



Scottish Gymnastics  
Women's Artistic Gymnastics  
Beginner Floor and Vault Rules



ELEMENT	DESCRIPTION	VALUE
Roundoff Back Flip		0.5
Back flip step out to one foot	May be connected to cartwheel	
Handspring to one foot		
Handspring to two feet		
Handstand with Hold	2 second hold	
Backward Walkover		
Forward Walkover		
Backward roll to handstand	With straight arms (Bent arm action will incur a deduction 0.1 or 0.3)	
Handstand forward roll to pike stand	Straight arms and legs throughout	
Splits	Any Direction	
One Handed Cartwheel		
Straddle Lever or L Hold	2 second hold	
Split Leap or split jump	Minimum 120°	
Sissonne	Minimum 120°	
Cat leap ½ turn		
W jump ½ turn		
<b>Separator</b>		
Bridge Walkout		0.4
Handstand Forward Roll	To stand	
Backward roll to front support	Straight arms throughout	
Round off		
Handstand lower to bridge with feet together, raise one leg vertical	As per NDP Grade 6 exit optional	
Forward Roll to Straddle Stand		
Forward roll to pike stand		
From Straddle Stand lift to Handstand		
Full Spin		
Straight jump with full turn		
Cat Leap		
W jump		
<b>Separator</b>		
Backward Roll to stand		0.3
Backward roll to Straddle Stand		
Bridge 1 leg raised	Leg at minimum 45°	
Y balance or Side Scale	2 second hold- Free Leg may be held	
Handstand	Legs together show position, hold not necessary	
Cartwheel		
Japana or Pike Fold		
Headstand with straight legs	2 second hold - Return to stand	
Caterpillar	As per NDP grade 6 beam	
<b>Separator</b>		
Bridge		0.2
Forward roll to Stand		
Arabesque	2 second hold- Leg min 45° from floor	
Headstand with tucked legs	2 second hold - Return to stand	
Side Straddle Roll (Teddy Bear Roll)		
Front Prone	3 second hold	
Straight jump with ½ turn		
Tuck Jump		
Scissor or Assemble jump from chasse		

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 + 0.3 penalty  
 E-SCORE = 10.0 - Deductions as per Section 8 of Code of Points (Table of General Faults and Penalties)

### Beginner Vault Rules

**VAULT - 2 vaults (Best Score to Count)** Penalties to include dynamics 0.1/0.3/0.5

<b>8 YEARS</b> <b>NDP Grade 6</b> 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
<b>9 YEARS</b> <b>NDP Grade 5</b> Handspring to lie flat. 90 cm (+/- 10cm)			Deductions as per NDP Grade 5	4.00
<b>10 and 11 YEARS</b> <b>NDP Grade 5</b> Handspring to lie flat. 110 cm (+/- 10cm)			Deductions as per NDP Grade 5	4.00
<b>12/13 and 14+ YEARS - Vault</b> <b>Table 105, 115, 125 cm</b> Squat on immediate Jump off (max 12m run)			Jump not immediate -0.5	3.00
Handspring (max 25m run as per FIG)				4.00
<b>MERIT SCORE</b> 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				