



# Men's Artistic Floor and Vault Rules



## FLOOR RULES

**U8's, U10's, U12's, 12/13yrs & 14+yrs**– Gymnasts in these categories are to perform 8 skills

FLOOR ELEMENTS	VALUE
Pike front somersault Straight front somersault Front somersault ½ twist Straight back somersault Straight back ½ twist Straight back 1/1 twist Arabian tuck somersault Arabian pike somersault Tuck side somersault Pike side somersault 1½ twist (forwards or backwards) Double twist (forwards or backwards) Handspring tuck, pike or straight Handstand full pirouette Chest roll to handstand Backward roll handstand full pirouette	0.6 <b>(Intermediate Only)</b>
Handspring to one foot, handspring to two feet (series) Round-off back flip Round-off tuck back somersault Standing tuck back Front somersault (tucked) Free cartwheel Bridge walkout Backward roll to handstand half turn Press to handstand (2secs) from L-hold, straddle lever or prone From support, step into 1 double leg circle V-lever hold (2secs) Splits- any direction (2secs)	0.5

<p>           Handspring to two feet            Headspring            Round-off            Dive forward roll (showing arched hecht action)            Far handed cartwheel            Two cartwheels connected            Cartwheel ¼ turn backward roll with straight arms and legs            Backward roll to handstand            Handstand held (2secs)            Straddle stand press to handstand (2secs)            Straddle lever (2secs) lift to straddle stand            Straddle lever or L-hold or tucked top planche (2secs)            Japana or pike fold (2secs)            Swedish fall            Y balance or arabesque (2secs)            Handstand forward roll            Straight handstand not held         </p>	0.4
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<p>           Headstand with straight legs (2secs)            Forward roll to straddle stand            Backward roll to straddle stand            Backward roll to stand            Cartwheel ¼ turn into tuck backward roll with bent or straight arms            Cartwheel            Front support, ½ double leg circle to back support            Bridge (2secs)            Jump full turn or fouetté ½ turn            Two press ups         </p>	0.3
<p>           Forward roll to stand            Headstand tucked legs (2secs)            Straight, tuck or star jump            Jump half turn or stag leap            Font support turn to back support (2secs each) or vice versa            Dish turn to arch (2secs each) or vice versa            Roll back to shoulder stand roll forward to stand            Side straddle roll         </p>	0.2

# VAULT RULES

BEGINNER VAULT	INTERMEDIATE VAULT
<b>GYMNASTS VAULT TWICE HIGHEST SCORE COUNTS</b>	<b>GYMNASTS VAULT TWICE AVERAGE SCORE COUNTS</b>
<p><b><u>Under 8's</u></b></p> <p>Run into straight jump from springboard onto 60cm block and then: Step to stand at edge of block and straight jump to land on floor</p> <p style="text-align: center;"><b>VALUE 3.0</b></p>	<p><b><u>Under 8's</u></b></p> <p>Handspring back lie (heels strike first) onto mats at height 80cm</p> <p style="text-align: center;"><b>VALUE 3.0</b></p>
<p><b><u>Under 10's</u></b></p> <p>Handspring back lie (heels strike first) onto mats at height 100cm</p> <p style="text-align: center;"><b>VALUE 3.0</b></p>	<p><b><u>Under 10's</u></b></p> <p>1. Handspring back lie (heels strike first) onto mats at height 110cm <b>VALUE 2.0</b></p> <p><b>TABLE VAULT- 105cm, 110cm or 125cm</b></p> <p>2. Layout squat on jump off <b>VALUE 2.0</b></p> <p>3. Handspring vault over table</p> <p style="text-align: center;"><b>VALUE 3.0</b></p>
<p><b><u>Under 12's</u></b></p> <p>1. Handspring back lie (heels strike first) onto mats at height 110cm <b>VALUE 1.0</b></p> <p><b>TABLE VAULT- 105cm, 110cm or 125cm</b></p> <p>2. Layout squat on jump off <b>VALUE 2.0</b></p> <p>3. Handspring vault over table <b>VALUE 3.0</b></p>	<p><b><u>Under 12's</u></b></p> <p>1. Handspring back lie (heels strike first) onto mats at height 110cm <b>VALUE 1.0</b></p> <p><b>TABLE VAULT- 105cm, 110cm or 125cm</b></p> <p>2. Layout squat on jump off <b>VALUE 2.0</b></p> <p>3. Handspring vault or Half on over table <b>VALUE 3.0</b></p>

**12/13yrs & 14+yrs**

1. Handspring back lie (heels strike first) onto mats at height 110cm

**VALUE 1.0**

**TABLE VAULT- 115cm, 125cm or 135cm**

2. Layout squat on jump off

**VALUE 1.5**

3. Handspring vault or Half on over table

**VALUE 3.0**

**12/13yrs & 14+yrs**

**TABLE VAULT- 115cm, 125cm or 135cm**

1. Layout squat on jump off

**VALUE 1.0**

2. Handspring vault or Half on over table

**VALUE 1.5**

3. Tsukahara Tucked

4. Yurchenko Tucked

**VALUE 2.2**

5. Handspring tuck salto

**VALUE 2.4**