

Floor & Vault Options Sep 2021

	Beginner	Intermediate	Advanced
8Yr	Jump from Springboard onto 60cm Block. Handspring to lie flat on mats to same height of block		
9Yr	Handspring to lie flat. 100cm (+/- 10cm) - NDP5	Handspring to lie flat. 100cm (+/- 10cm) - NDP5	
10Yr	Handspring to lie flat. 110cm (+/- 10cm) - NDP5	Handspring to lie flat. 110cm (+/- 10cm) - NDP5	Table 105 or 115 or 125
11Yr	Handspring to lie flat. 110cm (+/- 10cm) - NDP5	Handspring to lie flat. 110cm (+/- 10cm) - NDP5	Table 105 or 115 or 125
12-13Yr	Table 105 or 115 or 125. Squat on/Jump Off. Handspring	Table 105 or 115 or 125	Table 105 or 115 or 125
14+Yr	Table 105 or 115 or 125. Squat on/Jump Off. Handspring	Table 105 or 115 or 125	Table 105 or 115 or 125
	Two Vaults - Best to count at all levels and ages		