



## Men's Artistic Scottish Floor & Vault Rules



### **FLOOR**

(12 x 2metre strip of mats)

Each gymnast should perform a routine of 8 elements from the list provided in this document.

Gymnasts should be encouraged to demonstrate a variety of skills, i.e. forward and backward movement, balance and flexibility.

Each gymnast will start with 10 points and performance errors will be deducted.

The value of the difficulty of the elements will be added to give a final score.

D Score = Total sum of the value of the 8 elements performed.

E Score = 10 Points less any deductions for execution faults.

Final Score = D Score plus E Score

Penalties = Omitted elements = Value of element and 0.5 penalty

Deductions = Routine not performed as per tariff sheet = 0.3

### **VAULT**

Each gymnast should perform the same vault twice.

The type of vault varies for each age group (illustrated in this document).

For beginners, best vault score counts. For Intermediate gymnasts, average vault score is calculated.

Each gymnast will start with 10 points and execution errors will be deducted from this. The difficulty value of the vault will be added to give the final score.

D Score = Value of vault performed.

E Score = 10 Points less any deductions for execution faults.

Final Score = D Score plus E Score

### **AWARDS**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each category and all gymnasts will receive a certificate of Participation.

Gold Merit = Score 23.00+

Silver Merit = Score 21.00 – 22.99

Bronze Merit = Score up to 20.99

Any beginner who receives a gold merit should progress to compete at Intermediate level at the end of that year's Grand Prix series.

FLOOR ELEMENTS	Value
<p>pike front somersault  straight front somersault  front somersault ½ twist*  straight back somersault  straight back ½ twist*  straight back 1/1 twist*  Arabian tuck somersault  Arabian pike somersault  tuck side somersault  pike side somersault  1½ twist (fwds or bwds )*  2/2 twist (fwds or bwds )*  Handspring tuck, pike or straight*  Handstand full pirouette  Chest roll to handstand  Back roll handstand full pirouette</p> <p>NB: Moves marked with an asterisk can only be performed if a sprung floor is being used by the organisers. (at the moment all MTP run events are using a sprung floor however if this changes at any time we will communicate this to you)</p>	<p>0.6   (Intermediate Only)</p>
<p>handspring to one foot, handspring to two in series  round off back flip  round off tuck back somersault  standing tuck back  front somersault (tucked)  free cartwheel  bridge walk out  backward roll to handstand ½ turn in handstand  press to handstand (2 sec) from L-hold, straddle lever <b>OR</b> prone  from support, step into 1 double leg circle  v lever hold (2 sec)  splits – any direction (2 sec)</p>	<p>0.5</p>
<p>handspring to two feet  headspring  round off  dive forward roll (showing arched hecht action)  far handed cartwheel  two cartwheels connected  cartwheel ¼ turn backward roll with straight arms straight legs  backward roll to handstand  handstand held (2 sec)  straddle stand press to handstand ( 2 sec)  straddle lever (2 sec) to straddle stand  straddle lever <b>or</b> L-hold <b>or</b> tucked top planche (2 sec)  straddle sit chest on floor <b>or</b> pike lie flat (2 sec)  Swedish fall  Y balance <b>or</b> arabesque (2 sec)</p>	<p>0.4</p>

FLOOR ELEMENTS	Value
handstand forward roll straight handstand not held headstand straight legs (2 sec) forward roll to straddle stand backward roll to straddle stand backward roll to stand cartwheel ¼ turn into tuck backward roll with bent or straight arms Cartwheel Front support, ½ double leg circle to back support bridge (2 sec) jump full turn <b>or</b> fouette 1/2 turn two press ups	0.3
forward roll to stand headstand tucked legs (2 sec) straight, tuck <b>or</b> star jump jump half turn <b>or</b> stag leap front support turn to back support (2 sec) <b>or</b> vice versa dish (2 sec) turn to arch (2 sec) <b>or</b> vice versa roll back to shoulder stand roll forward to stand side straddle roll	0.2

### Scottish Floor and Vault Competition – Floor Tariff Sheet

Gymnast Name \_\_\_\_\_ Number \_\_\_\_\_  
 Club \_\_\_\_\_ Age Group \_\_\_\_\_

Elements (please write in order of performance or 0.3 penalty will be applied)		Difficulty Value
1		
2		
3		
4		
5		
6		
7		
8		

Total Difficulty (D-Score) \_\_\_\_\_

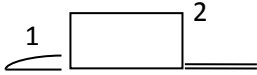
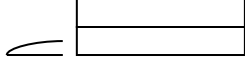
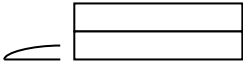
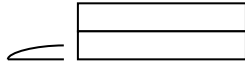
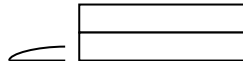
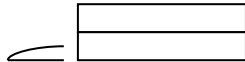
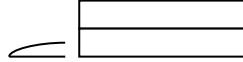
Max Execution (E-Score) 10.00

**Total Start Value (D + E)**

A completed tariff sheet must be submitted for each gymnast prior to the start of the competition  
 warm up  
 Failure to do so may result in disqualification or a penalty on the final score

## BEGINNER VAULT

## INTERMEDIATE VAULT

GYMNAST VAULTS TWICE HIGHEST SCORE COUNTS	GYMNAST VAULTS TWICE AVERAGE SCORE COUNTS
<p><b>UNDER 8'S</b></p> <p>1. Run into straight jump from springboard onto 60cm block and then</p> <p>2. Step to stand at edge of block and straight jump to land on floor</p> <p>Value 3.00</p> 	<p><b>UNDER 8'S</b></p> <p>Handspring back lie (heels strike first) onto mats at height 80 cm</p> <p>Value 3.00</p> 
<p><b>UNDER 10'S</b></p> <p>Handspring back lie (heels strike first) onto mats at height 100 cm</p> <p>Value 3.00</p> 	<p><b>UNDER 10'S</b></p> <p>1. Handspring back lie (heels strike first) onto mats at height 110 cm</p> <p>Value 3.00</p>  <p>2. Handspring vault over table at vault table height 110cm</p> <p>Value 3.5</p>
<p><b>UNDER 12'S</b></p> <p>1. Handspring back lie (heels strike first) onto mats at height 110cm</p> <p>Value 3.00</p>  <p>2. Layout squat on jump off - Value 1.00</p> <p>3. Handspring vault - Value 3.00</p> <p>Vault table - height 110cm</p>	<p><b>UNDER 12'S</b></p> <p>1. Layout squat on jump off - Value 1.00</p> <p>2. Handspring vault - Value 3.00</p> <p>Vault table - height 110cm</p> <p>3. Handspring back lie (heels strike first) onto mats at height 110 cm</p> <p>Value 2.5</p> 
<p><b>12 AND OVER'S</b></p> <p>1. Handspring back lie (heels strike first) onto mats at height 110cm</p> <p>Value 3.00</p>  <p>2. Layout squat on jump off - Value 1.00</p> <p>3. Handspring vault - Value 3.00</p> <p>Vault table - height 110cm</p> <p>4. Handspring vault - Value 2.00</p> <p>Vault table - height 115cm</p>	<p><b>12 AND OVER'S</b></p> <p>1. Layout squat on jump off - Value 1.00</p> <p>2. Handspring vault - Value 1.5</p> <p>Vault table - height 110cm</p> <p>3. Tsukahara Tucked - Value 2.2</p> <p>4. Yuchenko Tucked - Value 2.2</p> <p>5. Handspring tuck salto - Value 2.4</p> <p>Vault table - height 115cm</p>