

## BUCS Floor and Vault Rules 2025 – Level 3

### 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"> <li>• Handspring to 1 foot, handspring to 2 feet in series</li> <li>• Tic Toc</li> <li>• Forward walkover</li> <li>• Backward roll to handstand ½ turn in handstand step down</li> <li>• Free cartwheel</li> <li>• Round off back flip x 2 (series broken = Round off back flip)</li> </ul>	<ul style="list-style-type: none"> <li>• Change leg split leap</li> <li>• Change leg split leap with ¼ turn (Johnson)</li> <li>• Double spin</li> <li>• Full spin on 1 foot with free leg raised above horizontal throughout the spin</li> <li>• Full hug spin</li> </ul>	0.50
<ul style="list-style-type: none"> <li>• Handspring to 1 foot</li> <li>• Handspring to 2 feet</li> <li>• Handstand full pirouette (less than ¾ turn = no value)</li> <li>• Handstand (hold 2 for seconds) return to stand</li> <li>• Backward roll to handstand</li> <li>• Backward walkover</li> <li>• Splits - any direction</li> <li>• One handed cartwheel</li> <li>• Round off back flip</li> </ul>	<ul style="list-style-type: none"> <li>• Split leap OR Split jump (min. 135° split)</li> <li>• Side leap</li> <li>• Cat leap full turn</li> <li>• Tuck jump full turn</li> <li>• Straddle jump ½ turn</li> <li>• Split jump ½ turn</li> <li>• Tour jeté</li> </ul>	0.40
<ul style="list-style-type: none"> <li>• Handstand forward roll</li> <li>• Bridge walkout</li> <li>• Forward roll to straddle stand</li> <li>• Dive forward roll (no flight = no value)</li> <li>• Round off</li> <li>• Two cartwheels connected (series broken = single cartwheel)</li> </ul>	<ul style="list-style-type: none"> <li>• Full spin on 1 foot (2.101) (less than ¾ turn = no value)</li> <li>• Straddle jump</li> </ul>	0.30
<ul style="list-style-type: none"> <li>• Bridge 1 leg raised to minimum 45°</li> <li>• Backward roll to straddle stand</li> <li>• Backward roll to stand</li> <li>• Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>• Cat leap ½ turn (less than ¼ turn = no value)</li> <li>• W jump</li> </ul>	0.20
<ul style="list-style-type: none"> <li>• Bridge</li> <li>• Handstand (2 second hold not required) return to stand</li> <li>• Forward roll to stand</li> <li>• Arabesque (hold 2 seconds)</li> <li>• Side straddle roll</li> </ul>	<ul style="list-style-type: none"> <li>• Cat leap</li> <li>• Tuck jump</li> </ul>	0.10

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### Vault

125m Vaulting table

Vault	D score
Squat on, jump off	1.20
Handspring	2.40
½ on ½ off	3.00