



COMPOSITIONAL REQUIREMENTS - EACH FLOOR ROUTINE MUST INCLUDE THE FOLLOWING:  
0.3 WILL BE ADDED TO THE D SCORE FOR EACH CR

- An Acro series with 2 flighted elements
- A jump or leap
- A skill with a 360° or more turn
- A non-flighted Acro element

ELEMENT	DESCRIPTION	VALUE
Roundoff Flip Tuck Back Salto or Roundoff Tuck Back Salto		0.5
Tuck Front Salto	May be connected to Handspring	
Back Flip Layout Back Salto	May be connected to Cartwheel	
Free Walkover or Side Salto		
Valdez		
Headspring		
Back walkover through to Splits		
Change Leg Split Leap		
Split or Straddle jump with ½ Turn		
Tour Jeté		
An FIG spin value B or more	See 'Gymnastic Turns' in the FIG Code of Points	
Handstand pirouette with 1½ turns		
Round off 2 backflips		0.4
Handspring to 1 foot: handspring to 2 feet	Must be connected	
Backward roll to Handstand ½ turn		
Handstand Full Pirouette	Max 4 Hand changes (-0.1 for each extra movement)	
Tic Toc		
Free Cartwheel		
Straddle Lever to Handstand		
W jump with full turn		
Cat Leap with full turn		
Split Leap with ¼ turn		
Straddle Jump		
Fouetté Hop	To Land in brief arabesque	
Roundoff Back Flip		0.3
Back flip step out to one foot	May be connected to cartwheel	
Handspring to one foot		
Handspring to two feet		
Handstand with Hold	2 second hold	
Backward Walkover		
Forward Walkover		
Backward roll to handstand	With straight arms (Bent arm action will incur a deduction 0.1 or 0.3)	
Handstand forward roll to pike stand	Straight arms and legs throughout	
Splits	Any Direction	
One Handed Cartwheel		
Straddle Lever or L Hold	2 second hold	
Split Leap or split jump	Minimum 120°	
Sissonne	Minimum 120°	

Split leap with ¼ turn		
Cat leap ½ turn		
W jump ½ turn		
Bridge Walkout		
Handstand Forward Roll	To stand	
Backward roll to front support	Straight arms throughout	
Round off		
Handstand lower to bridge with feet together, raise one leg vertical	As per NDP Grade 6 exit optional	
Forward Roll to Straddle Stand		
Forward Roll to Pike Stand		
From Straddle Stand lift to Handstand		
Full Spin		
Straight jump with full turn		
Cat Leap		
W jump		

FLOOR 8 elements to be performed. FINAL SCORE = Requirements + D Score + E-SCORE  
D-SCORE = Total value of all elements performed.  
OMITTED ELEMENT = Value of the Move + 0.5 penalty  
E-SCORE = 10.0 Less deductions as per Table of General faults and Penalties, Section 8 of Code of Points

### Advanced Vault Rules

VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5

All Age Groups	
Vault Table 105, 115 or 125cm	
<b>Any Vault from list Below</b>	<b>Tariff</b>
Handspring	3.60
Handspring with ½ turn off	4.00
Handspring with 1/1 off	4.60
½ turn on repulsion off	3.60
½ turn on ½ turn off	4.40
½ turn on 1/1 turn off	4.60
RO Flic with Repulsion	4.00
RO Flic with Repulsion 1/2 off	4.20
RO Flic with Repulsion 1/1 off	4.50

### MERIT SCORE

Age 10 and 11 years-25.00

Ages 12/13 and 14+ Years-26.00