Bucs GYMNASTICS floor & vault rules 2025 – MEN’S level 3

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**Floor**

Perform 8 elements from the list below on a strip of floor 12m x 2m.

D-score = total of value of the 8 elements. 0.5 penalty for each missing element.

Tariff sheets should be submitted before, however no penalty if exercise not performed as listed.

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| **Element** | **Value** |
| Handspring to one, handspring to 2 in series Backward Roll to Handstand 1/2 Turn in Handstand step down.  Salto backwards straight  Salto forwards straight  Free Cartwheel / Arabian somersault / Side Somersault  Straddle Lever to Straddle Stand (Toes rest lightly on floor)  Round off Back Flip x 2 (series broken = R/off Flip) V-sit | 0.5 |
| Salto backwards  Salto forwards  Handspring to one foot  Handspring to 2 feet Handstand  Full Pirouette (less than 3/4 turn = no value)  Handstand held 2 for seconds - return to stand  Backward Roll to Handstand  Splits - any direction  ONE Hand Cartwheel  Straddle Lever or L Hold (2 seconds)  Round off Back Flip | 0.4 |
| Handstand Forward Roll  Jump Full Turn (less than 3/4 turn = no value) Forward Roll to Straddle Stand  Dive Forward Roll (no flight = no value)  Round Off  Two cartwheels connected (series broken = single cartwheel)  Straddle jump | 0.3 |
| Backward Roll to Straddle Stand  Backward Roll to Stand  Y Balance (2 seconds)  Cartwheel  Straddle Sit Chest on Floor or Pike Lie Flat Headstand with Straight Legs (2 seconds)  Half lever | 0.2 |
| Handstand - no 2 second hold required - return to stand  Forward Roll to Stand  Arabesque (2 seconds)  Side Straddle Roll  Headstand Tucked Legs (2 seconds)  Tuck jump | 0.1 |

**Vault**

125m vault table

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| **Vault** | **D score** |
| Squat On, Jump Off | 1.20 |
| Squat Through | 1.60 |
| Straddle Over | 1.60 |
| Handspring | 2.40 |
| ½ on, ½ off | 3.00 |
| Handspring front salto | 4.00 |
| Tsukahara | 4.00 |

It is permitted to perform a second vault and this can be the same vault repeated. The highest score from the two vaults will be counted.