



## New floor and vault competition criteria 2019

GRADE 1	
<i>Recommended for those on grades 2-4 of the Springfit syllabus</i>	
1	Show Straddle sit
2	Rock backwards and forwards from seated tuck position
3	Crab for 3 seconds
4	Front support for 3 seconds
5	Back Support for 3 seconds
6	Hold arch for 3 seconds
7	Hold bent knee dish for 3 seconds
8	Straight jump
9	Tuck jump
10	Balance on one leg bend knee to the front held for 3

GRADE 2	
<i>Recommended for those on grades 4-6 of the Springfit syllabus</i>	
1	Tuck roll backwards & forwards to stand
2	Supported shoulder stand held for 5 seconds
3	Front support turn to back support
4	Hold plank on elbows for 5 seconds
5	Roll forward in a straight line to long sit
6	High bunny hop with hips above shoulder height
7	Hold arch and roll to dish, hold both for 3 seconds
8	Jump half turn with secure landing
9	Star jump
10	Tucked V-sit held for 3 seconds

GRADE 3	
<i>Recommended for those on grades 6-7 of the Springfit syllabus</i>	
1	Forward roll
2	Candlestick (unsupported shoulder stand)
3	Cartwheel (side to side)
4	Backward roll to straddle stand
5	Handstand (shown)
6	Straddle "teddy bear" roll
7	3 press ups in front support
8	Scissor kick
9	Cat leap
10	V-Sit held for 5 seconds

GRADE 4	
<i>Recommended for those on grades 7-9 of the Springfit syllabus</i>	
1	Forward roll to straddle stand
2	Bridge held for 5 seconds
3	Backward roll
4	Front to back cartwheel
5	Handstand forward roll
6	Forward roll showing straight legs during rotation
7	Two consecutive cartwheels
8	Stag leap
9	Jump full twist with a secure landing
10	Arabesque

GRADE 5	
<i>Recommended for those on grades 9-11 of the Springfit syllabus</i>	
1	Pike or straddle lift to headstand, held for 3 seconds
2	One handed cartwheel
3	Piked backward roll to front support
4	Round off
5	Handstand half pirouette
6	Back bend to bridge
7	Straight legged forward roll to pike stand
8	Forward Sissone (to one leg)
9	W-jump
10	Y-balance (wine glass)

GRADE 6	
<i>Recommended for those on grades 10-12 of the Springfit syllabus</i>	
1	Cartwheel on right & step cartwheel on left leg
2	Standing back-flick
3	Backward walkover <b>OR</b> Backward roll to handstand
4	Front limber (handstand bridge to stand) <b>OR</b> Headstand push to handstand
5	Handspring to 2
6	Healy turn
7	Splits
8	Straddle jump
9	Jump 1½ twist with a secure landing
10	Half lever for 3 seconds

GRADE 7	
<i>Recommended for those on grades 12-14 of the Springfit syllabus</i>	
1	Round off, back flick
2	Free cartwheel
3	Handstand full pirouette
4	Straight arms & straight legged backward roll to handstand
5	Handspring to 1 handspring to 2
6	Front walkover <b>OR</b> Chest roll to handstand
7	Round off, Arabian dive roll
8	Split leap (legs 180°)
9	Pike jump
10	Russian lever

GRADE 8	
<i>Recommended for those on grades 13-15 of the Springfit syllabus</i>	
1	Round off, back flick, tuck back somersault
2	Free walkover <b>OR</b> Flyspring
3	Handstand double full pirouette
4	Straight arms & straight legged backward roll to handstand, half pirouette
5	Round off two back-flicks
6	Full twisting dive roll
7	Round off, tuck back somersault
8	Full twisting tuck jump
9	Switch leg leap
10	Elephant lift from straddle lever

VAULT SKILLS		VAULT HEIGHT	
<u>Skill choice</u>	<u>Tariff</u>	<b>Grades 1-3:</b>	
<b>Grades 1-3:</b>		Under 8 yrs: 3 high (75cm)	
Squat on straight jump off	8.0	Over 8 yrs: 4 high (100cm)	
Squat through	9.0		
<b>Grades 4-5:</b>		<b>Grades 4-8:</b>	
Squat through	9.0	Under 8 yrs: 4 high (100cm)	
Straddle over	9.0	Over 8 yrs: 5 high (125cm)	
<b>Grades 6-8:</b>			
Handspring	10.0		<i>Age brackets are based on year of birth.</i>
Handspring ½ off	11.0		<i>See website for full info:</i>
Handspring full off	12.0		<a href="http://springfit.org/competitions/gymnastics/floor-and-vault">springfit.org/competitions/gymnastics/floor-and-vault</a>

SCORING
<b>Scores for floor &amp; vault are combined to produce the final score.</b>
Two vault attempts are allowed. The best score will be chosen and the other score discarded. Move choice optional each time. Vault heights can be adjusted but incur a 0.2 point deduction if lowered. There is no deduction if the vault is made higher.
<b>Floor: Marked out of 10. Comprising:</b>
3.00 - Content (0.3 for each move)
5.00 - Execution.
2.00 - Bonus: 0.5 for performing 10 moves. 1.5 for overall performance virtuosity
Moves are to be linked. Cover as much of the floor as possible.
Points are deducted for adjusting hair or clothing.
Grade 1 - Moves must be performed in the specified order, in a straight line with NO MUSIC
Grades 2-8 - Moves can be chosen in any order. TIME LIMIT: 1½ minutes. FLOOR SIZE: 7m x 8m approx. MUSIC: optional (no lyrics)