

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	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 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	
							Handspring 1/2 on & Full off 110 cms 15.0	
11 + years	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	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 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	