

Yorkshire Regional General Gymnastics Competitions

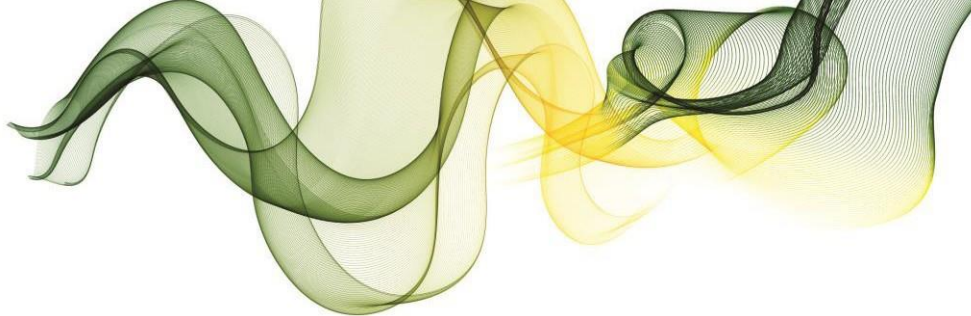
Floor and Vault competition

Boys

Skills and Tariff sheet – Introductory to Championship Levels

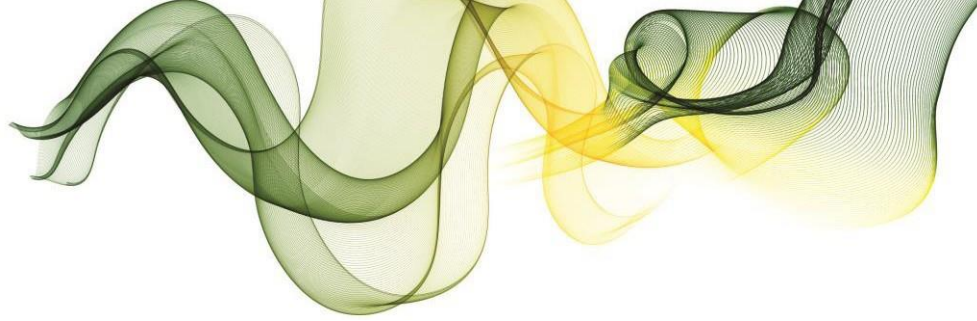
Requirements – Floor and Vault

		Introductory Level	Intermediate Level	Advanced Level	Adv+/Champs 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 Two bonus per routine permitted 	<ul style="list-style-type: none"> Bonus can be added to the DV score Two 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 			
		<ul style="list-style-type: none"> 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/ Adv+/Champs only) Bonus are added to the DV score (max 2 bonuses) 			
	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 			



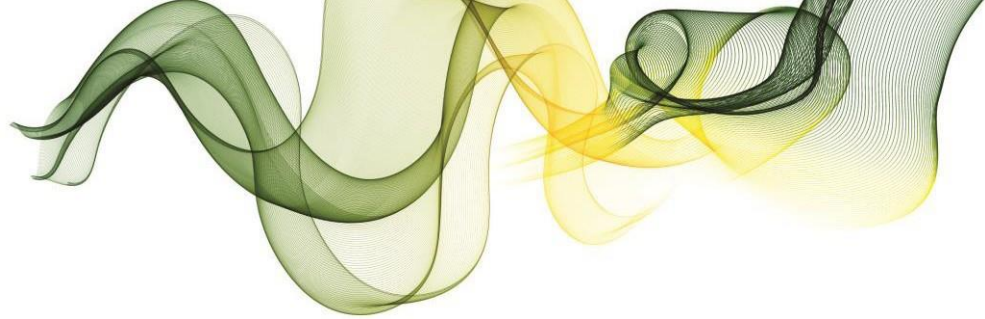
Skills – Floor

Category	Introductory Level	Intermediate Level	Advanced Level	Adv+/Champs 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 Forward Somersault (Tucked) – sprung floor permitting 	<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 Handstand Pirouette (min ½ up to 1/1) 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 Flic to 1 or 2 feet Backwards Somersault (tucked) – sprung floor permitting 	<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	Adv+/Champs 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 (Max of 1.0) *Extra info on page 8			<ul style="list-style-type: none"> Linking of two acrobatic tumbling elements with flight = 0.5 Linking of two jumps in a series = 0.5 Salto/aerial = 0.5 	<ul style="list-style-type: none"> Linking of two acrobatic tumbling elements with flight= 0.5 Linking of two jumps in a series = 0.5 Salto/aerial = 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		
		Touch of hair/leotard/clothing	X				
	Specific floor deductions	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		
	Skill focused deductions (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 & acro skills	X	X			
		Backwards roll with 2 point contact		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		
	Stepping off the floor area (1 foot)		X				
	Falls (Each skill)	Stepping off the floor area (2 feet)		X			
2 nd attempt of balance element				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 1.0)	X			
		Forwards (max 0.5)			X	
	Categories covered (Up to 2.5)	Backwards (max 0.5)			X	
		Sideways (max 0.5)			X	
		Flight (max 0.5)			X	
		Balance (max 0.5)			X	
	Bonus (Adv and Adv+ Level only)	Performance of bonus element (0.5 per element)			X	



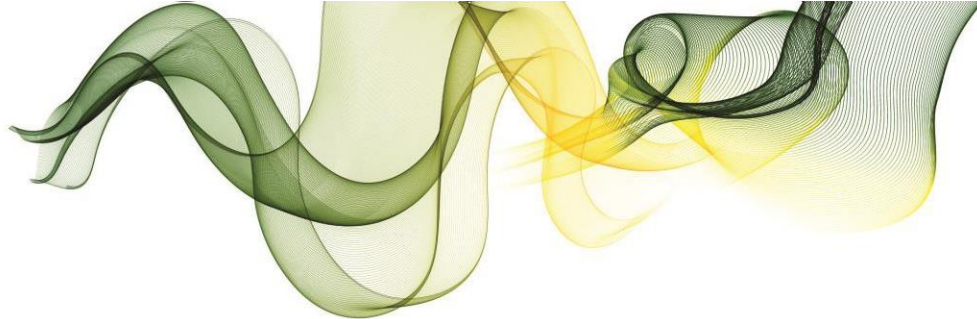
Skills/Tariffs – Vault

Vault		DV score			
		Introductory Level	Intermediate Level	Advanced Level	Adv+/Champ Level
1	Squat on	1.0	1.0	1.0	1.0
2	Straddle on	1.0	1.0	1.0	1.0
3	Straight jump on to block – jump off (straight/tuck/star)	1.0	1.0	1.0	1.0
4	Squat through*	1.5	1.5	1.5	1.5
5	Straddle over*	1.5	1.5	1.5	1.5
6	Layout squat vault	2.0	2.0	2.0	2.0
7	Layout straddle vault	2.0	2.0	2.0	2.0
8	Straight jump up – handstand fall onto level mats	1.5	1.5	1.5	1.5
9	Straight jump up – round off dismount	Under review	2.0	2.0	2.0
10	Handstand flatback		2.5	2.5	2.5
11	Straight jump up – handspring dismount onto lower mats			3.0	3.0
12	Handspring stand up onto level mats			3.5	3.5
13	Handspring			4.0	4.0
14	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

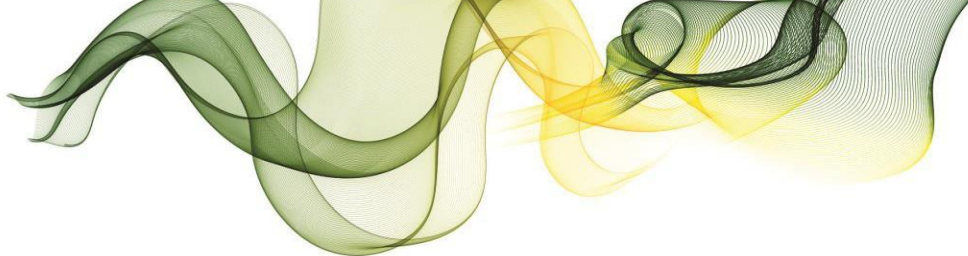
Deductions		0.1	0.3	0.5	1.0	
First flight	Incomplete turn	X	X	X		
	Hip angle	X	X			
	Bend knees	X	X	X		
	Leg separation	X	X			
	Arch	X	X			
	Insufficient layout in squad/ straddle	X	X	X		
Repulsion	Staggered altered hand placement	X	X			
	Bent arms	X	X	X		
	Shoulder angle	X	X			
	Touch with one hand				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	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 center		X				
Brush on apparatus				X		
Step off landing mat 1 foot		X				
Step off landing mat 2 feet			X			
Fall					X	
Additional		Double bounce on springboard/floor before				X
		Skill attempted but not completed			X	
	Skill not attempted at all				X	
	Support from coach				X	
	No presentation	X				



Apparatus

The following equipment and apparatus will be used for these competitions:

Apparatus	Specific use for	Manufacturer	Size, dimensions, run up, landing details
Floor	All levels	Contact venue for specifics	Min = 10m x 8m
Box vault (cross) [*Traditional Vault type]	All Levels Vault selections: 1, 2, 4, and 5 (Squat on/ through and Straddle on / over)	Contact venue for specifics	Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m Landing: 0.3m thick safety mat
Vault [*Inverted Vault type]	All Levels Vault selections: 3 (Straight jump on to block – jump off (straight/tuck/star))	Contact venue for specifics	Heights: All ages = 0.6m Landing: 0.3m thick safety mat
Box vault (cross or long) [*Traditional Vault type]	All Levels Vault selections: 6 and 7 (Layout squat through or straddle over)	Contact venue for specifics	Heights:- Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m Landing: 0.3m thick safety mat
Vault with level mats [*Inverted Vault type]	All Level Vault selection: 8 (Straight jump up, handstand onto level mats)	Contact venue for specifics	Heights: All ages = 0.6m
Vault [*Inverted Vault type]	Intermediate, Advanced and Advanced+ Level Vaults selection: 9 (Straight jump on, round off dismount)	Contact venue for specifics	Heights: All ages = 0.6m Landing: 0.3m thick safety mat



Vault with level mats [*Inverted Vault type]	Intermediate, Advanced and Advanced+ Level Vaults selections: 10 (Handstand flatback)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m
Vault with safety landing mat at the end [*Inverted Vault type]	Advanced and Advanced + Levels Vault selections: 11 (Straight jump up, handspring dismount)	Contact venue for specifics	Heights: All Ages = 0.6m Landing: 0.3m thick safety mat
Vault with level mats [*Inverted Vault type]	Intermediate, Advanced and Advanced+ Level Vault selections: 12 (Handspring)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m
Vault [*Inverted Vault type]	Advanced and Advanced + Levels Vault selection 13 and 14 (Handspring ½ on or Handspring ½ off)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m Landing: 0.3m thick safety mat

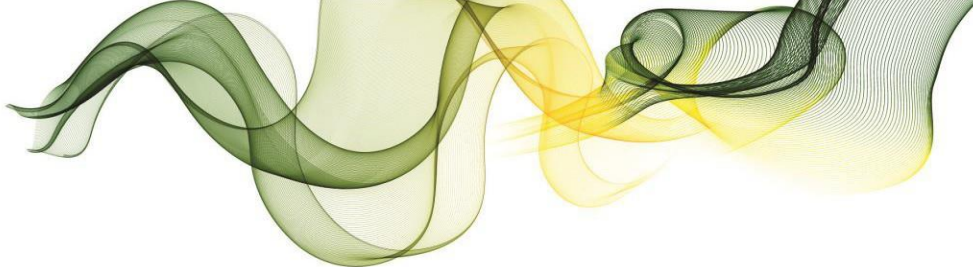
If you have any specific questions regarding the apparatus, please contact the Competition Organiser.

Notes:

- 'Vault selections' can be found on the 'Skills and Tariff sheets'
- *Vault type definitions:
 - **Traditional** – Layered, Wooden school, Box vaults
 - **Inverted** – Block, Block with mat, Table, Soft table, Horse vaults
- When using traditional style vaults (box, layered, wooden style school vaults etc.) please allow for + / - 5 cm of the stated vault height.
- Coaches can request for vault heights to be increased than stated heights. Heights can't be lower than stated measurements.

Deductions

You will find general deductions in the 'Skills and Tariff Sheets' accompanying this handbook.



***Extra bonus information**

Linking of two acrobatic tumbling elements with flight

Listed below are different variations of linking two acrobatic tumbling elements with flight, it is still open for coaches to do other variations but keep in mind the definition below with what skills with flight means.

"a skill where the gymnast is suspended completely in the air without their hands or any other part of their body touching the floor"

- Front handspring, flyspring
- Front handspring to 1, front handspring to 2
- Front handspring to 1, round off
- Round off, Back handspring
- Front somersault walkout, round off
- Handspring, front somersault
- Round off, Back somersault
- Back handspring to 2, back handspring to 1
- Back handspring to 1, back handspring to 2
- Free cartwheel, back handspring
- Free walkover, back handspring

Linking of two jumps in a series

The linking of two jumps in a series should be picked from the flight category and they should be linked immediately. E.g. Star jump, rebound into a tuck jump.

Salto / Aerial

Tucked front salto, tucked back salto and free cartwheel (aerial) will fulfil this criteria

If a salto is linked to a round off (e.g. round off, tucked back salto) this will fulfil both the linking of two acro elements with flight and the salto bonus.

A maximum of two bonuses will be awarded.