



## Yorkshire Regional General Gymnastics Competitions

### Floor and Vault competition

#### Girls

### Skills and Tariff sheet – Introductory to Championship Levels

#### Requirements – Floor and Vault

		Introductory Level	Intermediate Level	Advanced Level	Advanced + & Champs level
<b>Key Information</b>		<ul style="list-style-type: none"> <li>Equipment dimensions/type can be found within the handbook</li> </ul>			
<b>Floor Information</b>		<ul style="list-style-type: none"> <li>8 elements are required</li> <li>All holding elements are to be held for two 'Mississippi' (or similar choice of wording)</li> <li>Music is required</li> <li>Music length is requested to be between 45s-1min 15s. Longer music may be used (max 1 min 30s) without a penalty, but is not to be encouraged. Music longer than 1 min 30s will incur a penalty</li> </ul>			
				<ul style="list-style-type: none"> <li>Bonus can be added to the DV score</li> <li>Max of two bonus per routine permitted</li> </ul>	<ul style="list-style-type: none"> <li>Bonus can be added to the DV score</li> <li>Max of two bonus per routine permitted</li> </ul>
<b>Vault Information</b>		<ul style="list-style-type: none"> <li>Vault height as per handbook, warm up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>Bonus given for a layout vault showing a full horizontal layout.</li> </ul>			
<b>Difficulty Value (DV score)</b>	<b>Floor</b>	<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 score but may incur Execution Deductions (unless stated as a bonus – Adv+/Champs Level only)</li> <li>Bonus are added to the DV score – 0.5 for each bonus (<b>max 2 bonuses</b>)</li> </ul>			
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is listed next to the skill within the Skills section of this document</li> <li>Bonus added to DV score</li> </ul>			
<b>Compositional Score (C score)</b>	<b>Floor</b>	<ul style="list-style-type: none"> <li>For each 'Category' selected a value of 0.5 is added to the C score</li> <li>Max C score = 2.5</li> <li>At least 1 Element to be selected from each Category</li> <li>Elements selected from the 'Other skills' section don't count towards an 'Category' but do count towards your total element count</li> </ul>			
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is not required in this part of the competition</li> </ul>			
<b>Execution Score (E score)</b>		<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction 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>			



Skills – Floor

Category	Introductory Level	Intermediate Level	Advanced Level	Adv+ & Champs Level
<b>Forwards</b> (Min of 1)	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 legs at a time)</li> <li>Forwards roll to sit (tuck or straddle)</li> <li>Forwards roll to straddle stand</li> <li>Handstand tucked (high bunny jump)</li> <li>Handstand</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 feet)</li> <li>Forwards roll to sit (straddle)</li> <li>Forwards roll to straddle stand</li> <li>Handstand</li> <li>Handstand to bridge</li> <li>Handstand forwards roll (bent or straight arms)</li> <li>Forward Walkover</li> <li>Dive forwards roll</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 feet)</li> <li>Forwards roll to straddle stand</li> <li>Forwards roll to pike (straight arms and legs)</li> <li>Handstand (straight, splits, stag or etc.)</li> <li>Handstand to bridge to stand</li> <li>Handstand forwards roll (straight arms)</li> <li>Forwards walkover (2 hands, 1 handed, free – no run permitted)</li> <li>Handspring (to 2 or 1)</li> <li>Headspring</li> <li>Flyspring</li> <li>Dive forwards roll</li> <li>Forwards somersault (tucked)</li> <li>Free walkover</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 feet)</li> <li>Forwards roll to straddle stand</li> <li>Forwards roll to pike (straight arms and legs)</li> <li>Handstand (straight, splits, stag or etc.)</li> <li>Handstand to bridge to stand</li> <li>Handstand forwards roll (straight arms)</li> <li>Handstand Pirouette (min ½ up to 1/1)</li> <li>Forwards walkover (2 hands, 1 handed, free – no run permitted)</li> <li>Handspring (to 2 or 1)</li> <li>Headspring</li> <li>Flyspring</li> <li>Dive forwards roll</li> <li>Forwards somersault (tucked)</li> <li>Free walkover</li> </ul>
<b>Backwards</b> (Min of 1)	<ul style="list-style-type: none"> <li>Backwards roll to tuck</li> <li>Backwards roll to stand (straddle, pike, or front support)</li> <li>Shoulder roll</li> <li>Rock to stand</li> <li>Shoulder stand then rock to stand</li> </ul>	<ul style="list-style-type: none"> <li>Backwards roll to tuck to feet</li> <li>Backwards roll to stand (straddle, pike, or front support)</li> <li>Backwards roll with straight arms and legs</li> <li>Push up to bridge, kickover</li> <li>Backwards walkover</li> </ul>	<ul style="list-style-type: none"> <li>Backwards roll to stand (tuck, straddle, pike, or front support)</li> <li>Backwards roll with straight arms and legs</li> <li>Backwards roll to handstand (bent or straight arms)</li> <li>Backwards walkover</li> <li>Valdez</li> <li>Flic (to 1 or 2 feet)</li> <li>Backwards somersault (tucked)</li> </ul>	<ul style="list-style-type: none"> <li>Backwards roll to stand (tuck, straddle, pike, or front support)</li> <li>Backwards roll with straight arms and legs</li> <li>Backwards roll to handstand (bent or straight arms)</li> <li>Backwards walkover</li> <li>Valdez</li> <li>Flic (to 2, walkout, or a 2<sup>nd</sup> flic)</li> <li>Backwards somersault (tucked)</li> </ul>
<b>Sideways</b> (Min of 1)	<ul style="list-style-type: none"> <li>Log roll</li> <li>Egg roll tucked</li> <li>Side roll with knees passing through straddle</li> <li>180° Teddy bear roll</li> <li>Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Dish roll to arch</li> <li>Side roll with knees passing through straddle</li> <li>180° Teddy bear roll</li> <li>Cartwheel</li> <li>Cartwheel ¼ in/out</li> <li>Cartwheel one handed (2<sup>nd</sup> hand down)</li> <li>Round off</li> </ul>	<ul style="list-style-type: none"> <li><del>Side roll to knee</del></li> <li>Cartwheel</li> <li>Cartwheel ¼ in/out</li> <li>Cartwheel one handed (2<sup>nd</sup> hand down)</li> <li>Free cartwheel (norun permitted)</li> <li>Dive cartwheel</li> <li>Round off</li> <li>Tinsica</li> </ul>	<ul style="list-style-type: none"> <li><del>Side roll to knee</del></li> <li>Cartwheel</li> <li>Cartwheel ¼ in/out</li> <li>Cartwheel one handed (2<sup>nd</sup> hand down)</li> <li>Cartwheel x2 (smoothly linked)</li> <li>Free cartwheel (norun permitted)</li> <li>Dive cartwheel</li> <li>Round off</li> <li>Tinsica</li> </ul>



**Skills – Floor (continued)**

Category	Introductory Level	Intermediate Level	Advanced Level	Adv+ & Champs Level
<b>Flight</b> (Min of 1)	<ul style="list-style-type: none"> <li>Jumps (straight, star, tuck, ½ turn, or 1/1 turn)</li> <li>Leaps (scissor kick, cat)</li> <li>Sissone prep (spring from 2 feet to land on one leg in arabesque)</li> </ul>	<ul style="list-style-type: none"> <li>Jumps (tuck, star, straddle, ½ turn, or 1/1 turn)</li> <li>Leaps (scissor kick, cat)</li> <li>Sissone prep (spring from 2 feet to land on one leg in arabesque)</li> </ul>	<ul style="list-style-type: none"> <li>Jumps (tuck, straddle, split, wolf, ½ turn, 1/1 turn, tuck ½ turn)</li> <li>Leaps (scissor kick, stag, split, cat leap, cat ½ turn)</li> <li>Sissone <del>prep</del>—(spring from 2 feet to land on one leg in arabesque)</li> </ul>	<ul style="list-style-type: none"> <li>Jumps (tuck, straddle, split, wolf, ½ turn, 1/1 turn, tuck ½ turn, straddle ½ turn)</li> <li>Leaps (scissor kick, stag, split, cat leap, cat ½ turn, cat leap 1/1 turn, change leg split leap)</li> <li>Sissone <del>prep</del>—(spring from 2 feet to land on one leg in arabesque)</li> </ul>
<b>Balance</b> (Min of 1) Held for 2 secs	<ul style="list-style-type: none"> <li>V sit (with or without aid of arms)</li> <li>Supports (front or back)</li> <li>Straddle sit</li> <li>Single leg balance/ passé/ arabesque</li> <li>½ Lever (one leg on floor)</li> <li>Frog balance</li> <li>Headstand tucked</li> <li>Dish</li> <li>Arch</li> </ul>	<ul style="list-style-type: none"> <li>V sit (with or without aid of arms)</li> <li>½ Lever (pike or straddle)</li> <li>Single leg balance/ passé/ arabesque</li> <li>Headstand straight legged (can pass through tuck)</li> <li>Y balance</li> </ul>	<ul style="list-style-type: none"> <li>V sit (without aid of arms)</li> <li>½ Lever (pike or straddle)</li> <li>Handstand (leg position optional)</li> <li>Elephant lift held</li> <li>Single leg balance/ passé/ arabesque</li> <li>Y-balance/ ring balance</li> </ul>	<ul style="list-style-type: none"> <li>V sit (without aid of arms)</li> <li>½ Lever (pike or straddle)</li> <li>Handstand (leg position optional)</li> <li>Elephant lift to handstand</li> <li>Single leg balance/ passé/ arabesque</li> <li>Y-balance/ ring balance</li> </ul>
	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> </ul>	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> </ul>	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> <li>Chest balance (fish)</li> </ul>	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> <li>Chest balance (fish)</li> </ul>
<b>Other skills</b> (max 2 elements from this section)	<ul style="list-style-type: none"> <li>Releve turn</li> <li>Spin (½)</li> <li>Half turn single leg hop (optional leg position)</li> </ul>	<ul style="list-style-type: none"> <li>Releve turn</li> <li>Spin (½ or 1/1)</li> <li>Half turn single leg hop (optional leg position)</li> </ul>	<ul style="list-style-type: none"> <li><del>Releve turn</del></li> <li>Spin (½, 1/1, 1/1 with extended straight leg)</li> <li>Half turn single leg hop (optional leg position)</li> <li>1½ spin</li> </ul>	<ul style="list-style-type: none"> <li><del>Releve turn</del></li> <li>Spin (½, 1/1, 1/1 with extended straight leg, illusion, 1/1 with high leg held)</li> <li>Half turn single leg hop (optional leg position)</li> <li>1½ spin</li> </ul>
<b>Bonus</b> (Max of 1.0 per routine) *Extra info on page 8			<ul style="list-style-type: none"> <li>Linking of two acrobatic tumbling elements with flight = 0.5 each</li> <li>Use of Dance passage of two skills from the Flight Category = 0.5 each</li> <li>Salto/aerial = 0.5</li> </ul>	<ul style="list-style-type: none"> <li>Linking of two acrobatic tumbling elements with flight = 0.5 each</li> <li>Use of Dance passage of two skills from the Flight Category = 0.5 each</li> <li>Salto/aerial = 0.5</li> </ul>



**Deductions – Floor**

		<b>Deductions</b>	<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<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			
	<b>Skill focused deductions</b> (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 & acro skills	X	X		
		Backwards roll with 2 point contact		X		
	<b>Landing deductions</b> (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				
<b>Falls</b> (Each skill)	Stepping off the floor area (2 feet)		X			
	2 <sup>nd</sup> attempt of balance element			X		
	Falls				X	

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

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



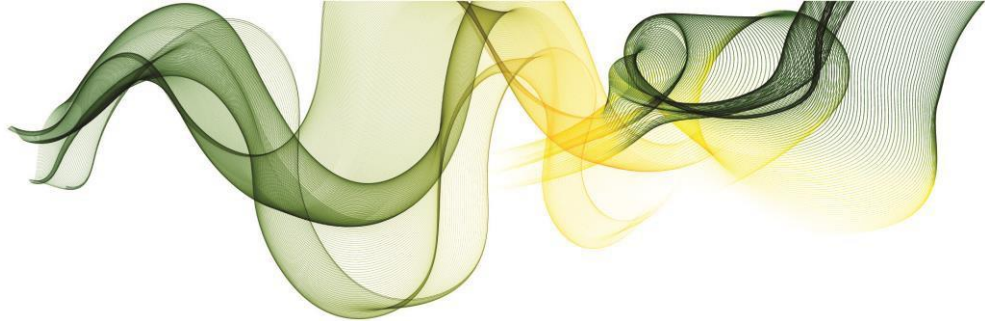
### Skills/Tariffs – Vault

Vault		DV score			
		Introductory Level	Intermediate Level	Advanced Level	Adv+/Champs 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 (straights/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

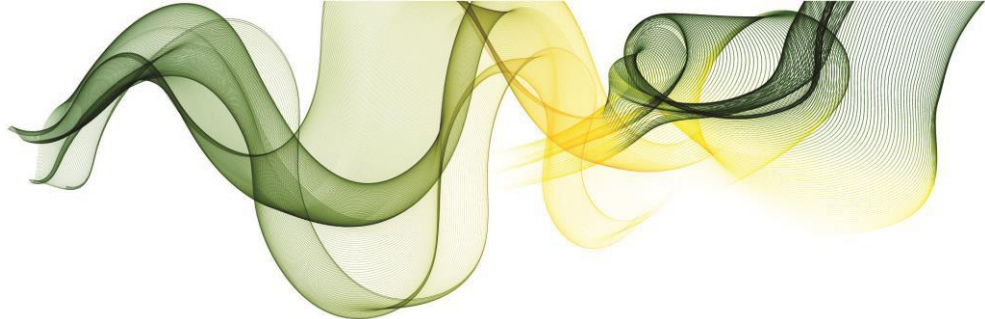
Deductions		0.1	0.3	0.5	1.0
First flight	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squad/ straddle	X	X	X	
Repulsion	Staggered altered hand placement	X	X		
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure 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 [*Block only Vault type]	All Levels Vault selections:3 (Straight jump on to block – jump off (straights/tuck/star)	Contact venue for specifics	Heights: <b>All ages = 0.6m</b>  Landing: 0.3m thick safety mat
<del>Box vault (cross or long)</del> <del>[*Traditional Vault type]</del>	<del>All Levels</del> <del>Vault selections:6 and 7</del> <del>(Layout Squat through or Straddle over)</del>	<del>Contact venue for specifics</del>	<del>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</del>
Vault with levelmats [*Block only Vault type]	All Level Vault selection:8 (Straight jump up handstand onto level mats)	Contact venue for specifics	Heights: <b>All ages = 0.6m</b> Landing mats to level with block
Vault [*Block Vault type]	Intermediate, Advanced and Advanced+ Level Vaults selection: 9 (Straight jump up Round off dismount)	Contact venue for specifics	Heights: <b>All ages = 0.6m</b> 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./ Competition Event Manager

**Notes:**

'Please see Skills and Tariff sheets' for vault values

\*Vault type definitions:

**Traditional vault**

School vaults (Wooden layered, box vaults or horse style vault)

**Block only Vault**

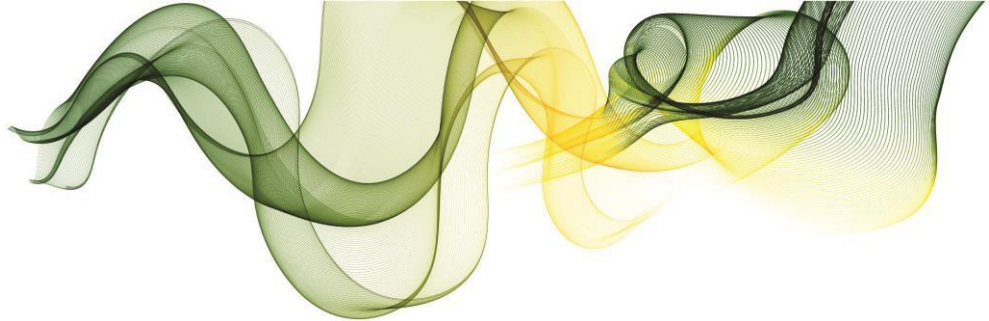
Coaching block – maximum height 60cm

**Inverted vaults** (vaults that include a handstand)

Block, Block & mats, Table (if available) or school vaults if preferred.

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.



### \*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, flierspring
- 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 dance passage of two flight elements

The dance passage of two skills should be picked from the flight category and they should be linked with dance steps e.g. with running steps, small leaps, hops, chassé and chainé turns.

#### 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.