

BUCS GYMNASTICS FLOOR & VAULT RULES 2024 – WOMEN'S

LEVEL 3

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, handspring to 2 in series Tic Toc Forward Walkover Backward Roll to Handstand 1/2 Turn in Handstand step down. Change Leg Split Leap Change Leg Split Leap with ¼ turn (Johnson) Free Cartwheel Straddle Lever to Straddle Stand (Toes rest lightly on floor) Round off Back Flip x 2 (series broken = R/off Flip) Double spin	0.5
Split Leap OR Split Jump - min. 135 split Side leap 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 Backward Walkover Splits - any direction ONE Hand Cartwheel Straddle Lever or L Hold (2 seconds) Round off Back Flip Catleap Full Turn Tuck jump full turn	0.4
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	0.3
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	0.2

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	0.1
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Vault

125m vault table

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