

Oxfordshire Recreational Floor and Vault Competition 10th May 2026

There are no clothing requirements- gymnasts can wear leotards with leggings or shorts or tight-fitting top and leggings/shorts. No jewellery is allowed.

This is a friendly competition. There is no protest system in place.

Awards:

- Gender neutral (open to all)
- Medals for vault set up 1, set up 2 and set up 3 and medals for floor A, floor B and floor C in each age group.
- Participation ribbons for all gymnasts.

FLOOR:

Set skills to be performed in any order on half of a full-sized floor.

Moves will be credited if an attempt is made at completing them and judges will always go in favour of the gymnast.

Routine is marked out of 9.0.

Skill bonus: 0.5 can be awarded once if one of the bonus skills is performed.

Performance bonus: Up to 0.5 bonus for presentation and performance (in increments of 0.1). This is about performance, style and presentation and does not require extra dance. Skill and Performance Bonus marks are added to the start value (giving a maximum SV of 10.00).

For every element that is missing 0.50 is deducted from the start value.

Execution deductions are subtracted from the start value.

Deductions are as per the Code of Points except the following:

<u>Execution error</u>	<u>Small fault</u>	<u>Medium fault</u>	<u>Large fault</u>
Fall			0.5
Not holding a static move		0.3	
Lack of balance	0.1	0.3	
Verbal help (each time)		0.3	
Walkover starting/ending with two feet together	0.1		
Bent knees	0.1	0.3	
Bent arms	0.1	0.3	
Lack of splits	0.1		
Body shape	0.1	0.3	

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Routine A:

- A static move from the list*
- Forward roll
- Cartwheel
- Bridge kickover **OR** backward roll to straddle stand
- $\frac{1}{2}$ spin **OR** jump $\frac{1}{2}$ turn
- 2 of the following (don't need to be connected) tuck jump / cat leap / star jump
- **0.5 bonus – round off OR One-handed cartwheel (awarded once)**

Routine B:

- A static move from the list*
- Handstand forward roll **OR** dive forward roll
- Round off
- Backwards walkover **OR** backward roll to front support
- Full spin **OR** jump full turn
- 2 of the following (don't need to be connected) tuck jump / split (135°) leap / split jump / straddle jump
- **0.5 bonus – Back flick OR Handspring (awarded once)**

Routine C:

- A static move from the list*
- One handed cartwheel **OR** dive cartwheel
- Handspring **OR** forward walkover
- Back flick (can be connected to round off) **OR** backward roll to handstand
OR Backwards walkover
- $1\frac{1}{2}$ spin **OR** jump $1\frac{1}{2}$ turn
- 2 of the following (don't need to be connected) pike jump / split (135) leap / split jump / straddle jump
- **0.5 bonus – front or back somersault OR free cartwheel (awarded once)**

*Static move list: Japana, Splits (forward or middle), Arabesque, Y balance, Straddle lever, Half lever, Perch (tucked hand balance)

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Vault:

Set up 1: Spring board with longwise 60cm blocks (x2 end to end) and 20cm safety mat

Dive roll to stand – 8.0

Handstand flatback – 8.5

Set up 2: Spring board with width wise 60 cm block and landing mats behind

Handspring over- 9.0

Half on over- 9.0

Set up 3: Trampoline and table vault (table height optional)

Handspring – 9.5

$\frac{1}{2}$ on – 9.5

$\frac{1}{2}$ on $\frac{1}{2}$ off – 10.0