

BUCS Floor and Vault Rules 2025 – Level 4

Floor

Perform 10 elements from the list below on a strip of floor 12m x 2m.

D score = total value of the 10 elements.

0.50 penalty for each missing element.

There must be 4 Acrobatic, 4 Dance and 2 optional elements within the 10 elements.

Acro elements	Dance elements	Value
<ul style="list-style-type: none"> • Handspring to 1 foot • Handspring to 2 feet • Handstand full pirouette (less than $\frac{3}{4}$ turn = no value) • Handstand (hold for 2 seconds) return to stand • One handed cartwheel • Backward roll to handstand • Round off back flip 	<ul style="list-style-type: none"> • Splits – any direction • Full spin on 1 foot with free leg straight at/or above horizontal (free leg dropping below horizontal but turn completed credit full spin 0.40) • Leap or split jump (min 135° split, front leg straight) • Cat leap full turn • Tuck jump full turn 	0.50
<ul style="list-style-type: none"> • Bridge walkout • Handstand forward roll • Valdez • Dive forward roll (no flight = no value) • Round off • Two cartwheels connected (series broken = single cartwheel) 	<ul style="list-style-type: none"> • Full spin on 1 foot (2.101) (less than $\frac{3}{4}$ turn = no value) • Straight jump 1/1 turn (less than $\frac{3}{4}$ turn = no value) 	0.40
<ul style="list-style-type: none"> • Bridge 1 leg raised to min 45° • Backward roll to stand • Cartwheel • Handstand with straight legs (hold for 2 seconds) 	<ul style="list-style-type: none"> • Cat leap with $\frac{1}{2}$ turn (less than $\frac{1}{4}$ turn = no value) • W jump (1.114) 	0.30
<ul style="list-style-type: none"> • Bridge • Handstand (2 second hold not required) return to stand • Forward roll to stand • Arabesque (hold for 2 seconds) • Side straddle roll 	<ul style="list-style-type: none"> • Cat leap • Scissor leap • Hop $\frac{1}{2}$ turn (1.112) • Tuck jump $\frac{1}{2}$ turn 	0.20
<ul style="list-style-type: none"> • Kick towards handstand (return on same leg) • Forward roll $\frac{1}{4}$ turn to knees, side roll • Pencil roll • Arabesque (show position only) 	<ul style="list-style-type: none"> • Tuck jump • Star jump 	0.10

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Vault

125m Vaulting table for squat and straddle vaults

Mat set up for Handspring flat backs

Vault	D score
Squat on, jump off	1.60
Jump from board onto block – handspring to flat back off end of block to land on level safety mat (60cm block and level safety mat)	1.80
Handspring to flat back (100cm safety mats, plus or minus 10cm)	2.80