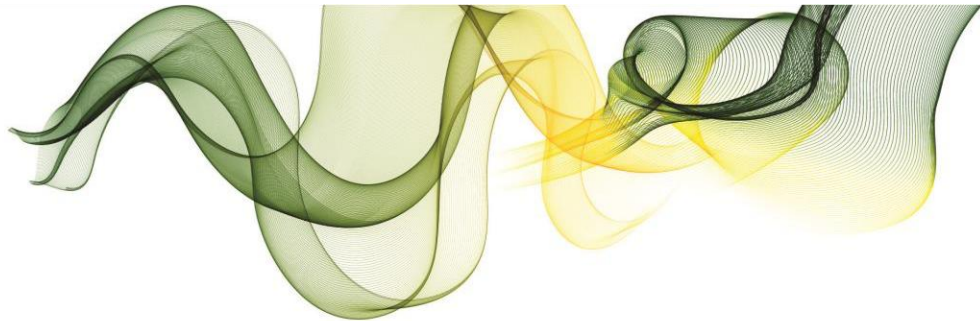


Skills/Tariffs – Vault

	Vault	DV Score	Vault Height	Matting
1	Handspring flat back	2.5	U8 = 0.6m min U10 = 0.6m min U12 = 0.9m U14 = 0.9m 15+ = 0.9m	
2	Handspring up on to mats	3.0	U8 = 0.6m min U10 = 0.6m min U12 = 0.9m U14 = 0.9m 15+ = 0.9m	
3	Handspring (table vault permitted)	3.5	U8 = 0.6m min U10 = 0.6m min U12 = 0.9m U14 = 0.9m 15+ = 0.9m	30cm landing mat

Vault Deductions

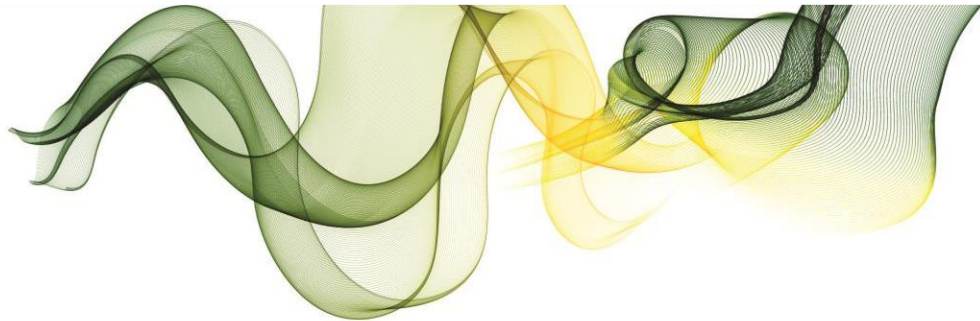
	Deductions	0.1	0.3	0.5	1.0
First flight	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squad/ straddle	X	X	X	
Repulsion	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
Second flight	Lack of height	X	X	X	X
	Incomplete turn	X	X		
	Insufficient length	X	X	X	X
	Bent knees	X	X	X	
	Leg separation	X	X		
	Extra steps (each)	X			
Landing	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	
	Step off landing mat 1 foot	X			
	Step off landing mat 2 feet		X		
	Fall				X
	Double bounce on Springboard/floor before				X
Additional	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach (N/A following a fall)				X
	Failure to present (each time)	X			



Beam Deductions

Deductions		0.1	0.3	0.5	1.0	
	Artistry deduction throughout	Insufficient flow/dynamics of routine	X	X	X	
	Specific beam deductions	Touch of hair/leotard/clothing	X			
		Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Poor rhythm (each)	X			
		Adjustments to maintain balance (each)	X	X		
		Pause	X			
		Pause exceeding 2 secs		X		
		Additional support against the beam (leg/arm/hand)	X	X		
		Missing competition requirements			X	
	Skill focused deductions (Each time)	Bent arms/knees	X	X		
		Body alignment	X	X		
		Leg or knee separation	X	X		
		Insufficient height of element	X	X		
		Insufficient tuck, pike or stretch	X	X		
		Excessive arm swing action (each)	X	X		
		Brush against apparatus	X			
		Instability/wobble/adjustment in element	X	X		
		Balance Element not held for two seconds			X	
		2 nd attempt at a balance element			X	
		Feet not pointed/loose/body alignment	X			
	Lack of rotation on turns and acro skills	X	X			
	Landing deductions	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 (0.5 first fall / to a Max of 1.5)			X	
Additional	Skill attempted but not completed			X		
	Skills not attempted at all			X		
	Support from coach (N/A following a fall)				X	
	Failure to present (each time)	X				

Deductions		0.1	0.3	0.5	1.0
Head Judge Deductions (create DV and C score)	DV Score	Missing element (max 0.8)	X		
		Missing Compositional Requirement (max 2.0)		X	
	Bonus	Performance of Bonus element (max 0.7)			



Bars Deductions

Deductions			0.1	0.3	0.5	1.0
	Specific Bar deductions	Insufficient flow/dynamics of routine	X	X		
		Touch of hair/leotard/clothing	X			
		Poor rhythm (each)	X			
		Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Adjustments to maintain balance (each)	X	X		
		Empty swing (waggle) (max 0.3 per skill)	X			
		Pause	X			
		Pause exceeding 2 secs		X		
		Additional support against the bar (leg/arm/hand)	X	X		
		Holding top bar with feet remaining on low bar		X		
		Lack of holding for held elements			X	
		Missing competition requirements			X	
	Skill focused deductions (Each time)	Bent arms/knees	X	X		
		Body alignment	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			
		Lack of height in casts	X	X		
		Lack of height in swings	X	X		
	Landing deductions	Extension into landing	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
	Additional	Skill attempted but not completed			X	
		Skills not attempted at all			X	
		Support from coach (N/A following a fall)				X
		Brush against apparatus			X	
		Failure to present (each time)	X			

Deductions			0.1	0.3	0.5	1.0
Head Judge Deductions (create DV and C score)	DV Score	Missing element (max 0.6)	X			
		Missing Compositional Requirement (max 2.0)			X	
	Bonus	Performance of Bonus element (max 0.7)				