

**NatWest Island Games - Bermuda 2013**  
**Gymnastics Rules**  
**Competition 1 Women's Team**

GENERAL	VAULT	FLOOR
<p>8 elements (must include dismount)</p> <p>Best 8 elements to count</p> <p>Max 5 acro elements to count</p> <p>FIG A, 0.1 FIG B 0.2 FIG C 0.3</p>	<p>Seniors 125 table</p> <p>2 vaults - best to count</p> <p>Max D = 4.0 Vault &gt; 4.0: VOID VAULT</p> <p>Vaults can be same or different</p>	<p><b>CRs 0.5 each</b></p> <p><b><u>Compositional Requirements</u></b></p> <ul style="list-style-type: none"> <li>• A dance passage of at least 2 different leaps/hops one with 180° split (cross pos'n)</li> <li>• Acro line with 2 different saltos</li> <li>• Saltos forwards/sideways and backwards</li> <li>• Salto in straight position (fwd or bwd – can be twisting. Not whip salto)</li> <li>• FIG dismount up to C</li> </ul> <p>Acro lines – as Code of Points</p>
		<p><b><u>Barred elements</u></b></p> <p><b><i>Connections from</i></b> bwd 540° salto, Leaps / Jumps to prone</p> <p>The dismount must be an acrobatic line but it may not be the opening acrobatic line. Dance elements may be performed after the acrobatic dismount and the dismount CR will still be credited</p> <p><b>Short Routines as per code of points</b></p>