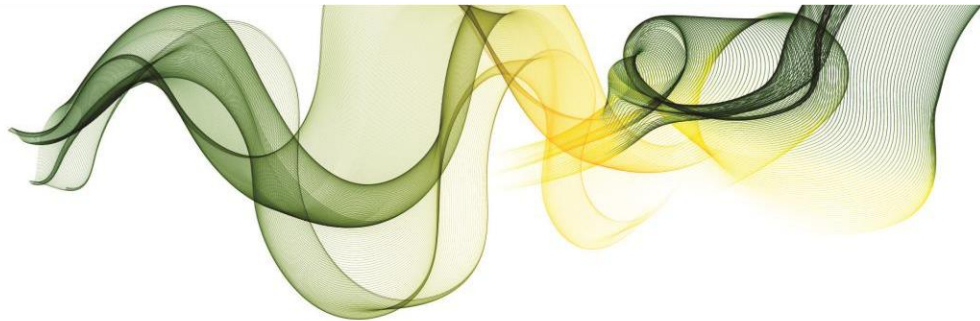


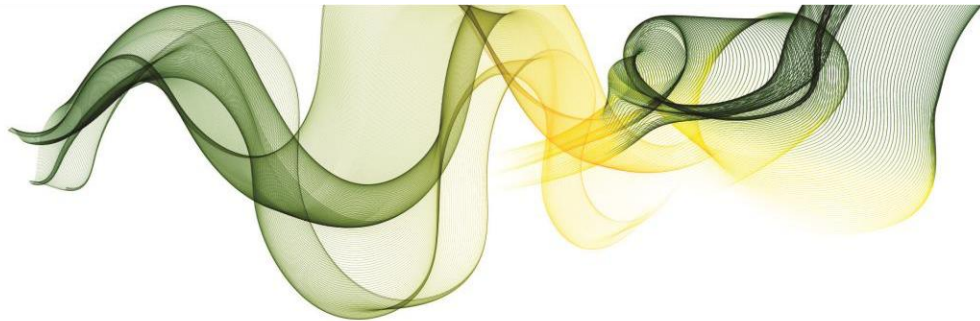
Yorkshire Regional General Gymnastics Competitions  
4 Piece Competition – **Opal and Opal Plus** (August 2025 version 4)  
Girls Skills and Tariff sheet

Key information	<ul style="list-style-type: none"> <li>Equipment dimensions can be found in the Handbook</li> <li>Non permitted elements are not allowed, and no Difficulty Value will be given if they are performed)</li> <li><b>IMPORTANT</b> – At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution</li> </ul>	
Floor information	<ul style="list-style-type: none"> <li>8 elements are required</li> <li>Ideally should include 4 Compositional Requirements (CR)</li> <li>Only permitted elements allowed</li> <li>All holding elements are to be held for two 'Mississippi' (or similar choice of wording)</li> <li>Music length is required between 45 sec and 1min 15sec</li> <li>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</li> </ul>	<p><b>Bonus</b></p> <p>Split leapt showing 150° split 0.2</p> <p>2 acro elements joined 0.2</p> <p>Good use of directions, levels and corners 0.3</p>
Beam information	<ul style="list-style-type: none"> <li>6 elements are required</li> <li>Ideally should include 4 Compositional Requirements (CR)</li> <li>All holding elements are to be held for two 'Mississippi' (or similar choice of wording)</li> <li>Beam height 125cm</li> <li>Matting to sit under the beam – optional 30cm</li> </ul>	<p><b>Bonus</b></p> <p>Exercise without a fall (provided all CRs are fulfilled) 0.5</p> <p>2 leaps or jumps joined 0.2</p>
Bar Information	<ul style="list-style-type: none"> <li>4 elements are required</li> <li>Ideally should contain 4 Compositional Requirements (CR)</li> </ul>	<p>Cast to horizontal or above 0.3</p> <p>Exercise with no stops 0.2</p> <p>Stationery landing 0.2</p>
Vault information	<ul style="list-style-type: none"> <li>Vault height as per Handbook</li> <li>Warm up vaults to suit the group</li> <li>Two attempts permitted on vault, best score to count</li> </ul>	
<b>Difficulty Vale</b> (DV Score)	Floor	<ul style="list-style-type: none"> <li>Each element is valued at 0.1</li> <li>Max DV score = 0.8</li> <li>Additional elements performed don't count towards DV but may incur Execution Deductions</li> <li>Bonus are added to the DV score</li> </ul>
	Beam	<ul style="list-style-type: none"> <li>Each element is valued at 0.1</li> <li>Max DV score = 0.8</li> <li>Additional elements performed don't count towards DV but may incur Execution Deductions</li> <li>Bonus are added to the DV score</li> </ul>
	Bar	<ul style="list-style-type: none"> <li>Each element is valued at 0.1</li> <li>Max DV score = 0.6</li> <li>Additional elements performed don't count towards DB but may incur Execution Deductions</li> <li>Bonus are added to the DV score</li> </ul>
	Vault	<ul style="list-style-type: none"> <li>This is listed next to the vault skill on the criteria sheet</li> <li>Bonus are added to the DV score</li> </ul>
<b>Compositional Score</b> (C Score)	Floor	<ul style="list-style-type: none"> <li>For each Compositional Requirement (CR) selected, a value of 0.5 is added to the C score</li> <li>Max C score = 2.0</li> <li>Choose 4 Compositional Requirements (CR) from the list on the skills sheet</li> </ul>
	Beam	<ul style="list-style-type: none"> <li>For each Compositional Requirement (CR) selected, a value of 0.5 is added to the C score</li> <li>Max C score = 2.0</li> <li>Choose 4 Compositional Requirements (CR) from the list on the skills sheet</li> </ul>
	Bar	<ul style="list-style-type: none"> <li>For each Compositional Requirement (CR) selected, a value of 0.5 is added to the C score</li> <li>Max C score = 2.0</li> </ul>
	Vault	This is not required in this part of the competition
<b>Execution Score</b> (E score)	<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deductions table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>	
<b>SCORING INFORMATION</b>	<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score</li> <li>Starting score – Judges Execution Deductions = Final Score</li> </ul>	



## OPAL and OPAL PLUS 4 PC Competition Criteria Updated **August 2025**

Age Groups (in year of competition) <b>U8, U10, U12, U14 and 15+</b>			
<b>Vault</b>	<p>Handspring flat back 2.5</p> <p>Through vault 2.0*</p> <p>Straddle vault 2.0*</p> <p>1.0 bonus for layout</p>	<p>Vault height</p> <p>See deductions page</p>	<p>2 x vaults performed</p> <p>Vaults may be different</p> <p>Best score to count</p>
	Uncoded Elements 0.1 each	Composition Requirements (CRs) 4 @ 0.5 each	Bonus Options
<b>Bars</b>  <b>NOTE</b> Cast into back hip circle = 2 moves	<p><b>Mounts</b> – Upward circle from 1 or 2 feet (one or two springboards permitted), Jump from springboard to front support on bar.</p> <p><b>Skills</b> – Forward hip circle, backwards hip circle, float swing, squat on, ¾ giant from LB to HB or HB to HB, Counter swing, cast towards horizontal</p> <p><b>Dismounts</b> – Squat on and jump off forwards, from front support lower slowly forward to chin support and lower in control to long hand and release bar, Straddle or Pike undershoot, free undershoot from support</p>	<ol style="list-style-type: none"> <li>1. Upward circle from 1 or 2 feet</li> <li>2. Forward hip circle or backwards hip circle</li> <li>3. Cast (can be attached to beginning of back hip or end of front circle or on its own)</li> <li>4. Dismount</li> </ol> <p><b>No deduction for empty swing</b></p>	<p>Cast to horizontal or above <b>0.3</b></p> <p>Exercise without stops <b>0.2</b></p> <p>Stationery landing <b>0.2</b></p>
<b>Beam</b>	<p><b>Mounts</b> – Front support mount, Squat on, straddle on</p> <p><b>Leaps/Jumps/Spins/Turns</b> – Tuck jump, Straight jump, Split jump, Scissor kick, Cat leap, ½ spin on one foot, relevé turn</p> <p><b>Acro</b> – Forward roll, Backward roll, Cartwheel, Handstand (<b>legs joined but not held</b>)</p> <p><b>Balances/Holds</b> – V-sit, Straddle lever hold, Pike lever hold, Arabesque, Y balance, Handstand (<b>held 2 sec</b>)</p> <p><b>Dismounts</b> – Round off, Handspring, Run into 2 feet jump (optional jump – no rotation permitted), Cartwheel into straight backward jump, Cartwheel to handstand and dismount</p>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. ½ spin</li> <li>3. Jump or leap</li> <li>4. Acro element backwards</li> <li>5. Acro element forwards</li> <li>6. Acro element sideways</li> <li>7. Balance held for 2 sec.</li> <li>8. Dismount</li> </ol>	<p>Exercise without a fall (provided all CRs are fulfilled) <b>0.5</b></p> <p>2 leaps or jumps joined <b>0.2</b></p>
<b>Floor</b>	<p><b>Leaps/Jumps/Spins/Turns</b> – Straight jump, tuck jump, star jump, 1.2 turn jump, stag leap, split jump, W jump or hop, Full turning jump, full spin, cat leap, scissor kick, split leap, Fouetté hop, Sissonne</p> <p><b>Acro</b> – Forward roll (optional exit), Backwards roll (optional exit), Side roll (from one straight leg, via straddle), Handstand (<b>legs joined</b>), Handstand forwards roll, Backwards roll to handstand, Cartwheel (optional entry and hand support), Round off, Forward walkover, Backwards walkover, Tick-tock, Tinisca, Handspring to 1 or 2, Flyspring, back flip, aerial (<b>from chassé or 2 steps</b>), free walkover</p> <p><b>Balances/Holds</b> – Splits, Arabesque, Y balance, Handstand (<b>held 2 sec</b>)</p>	<ol style="list-style-type: none"> <li>1. Dance passage of 2 leaps</li> <li>2. Acro element forwards</li> <li>3. Acro element backwards</li> <li>4. Spin 360° OR full turn jump</li> <li>5. Acro element sideways</li> <li>6. Mixed series</li> </ol>	<p>Split leap showing minimum 150° split <b>0.2</b></p> <p>2 acro elements joined <b>0.2</b></p> <p>Good use of direction, levels and corners <b>0.3</b></p>

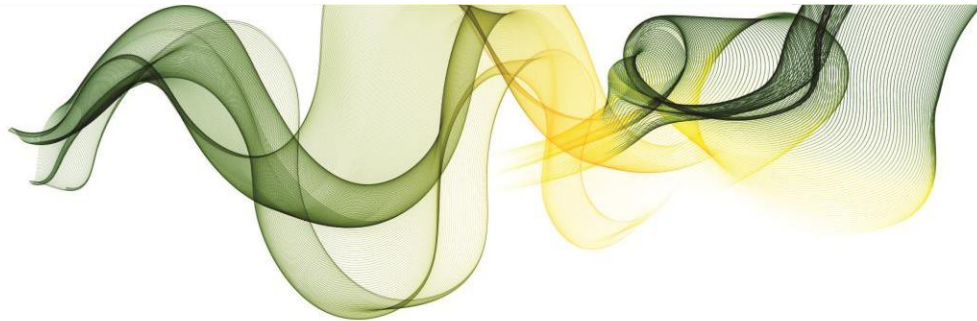


## Floor Deductions

Deductions			0.1	0.3	0.5	1.0
<b>Execution Score</b> (E score) Max of 10.0	<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine	X	X	X	
		Touch of hair/leotard/clothing	X			
	<b>Specific floor deductions</b>	Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Missing competition requirements			X	
		No Presentation (each time)	X			
		Bent arms or bent knees	X	X	X	
	<b>Skill focused deductions</b> (Each time)	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		
	<b>Landing deductions</b> (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		
	<b>Falls</b> (Each skill)	2 <sup>nd</sup> attempt of balance element			X	
		Falls				X

Deductions			0.1	0.3	0.5	1.0
<b>Head Judge Deductions</b> (create DV and C score)	<b>DV Score</b>	Missing element (max 0.8)	X			
		Missing Compositional Requirement (max 2.0)			X	
	<b>Bonus</b>	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

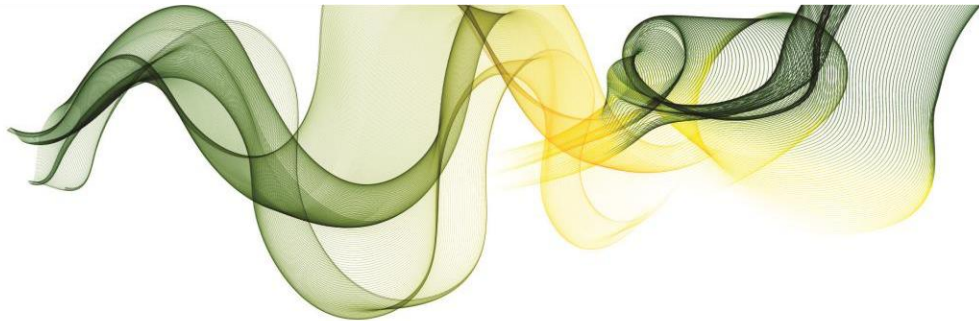
	Vault	DV Score	Vault Height	Matting
1	Handspring flat back	2.5	U8 = 0.6m min U10 = 0.6m min U12 = 0.9m U14 = 0.9m 15+ = 0.9m	
2	Squat through vault*	2.0	U8 = 0.6m min U10 = 0.6m min U12 = 0.9m U14 = 0.9m 15+ = 0.9m	30cm landing mat
3	Straddle over vault*	2.0	U8 = 0.6m min U10 = 0.6m min U12 = 0.9m U14 = 0.9m 15+ = 0.9m	30cm landing mat

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

## 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
	Skill attempted but not completed			X	
Additional	Skill not attempted at all				X
	Support from coach (N/A following fall)				X
	Failure to present (each time)	X			

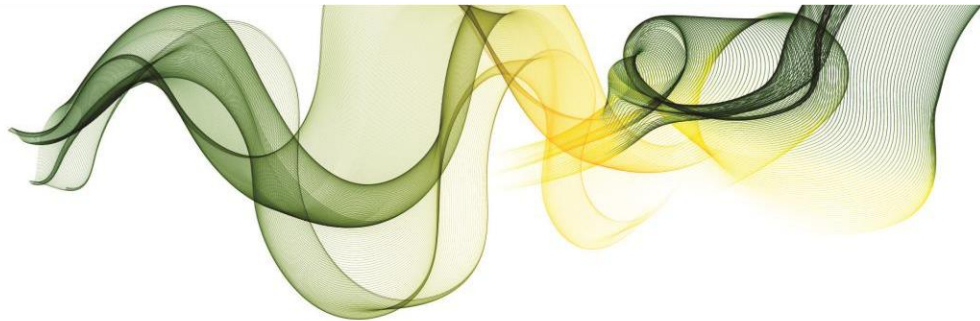




## Beam Deductions

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 <sup>nd</sup> attempt at a balance element			X	
	Landing deductions	Feet not pointed/loose/body alignment	X			
		Lack of rotation on turns and acro skills	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 (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
<b>Head Judge Deductions</b> (create DV and C score)	<b>DV Score</b>	Missing element (max 0.6)	X		
		Missing Compositional Requirement (max 2.0)		X	
	<b>Bonus</b>	Performance of Bonus element (max 0.7)			



## Bars Deductions

Deductions			0.1	0.3	0.5	1.0
	<b>Specific Bar deductions</b>	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	
	<b>Skill focused deductions (Each time)</b>	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		
	<b>Landing deductions</b>	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		
	<b>Falls (each skill)</b>	Falls				X
	<b>Additional</b>	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
<b>Head Judge Deductions</b> (create DV and C score)	<b>DV Score</b>	Missing element (max 0.4)	X			
		Missing Compositional Requirement (max 2.0)			X	
	<b>Bonus</b>	Performance of Bonus element (max 0.7)				