SCOTTISH GYMNASTICS
WA. INTERMEDIATE FLOOR AND VAULT RULES

November 23rd 2011 **N.B Changes/clarifications in Red & Underlined**

ELEMENT		VALUE
Handspring to one, handspring to 2 in series	**From max 4 steps**	0.5
(broken series = one handspring only)		
Tic Toc	**Front foot to lightly touch floor**	0.5
Forward Walkover		0.5
Backward Roll to Handstand 1/2 Turn in Handstand, step down.	**Max 2 hand changes**	0.5
Change Leg Split Leap	**From max 3 steps**	0.5
Free Cartwheel		0.5
Straddle Lever to Straddle Stand (Toes rest lightly on floor)	**Hips above hands then stand**	0.5
Round off Back Flip x 2 (series broken = R/off Flip)		0.5
Split Leap OR Split Jump - min. 135 split	**Split leap from max 3 steps**	0.4
Handspring to one foot	**From max 4 steps**	0.4
Handspring to 2 feet	**From max 4 steps**	0.4
Handstand Full Pirouette **(**less than 3/4 turn = no value**)**	**Max 4 hand changes**	0.4
Handstand held 2 for seconds - return to stand	**No movement of hands**	0.4
Backward Roll to Handstand	**Straight body shape in handstand**	0.4
Backward Walkover		0.4
Splits - any direction	**Hands may be used to reach splits**	0.4
ONE Hand Cartwheel		0.4
Straddle Lever or L Hold (2 seconds)	**From straddle sit press to lift**	0.4
Round off Back Flip		0.4
Full Spin on 1 Foot (less than 3/4 turn = no value)		0.3
Handstand Forward Roll	**To stand**	0.3
Jump Full Turn (less than 3/4 turn = no value)		0.3
Bridge Walkout		0.3
Forward Roll to Straddle Stand		0.3
Dive Forward Roll (no flight = no value)		0.3
Round Off		0.3
Two cartwheels connected (series broken = single cartwheel)		0.3
Bridge 1 leg raised to minimum 45^0		0.2
Handstand - no 2 second hold required - return to stand	**Feet joined within 10 degrees of vertical**	0.2
Backward Roll to Straddle Stand	**Push to straight arms in roll to stand**	0.2
Backward Roll to Stand		0.2
Cat Leap with 1/2 Turn (less than 1/4 turn - no value)		0.2
Y Balance or Side Scale (2 seconds)	**Hold final position**	0.2
Cartwheel		0.2
Straddle Sit Chest on Floor or Pike Lie Flat	**Arms beside ears at all times**	0.2
Headstand with Straight Legs (2 seconds)	**Straight leg lift from pike headstand**	0.2

VAULT	TARIFF		*Penalty*
8yrs - BG Grade 14 - 1 attempt- second attempt at discretion of coach			
9yrs - BG Grade 13 - 1 attempt-second attempt at discretion of coach			
10/11 years - 2 attempts, better to count			
Max run approx 10m, squat onto Table 110cm, immediate jump off	4.00	**Jump not immediate**	*0.1/0.3/0.5*
OR Handspring Vault Table 110cm	5.00		
12 + years - 2 attempts, better to count			
Max run 10m, squat ontoTable 125cm, immediate jump off	4.00	**Jump not immediate**	*0.1/0.3/0.5*
OR Handspring Vault Table 125cm	5.00		

Floor D-score = total of element values from 10 elements performed. Final Score = D-score + E-score
Omitted element=Value + 0.5 penalty

Vault D-score = Tariff Merit = score of 25+