

BEGINNER
FLOOR AND VAULT RULES

ELEMENT		VALUE
Handspring to one foot		0.5
Handspring to two feet		0.5
Handstand full pirouette	Max 4 hand changes (-0.1 each extra movement)	0.5
Forward OR Backward Walkover		0.5
Splits (any direction)	Hands may be used to reach splits	0.5
One Handed Cartwheel		0.5
Straddle lever or L hold (2 seconds)		0.5
Backward roll to handstand		0.5
Round-off back flip		0.5
Split Leap or Jump (minimum 135 degrees)		0.5
Bridge walkout		0.4
Full spin		0.4
Handstand forward roll	To stand	0.4
Jump full turn		0.4
Forward roll to straddle stand		0.4
Dive forward roll	Must show flight phase	0.4
Round-off		0.4
Two cartwheels connected		0.4
Bridge 1 leg raised to minimum 45 degrees		0.3
Backward roll to straddle stand		0.3
Backward roll to stand		0.3
Y balance or Side scale (2 seconds)	Free leg may be held	0.3
Cartwheel		0.3
Japana or Pike lie flat		0.3
Headstand with straight legs (2 seconds)	Straight leg s throughout, return to stand	0.3
Bridge		0.2
Forward roll to stand		0.2
Arabesque (2 seconds)	Leg minimum 45 degrees to floor	0.2
Side straddle (Teddy Bear) roll	½ turn only	0.2
Headstand with tucked legs (2 seconds)	Return to stand	0.2
Front prone (3 seconds)		0.2
FLOOR – 8 elements to be performed. FINAL SCORE = 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)		
VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5		
8 YEARS NDP Grade 6 Jump from springboard onto 60cm Block. Handspring to lie flat on mats to same height of block	Deductions as per NDP Grade 6	4.00
9 YEARS NDP Grade 5 Handspring to lie flat. 100cm (+/- 10cm)	Deductions as per NDP Grade 5	4.00
10 and 11 YEARS NDP Grade 5 Handspring to lie flat. 110 cm (+/- 10cm)	Deductions as per NDP Grade 5	4.00
12/13 and 14+ YEARS – Vault Table 125cm Squat on immediate Jump off (max 12m run)	Jump not immediate -0.5	4.00
Handspring (max 25m run as per FIG)		5.00
MERIT SCORE		
Ages 8, 9, 10 and 11 years = 24.00; Ages 12+ Years = 25.00		
All gymnasts achieving the above scores will move to Intermediate Level Competition		