



REQUIREMENTS – EACH FLOOR ROUTINE MUST INCLUDE THE FOLLOWING –

- An Acro series with 2 flighted elements
- A jump or leap
- A skill with a 360 or more turn
- A non-flighted Acro element that shows a minimum of 135° split

Each requirement is worth 0.3 and will be added to your D score

ELEMENT		VALUE	
Round off flic tuck back Salto	Can be performed without the flic	0.5	
Standing back Salto		0.5	
Free Walkover or Side Somersault		0.5	
Flic Step out or cartwheel flic step out		0.5	
Valdez		0.5	
Headspring		0.5	
Back Walkover through to splits		0.5	
Change Leg Leap		0.5	
W or split or Straddle Jump ½ Turn		0.5	
Front Salto from a run		0.5	
Tinsica		0.5	
A FIG spin that is B or above		0.5	
Handstand 1 and a half pirouette		0.5	
Sheep Jump		0.5	
Handspring to one foot; Handspring to two feet (series)	Max 2 hand changes	0.4	
Back roll to Handstand half turn		0.4	
Tic Toc		0.4	
Free Cartwheel		0.4	
Straddle lever to handstand		0.4	
Cat leap Full turn		0.4	
Round-off 2 x back flip		0.4	
Change leg split Leap (minimum 135°)		0.4	
Box Split Swim Through	Straight arms and legs throughout	0.4	
Handstand forward roll to pike stand		0.4	
Handspring to one foot	Max 4 hand changes (-0.1 each extra movement)	0.3	
Handspring to two feet		0.3	
Handstand full pirouette		0.3	
Forward OR Backward Walkover		0.3	
Splits (any direction)		0.3	
One Handed Cartwheel		Hands may be used to reach splits	0.3
Straddle lever or L hold (2 seconds)			0.3
Backward roll to handstand			0.3
Round-off back flip			0.3
Split Leap or Jump (minimum 135°)			0.3
Sissone			0.3
Forward roll to pike stand	0.3		
Bridge walkout	To stand		0.2
Full spin			0.2
Handstand forward roll		0.2	
Jump full turn		0.2	
Forward roll to straddle stand		0.2	
Dive forward roll		Must show flight phase	0.2
Round-off			0.2
Two cartwheels connected		Held for 2 seconds	0.2
Handstand drop to Bridge with one leg at vertical			0.2
Elephant Lift to Handstand			0.2
Stag Leap	0.2		



Cat Leap		
<p>FLOOR - 10 elements to be performed. FINAL SCORE = Requirements + D Score + E-SCORE  D-SCORE = Total value of all elements performed; OMITTED ELEMENT = Value of the Move + 0.5 penalty  E-SCORE = 10.0 - Deductions as per Section 8 of Code of Points (Table of General Faults and Penalties)</p>		
VAULT - 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5		
<p><b>All age groups</b>  Vault Table 105, 110, 115, 120 or 125cm</p> <p>Any FIG vault without a Salto</p>		<p>Vault tariff as per Classic challenge rules +3.00</p>
<b>MERIT SCORE</b> 10 and 11 years = 25.00 Ages 12/13 and 14+ Years = 26.00		