Issue 11 – Ian 2020

## **REGIONAL GG F & V COMPETITION VAULTING**

Issue 11 – Jan 2020 REGIONAL GG F & V COMPETITION VAULTING							
	Novice A	Novice B	Intermediate	Advanced	Bronze	Silver	Gold
	Straight jump on to 60	Straight jump on to 60	Straight jump on to 60				Gymnastics
	cms to land 12.0	cms to land 12.0	cms to land 12.0				
	Straight jump on to 60	Straight jump on to 60	Straight jump on to 60	Straight jump on to 60			
	cms to land, then	cms to land, then	cms to land, then	cms to land, then			
	handstand flat back	handspring flat back	handspring flat back	handspring flat back			
	(arms from behind). No	(arms from behind). 2nd	,	,			
	flight off the hands	flight out of the	flight out of the	flight out of the			
	required 12.5	handspring 12.5	handspring 12.5	handspring 12.5			
Up to &		Handspring flat back 90	Handspring flat back 90	Handspring flat back 90	Handspring flat back 90		
Incl 10		cms 13.0	cms 13 <b>.0</b>	cms 13 <b>.0</b>	cms 13.0		
years				H/spring 110 cms 13.5			
					Handspring 1/2 on OR	Handspring 1/2 on OR	Handspring 1/2 on OR 1/2 off
					1/2 off 110 cms 14.0	1/2 off 110 cms 14.0	110 cms 14.0
						Handspring 1/2 on & 1/2	Handspring 1/2 on & 1/2 off
						off 110 cms 14.5	110 cms 14.5
							H/spring Full 110 cms 14.8
							Handspring 1/2 on & Full off
							110 cms <b>15.0</b>
	Straight jump on to 90	Straight jump on to 90					
	cms to land 12.0	cms to land 12.0					
	Straight jump on to 90	Straight jump on to 90	Straight jump on to 90	Straight jump on to 90			
	cms to land, then	cms to land, then	cms to land, then	cms to land, then			
	handspring flat back	handspring flat back	handspring flat back	handspring flat back			
	(arms from behind). 2nd	(arms from behind). 2nd	(arms from behind). 2nd	(arms from behind). 2nd			
	flight out of the	flight out of the	flight out of the	flight out of the			
	handspring 12.5	handspring 12.5	handspring 12.5	handspring 12.5			
11+		• =	Handspring flat back 110	· -	· -		
years		cms 13.0	cms 13 <b>.0</b>	cms 13.0	cms 13.0		
"				H/spring 120 cms 13.5			
					Handspring 1/2 on OR	Handspring 1/2 on OR	Handspring 1/2 on OR 1/2 off
					1/2 off 120 cms 14.0	1/2 off 120 cms 14.0	120 cms 14.0
						Handspring 1/2 on & 1/2	Handspring 1/2 on & 1/2 off
						off 120 cms 14.5	120 cms 14.5
							H/spring Full 120 cms 14.8
							Handspring 1/2 on & Full off
							120 cms <b>15.0</b>