

Cheam Gymnastics Club
Recreational Floor & Vault Competition
Sunday 10th March 2019
COMPETITION FORMAT SHEET

Class 6 Tariffs

| | | |
|----------------------|--------------------------------|--------|
| <u>Floor:</u> | 10 moves @ 0.5 | = 5.00 |
| | Execution | = 4.00 |
| | Bonus: | |
| | Amplitude & overall impression | = 0.50 |
| | Tempo/Rhythm | = 0.50 |

Vault: Each gymnast is allowed two vaults. Highest score counts,
Vault/Box height: Under 7 = 80cms* Under 11 = 100cms Over 11 = 110cms
 *At the discretion of the competition organiser, depending on entry level

Permitted vaults:

| | |
|--|-------|
| *Handspring | 10.00 |
| *Squat/Straddle over: | 9.50 |
| *Squat/Straddle on, straight/star jump off | 8.00 |
| (*Spotting will incur a 2.00 deduction) | |

Class 5 Tariffs:

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|----------------------|----------------------------|-------|
| <u>Floor:</u> | 10 valid moves @ 0.5 each: | 5.00 |
| | Execution: | 10.00 |
| | Bonus (EGRs) | 2.50 |

Valid Moves: Please see associated sheet

| | | |
|--------------------|--|--------------|
| <u>CRs:</u> | 2 leaps (linked) or; 2 jumps (linked) or; 1 leap plus 1 jump (linked) | = 0.5 |
| | (can be linked by continuous steps or chassee's) | |
| | 1 acro move plus 1 jump or leap (joined) | = 0.5 |
| | Strength or flexibility move or element | = 0.5 |
| | Flighted acro move | = 0.5 |
| | Balance | = 0.5 |

Execution: All moves will be counted once only. Duplicate moves will be judged as links, and still attract execution marks. Deductions will be 0.1, 0.3, or 0.5 depending on severity. Lack of links, poor use of floor, and excessive use of jumps, turns and leaps will also incur "artistry" execution marks of 0.1, 0.3 or 0.5. Lack of dynamics will incur up to 1.00. All falls will be deducted 1.0.

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|----------------------|--|
| <u>Vault:</u> | Vault height: Under 11: 110cms. |
| | Over 11: 120cms. |

Permitted vaults:

| | |
|------------------------------|-------|
| *Handspring on ½ off | 12.6 |
| *Handspring: | 12.40 |
| *Layout Squat/straddle over: | 11.50 |
| *NO spotted vaults allowed | |

Execution: Judges will be looking for good technique, form, action on and off vault and the landing. Any steps on landing; balance correction movements or deviation, will each incur 0.1, 0.3, or 0.5 depending on severity. All falls will be deducted 1.0.