



ELEMENT		VALUE
Handspring to one foot; Handspring to two feet (series)		0.5
Back roll to Handstand half turn	Max 2 hand changes	0.5
Tic Toc		0.5
Free Cartwheel		0.5
Straddle lever to handstand		0.5
Cat leap Full turn		0.5
Round-off 2 x back flip		0.5
Change leg split leap (minimum 135 degrees)		0.5
Box Split Swim Through		0.5
Handstand forward roll to pike stand		Straight arms and leg throughout
Handspring to one foot	Max 4 hand changes (-0.1 each extra movement) Hands may be used to reach splits	0.4
Handspring to two feet		0.4
Handstand full pirouette		0.4
Forward OR Backward Walkover		0.4
Splits (any direction)		0.4
One Handed Cartwheel		0.4
Straddle lever or L hold (2 seconds)		0.4
Backward roll to handstand		0.4
Round-off back flip		0.4
Split Leap or Jump (minimum 135 degrees)		0.4
Sissone		0.4
Forward roll to pike stand		0.4
Bridge walkout	To stand Must show flight phase Held for 2 seconds	0.3
Full spin		0.3
Handstand forward roll		0.3
Jump full turn		0.3
Forward roll to straddle stand		0.3
Dive forward roll		0.3
Round-off		0.3
Two cartwheels connected		0.3
Handstand drop to Bridge with one leg at vertical		0.3
Elephant Lift to Handstand		0.3
Stag Leap		0.3
Cat Leap		0.3
Bridge 1 leg raised to minimum 45 degrees	Free leg may be held Straight legs throughout, return to stand	0.2
Backward roll to straddle stand		0.2
Backward roll to stand		0.2
Y balance or Side scale (2 seconds)		0.2
Cartwheel		0.2
Japana or Pike lie flat		0.2
Headstand with straight legs (2 seconds)		0.2
Caterpillar		0.2
W jump	0.2	
<p>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)</p>		
<p>VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5</p>		
9 YEARS NDP Grade 5 Handspring to lie flat. 100 cm (+/- 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

Women's Artistic Intermediate Floor and Vault Rules



<p>12/13 and 14+ YEARS – Vault Table 105, 115, 125 cm Squat on immediate Jump off</p> <p>Any FIG vault without a Salto</p>	<p>Jump not immediate -0.5</p>	<p style="text-align: center;">3.00</p> <p style="text-align: center;">As per Classic Challenge Vault table +3.00</p>
<p>MERIT SCORE Ages 9, 10 and 11 years = 25.00; Ages 12/13 and 14+ Years = 26.00</p>		