



ELEMENT	DESCRIPTION	VALUE
Round off 2 backflips		0.5
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		0.4
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°	
Cat leap ½ turn		
W jump ½ turn		
Bridge Walkout		0.3
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		
Backward Roll to stand		0.2
Backward roll to Straddle Stand		
Bridge 1 leg raised	Leg at minimum 45°	
Y balance or Side Scale	2 second hold- Free Leg may be held	
Handstand	Legs together show position hold not necessary	
Cartwheel		
Japana or Pike Fold		
Headstand with straight legs	2 second hold - Return to stand	
Caterpillar	As per NDP grade 6 Beam	

FLOOR – 8 elements to be performed. FINAL SCORE = 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 – Deductions as per Section 8 of Code of Points (Table of General Faults and Penalties)

Intermediate Vault Rules

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

9 YEARS NDP Grade 5 Handspring to lie flat. 90 cm (+/- 10cm)	Deductions as per NDP Grade 5	4.00
10 and 11 YEARS NDP Grade 5 Handspring to lie flat. 110 cm (+/- 10cm)	Deductions as per NDP Grade 5	4.00
12/13 and 14+ YEARS – Vault Table 105, 115, 125 cm Squat on immediate Jump off	Jump not immediate -0.5	2.50
Any Vault from the List Below		Listed Vault Tariffs
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-24.50

Ages 12/13 and 14+ Years-25.50