

BUCS GYMNASTICS FLOOR & VAULT RULES 2024 – WOMEN'S

LEVEL 4

FLOOR

Perform 10 elements from the list below on a strip of floor 12m x 2m.

D-score = total of value of the 10 elements. 0.5 penalty for each missing element.

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

Element	Value
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 Split leap or split jump (min 135 degree split, front leg straight) Catleap Full Turn Tuck jump full turn	0.5
Full Spin on 1 Foot (less than 3/4 turn = no value) Handstand Forward Roll Jump Full Turn (less than 3/4 turn = no value) Bridge Walkout Forward Roll to Straddle Stand Dive Forward Roll (no flight = no value) Round Off Two cartwheels connected (series broken = single cartwheel) Straddle jump	0.4
Bridge 1 leg raised to minimum 45 degrees Backward Roll to Straddle Stand Backward Roll to Stand Cat Leap with 1/2 Turn (less than 1/4 turn - no value) Y Balance (2 seconds) Cartwheel Straddle Sit Chest on Floor or Pike Lie Flat Headstand with Straight Legs (2 seconds) W jump	0.3
Bridge Handstand - no 2 second hold required - return to stand Forward Roll to Stand Arabesque (2 seconds) Side Straddle Roll Headstand Tucked Legs (2 seconds) Catleap Tuck jump half turn Front prone	0.2
Kick towards handstand (return on same leg) Forward roll ¼ turn to knees, side roll Pencil roll	0.1

Arabesque (show position only)	
Tuck jump	
Star jump	

VAULT

125m vault table for squat and straddle vaults

Vault	D score
Squat On, jump off	1.60
Squat through	1.80
Straddle over	1.80
Jump from board onto block – handspring flat back off end of block to land on level safety mat (60cm block and level safety mat) BG NDP club grade 6	1.80
Handspring to flat back (100cm safety mats (plus or minus 10cm) BG NDP club grade 5	2.80