

SECTION 11 - FLOOR SKILL GROUPS AND LEVELS



A Elements	B Elements	C Elements	D Elements	E Elements
Group 1 Jumps, Leaps, Turns				
Straight jump Jump ½ turn Star jump Tuck jump 2 x dynamic 1/2 turns on knees	Split leap / jump (120°) Stag leap or jump	Split leap or jump (150°)	Split leap or jump (180° split) Change leg split leap or jump ↓ (180° split)	Split leap - sissone Split leap - cat leap full turn Change leg split leap - split leap Split leap - W jump
		Fouette Turn	Sissone	
	Cat leap	Cat leap ½ turn	Cat leap full turn	
	Jump full turn	Jump 1 ½ turn	Jump double turn Jump to Prone	Full turn jump - straddle jump Jump 1/2 Turn to Prone
	Scissor jump	Straddle jump	Straddle jump (feet hip high)	Straddle jump Shushunova Straddle jump - pike jump
	W jump	Tuck jump ½ turn	Tuck jump full turn	
		Full Spin	1½ Spin	Double spin Full spin 1 leg extended, min 45 deg
Group 2 Strength & Flexibility H = Held S = Strength F= Flexibility. Where 2 letters shown e.g. H/S this counts as either a Held or Strength element				
1 leg balance H Splits (F or S) F Japana (up to 45° chest) F/H D Shape F/H Bridge F/H	Arabesque H Japana (flat back, chest to floor) H/F	Y scale (leg above waist height) H/F 2 way Splits F Japana Swim Through F	Y Scale (leg at shoulder height) H/F 3 way Splits F	From Splits position lift to H/stand F/S
F or B support (lower or push up) S/H F Support turn to B Support S/H	Fall to prone push to Front Support S Swedish Fall S	Fall to Prone Jump to Straddle Stand S F Supp jump legs through straddle - to Pike Sit S	F Supp jump legs through straddle - to Back Support S	
Piked V sit (hand supp.) S/H	Piked V sit (no supp.) S/H	Tuck 'Russian' Lever S/H Tucked hold (press off knees) S/H	Straddle 'Russian' Lever S/H	Full V 'Russian' lever S/F/H Tucked top planchë (held) S/H
½ lever (1 foot on floor) S/H	1/2 lever shown (straight or straddled)	1/2 lever held 2 secs (pike/straddle) S/H S Straddle stand press to h/stand S	Straddle 1/2 Lever lift to Stand S H/stand from straddle stand full turn S H/stand lower to Straddle 1/2 Lever S/H	Straddle lever to handstand - return to straddle lever S/H Straddle lever to h/stand full turn S/H
Headstand (leg optional) H				
Shoulder stand (hip supp) H	Shoulder stand (no support) H/S		Chest Roll to Bent Arms Handstand S	Chest Roll to Handstand S

Issue 11 – Jan 2020	A Elements	B Elements	C Elements	D Elements	E Elements
---------------------	------------	------------	------------	------------	------------



Group 3 Rotations - non flighted Acrobatic Skills

Forward Roll	F Roll to straddle stand Handstand F roll	Forward roll with straight legs H/stand F Roll straight arms	H/stand FR piked exit (straight arms)	
Back Roll & to straddle	B Roll to pike stand	B Roll through h/stand	B Roll to h/stand (straight arms)	B Roll to h/stand, 1/2 or full turn - (straight arms throughout)
Circle ('teddy bear') roll Side Roll (various shapes) Egg roll (leg shape optional)				
	Handstand ½ turn	Handstand full pirouette	Handstand 1½ pirouette	Handstand double pirouette
Tuck Bunny Hop to Handstand - (exit optional)	Straddle Bunny Hop to Handstand - (exit optional)	Pike Bunny Hop to Handstand - (exit optional)		
	Single Leg Circle	Half Double Leg Circle		Double Leg Circle
	Backward walkover	Forward walkover	Tic toc	Valdez

Group 4 Agilities and Rotations with flight *CARE - at Int, Adv & Bronze levels there are restrictions on using this group for Bonus. See Floor Criteria*

Handstand return to feet		Standing Flic to 2 feet FS Standing Flic to 1 foot FS Standing Flic to Front Support FS Back Walkover, Flick (1or2 feet) AFS	Flyspring FS Tucked Front Salto FS Tucked Back Salto FS	Flyspring Front Salto AFS Free Forward Walkover FS
Cartwheel	Cartwheel ¼ turn in (Front to Back) ↓ (finish feet together or lunge)	Cartwheel, Flick AFS	Free Cartwheel FS Free Cartwheel Flick AFS Front Salto to 1 R/O AFS Front Salto, R/O, flic AFS F Salto step out, R/O, B Salto AFS	Dive Forward Roll (with flight) FS Pike Front Salto FS Straight Front Salto FS F Salto step out, R/O, Flic, B Salto AFS R/O, Straight B Salto AFS R/O, B Salto with 1/1 twist AFS R/O, Flic, Pike/ Straight B Salto AFS R/O, Flic, B Salto with ½ twist AFS R/O, Flic, B Salto with 1/1 twist AFS R/O, 2 Flics, straight Back Salto AFS R/O Flick Arabian AFS
Bunny Hop / Jump - (Long) Bunny Hop / Jump - (High) <i>Both can be used in a Nov routine</i>	Cartwheel ¼ turn out 1 Arm Cartwheel 2 x side C/wheels (opt. entry / exit) Dive C/wheel (must show flight) FS Roundoff FS Roundoff jump (optional shape) FS	Roundoff, Flic to 1 foot AFS Roundoff, Flic to 2 feet AFS Roundoff, Flic, Flic AFS	R/O Tuck Back Salto AFS R/O, Flic, Tuck Back Salto AFS	
		Handspring to 2 feet FS Handspring to 1 foot FS 2 Handsprings 1 – 2 feet AFS Handspring to Roundoff AFS Handspring, Roundoff, Flic AFS	Handspring Flyspring AFS Handspring, Front Salto AFS	H/spring to 1, H/spring to 2, F Salto AFS Headspring FS

In this group on the right
FS = Flight Skill
AFS = Acrobatic Flight Series

SECTION 12 - FLOOR CRITERIA. IMPORTANT - SEE ALSO SECTION 8: FLOOR and ROUTINES CONSTRUCTION RULES incl UPGRADING



NOVICE	INTERMEDIATE	ADVANCED	BRONZE	SILVER	GOLD
Max 10 agilities Comprising of 8 x A elements @ 0.2	Max 10 agilities Comprising of 4 x A elements @ 0.2 4 x B elements @ 0.3	Max 10 agilities Comprising of 3 x A elements @ 0.2 4 x B elements @ 0.3 1 x C element @ 0.5	Max 10 agilities Comprising of 2 x A elements @ 0.2 4 x B elements @ 0.3 2 x C elements @ 0.5	Max 10 agilities Comprising of 1 x B element @ 0.3 2 x C elements @ 0.5 2 x D elements @ 0.7	Max 10 agilities Comprising of 2 x B elements @ 0.3, plus the following elements: 1 x C @ 0.5, 1 x D @ 0.7 and 1 E @ 0.8
Difficulty (D) Content 1.60	Difficulty (D) Content 2.00	Difficulty (D) Content 2.30	Difficulty (D) Content 2.60	Difficulty (D) Content 2.70	Difficulty (D) Content 2.60

OPTIONAL BONUSES: The Difficulty Content and Special Requirements MUST have been fully met first, then bonuses can be added if required. (Note also the Groups rules re Bonuses at BSG levels, below)

Bonuses (optional)	Bonuses (optional)	Bonuses (optional)	Bonuses (optional)	Bonuses (optional)	Bonuses (optional)
1 x B skill @ 0.3 1 x B skill @ 0.3 <i>Must be from different groups</i>	1 x C skill @ 0.5 1 x C skill @ 0.5 <i>Must be from different groups, using groups 1, 2 & 3 only</i>	1 x C skill @ 0.5 - <i>different Group to the C above</i> 1 x D skill @ 0.7 <i>Both bonuses must use groups 1, 2 & 3 only</i>	1 x C Acro flight series @ 0.5 1 x D skill from Groups 1, 2 or 3 @ 0.7	1 x E skill @ 0.8 1 x D Acro flight series @ 0.7	1 x E skill @ 0.8 from Groups 2, 3 or 4 1 x E Acro flight series @ 0.8
Bonus Content 0.60	Bonus Content 1.00	Bonus Content 1.20	Bonus Content 1.20	Bonus Content 1.50	Bonus Content 1.60
MAX D Value incl Bonus 2.20	MAX D Value incl Bonus 3.00	MAX D Value incl Bonus 3.50	MAX D Value incl Bonus 3.80	MAX D Value incl Bonus 4.20	MAX D Value incl Bonus 4.20
Groups 2 skills from each group Only A & B skills used	Groups 2 skills from each group: Only A,B,&C skills used (No C4)	Groups 2 skills from each group: Only A,B,C,& D skills used(No D4)	Groups At least 2 skills, maximum 4, from each group. Bonus skills can be used to achieve this	Groups At least 2 skills, maximum 4, from each group. Bonus skills can be used to achieve this	Groups At least 2 skills, maximum 4, from each group. Bonus skills can be used to achieve this
Special Requirements (SR)	Special Requirements (SR)	Special Requirements (SR)	Special Requirements (SR)	Special Requirements (SR)	Special Requirements (SR)
GIRLS 1 Group 2 held skil (2 secs) Jump/ Leap series	GIRLS 1 Group 1 Skill B 1 Group 2 held skil (2 secs)	GIRLS 1 Group 1 skill - B or C 1 Group 2 held skil (2 secs)	GIRLS 1 leap / hop series or passage from Group 1 (B or C)	GIRLS 1 leap / hop series or passage from Group 1 (B, C or D)	GIRLS 1 leap / hop series or passage from Group 1 (C, D or E)
BOYS 1 Group 2 held skil (2 secs) 1 Strength skill	BOYS 2 Group 2 skills - 1 must be held (2 secs)	BOYS 2 Group 2 skills - 1 must be held (2 secs)	BOYS 2 Group 2 skills B or C - 1 must be held (2 secs)	BOYS 2 Group 2 skills B, C or D - 1 must be held (2 secs)	BOYS 2 Group 2 skills B, C, D or E - 1 must be held (2 secs)
ALL 1 Group 1 skill	ALL 1 Group 1 skill	ALL Mixed series: 1 x Group 1 skill + 1 x another group	ALL Mix series: 1 x Group 1 (any) + one other Group (B or C)	ALL Mix series: 1 x Group 1 (any) + one other Group (B, C or D) 1 Acrobatic series of 2 flight skills (C or D)	ALL Mix series: 1 x Group 1 (any) + one other Group (C, D or E) 1 Acrobatic series of 2 flight skills (D or E)
	1 acrobatic skill - Group 3 or 4 1 Group 4 flight skill No C4 skills permitted	1 acrobatic skill - Group 3 or 4 1 Group 4 flight skill or flight series - No D4 Skills permitted	1 Acrobatic skill Groups 3 or 4 1 C flight skill or series from Group 4		
Spec Reqmnt Value @ 0.2 0.40	Spec Reqmnt Value @ 0.2 1.00	Spec Reqmnt Value @ 0.2 1.00	Spec Reqmnt Value @ 0.2 0.80	Spec Reqmnt Value @ 0.2 0.60	Spec Reqmnt Value @ 0.2 0.60
MAX Execution (E) Score 10.00	MAX Execution (E) Score 10.00	MAX Execution (E) Score 10.00	MAX Execution (E) Score 10.00	MAX Execution (E) Score 10.00	MAX Execution (E) Score 10.00
MAX FLOOR SCORE D + SR + E 12.60	MAX FLOOR SCORE D + SR + E 14.00	MAX FLOOR SCORE D + SR + E 14.50	MAX FLOOR SCORE D + SR + E 14.60	MAX FLOOR SCORE D + SR + E 14.80	MAX FLOOR SCORE D + SR + E 14.80

REGIONAL GG F & V COMPETITION VAULTING



Novice A

Novice B

Intermediate

Advanced

Bronze

Silver

Gold

Up to & Incl 10 years	Straight jump on to 60 cms to land 12.0	Straight jump on to 60 cms to land 12.0	Straight jump on to 60 cms to land 12.0				
	Straight jump on to 60 cms to land, then handstand flat back (arms from behind). No flight off the hands required 12.5	Straight jump on to 60 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5	Straight jump on to 60 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5	Straight jump on to 60 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5			
		Handspring flat back 90 cms 13.0	Handspring flat back 90 cms 13.0	Handspring flat back 90 cms 13.0	Handspring flat back 90 cms 13.0		
				H/spring 110 cms 13.5	H/spring 110 cms 13.5	H/spring 110 cms 13.5	H/spring 110 cms 13.5
					Handspring 1/2 on OR 1/2 off 110 cms 14.0	Handspring 1/2 on OR 1/2 off 110 cms 14.0	Handspring 1/2 on OR 1/2 off 110 cms 14.0
						Handspring 1/2 on & 1/2 off 110 cms 14.5	Handspring 1/2 on & 1/2 off 110 cms 14.5
							H/spring Full 110 cms 14.8
11 + years							Handspring 1/2 on & Full off 110 cms 15.0
	Straight jump on to 90 cms to land 12.0	Straight jump on to 90 cms to land 12.0					
	Straight jump on to 90 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5	Straight jump on to 90 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5	Straight jump on to 90 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5	Straight jump on to 90 cms to land, then handspring flat back (arms from behind). 2nd flight out of the handspring 12.5			
		Handspring flat back 110 cms 13.0	Handspring flat back 110 cms 13.0	Handspring flat back 110 cms 13.0	Handspring flat back 110 cms 13.0		
				H/spring 120 cms 13.5	H/spring 120 cms 13.5	H/spring 120 cms 13.5	H/spring 120 cms 13.5
					Handspring 1/2 on OR 1/2 off 120 cms 14.0	Handspring 1/2 on OR 1/2 off 120 cms 14.0	Handspring 1/2 on OR 1/2 off 120 cms 14.0
						Handspring 1/2 on & 1/2 off 120 cms 14.5	Handspring 1/2 on & 1/2 off 120 cms 14.5
							H/spring Full 120 cms 14.8
							Handspring 1/2 on & Full off 120 cms 15.0