

## Women's Artistic Intermediate Floor and Vault Rules

ELEMENT		VALUE
Handspring to one foot; Handspring to two feet (series)	Max 2 hand changes	0.5
Back roll to Handstand half turn		0.5
Forward Walkover		0.5
Tic Toc		0.5
Free Cartwheel		0.5
Straddle lever to handstand		0.5
Change Leg Leap		0.5
Round-off 2 x back flip		0.5
Split Leap or Jump (minimum 135 degrees)		0.5
Backward Walkover		Max 4 hand changes (-0.1 each extra movement)
Handspring to one	0.4	
Handspring to two	0.4	
Handstand full pirouette	0.4	
Back roll to handstand	0.4	
Splits	0.4	
One Hand Cartwheel	0.4	
Straddle lever or L Hold (2 seconds)	0.4	
Round off flip	0.4	
Full spin on 1 foot	To stand	0.3
Handstand forward roll		0.3
Jump full turn		0.3
Bridge to walkout		0.3
Forward roll to straddle stand		0.3
Dive roll		0.3
Round-off		0.3
Two cartwheels connected		0.3
Bridge 1 leg raised to minimum 45 degrees	Free leg may be held	0.2
Back roll to straddle stand		0.2
Backward roll to stand		0.2
Y balance or side scale		0.2
Cartwheel		0.2
Japana OR Pike fold		0.2
Headstand with straight legs (2 seconds)		0.2
		Straight legs throughout; return to stand
FLOOR – 10 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)		
<b>VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5</b>		
<b>9 YEARS</b> NDP Grade 5 Handspring to lie flat. 100cm (+/- 10cm)	Deductions as per NDP Grade 5	4.00
<b>10 and 11 YEARS</b> NDP Grade 5 Handspring to lie flat. 110 cm (+/- 10cm)	Deductions as per NDP Grade 5	4.00
<b>12/13 and 14+ YEARS – Vault Table 125cm</b> Squat on immediate Jump off (max 12m run)	Jump not immediate -0.5	4.00
Handspring (max 25m run as per FIG)		5.00
<b>MERIT SCORE</b> Ages 9, 10 and 11 years = 25.00; Ages 12/13 and 14+ Years = 26.00		