

BUCS GYMNASTICS FLOOR & VAULT RULES 2024 – MEN'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 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

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