

Vault : 6 year olds

Run and hurdle step with 2 footed take off from springboard

Stretch jump to land on 2 feet on a box top (lengthways), 40cms.

Step to the end.

Stretch jump off to land on a mat.

Phase	Execution faults	Penalties		
Take off board	Poor co ordination of the arm swing	0.1		
	Leaning forward on the board	0.1		
	Arms already up on jump onto board		0.3	
	Rebound from one foot			0.5
Jump onto box top	Body alignment in jump	0.1		
	Lack of height in jump	0.1.	0.3.	0.5
	Bent legs in jump	0.1.	0.3.	0.5
	Legs apart in jump	0.1.	0.3	
	Legs apart when landing on box top	0.1		
Jump off onto mat	Body alignment in jump	0.1		
	Lack of height in jump	0.1.	0.3.	0.5
	Bent legs in jump	0.1.	0.3.	0.5
	Legs apart in jump	0.1.	0.3	
	Legs apart when landing on mat	0.1.	0.3	
	Steps	0.1ea.	0.3ea.	(Max 0.8)

Scored out of 14.00

2 attempts: best score to count.

Vault : 7 year olds

Level 1 and 2 can choose from both vault

Vault 1

Run and hurdle step with 2 footed take off from springboard

Stretch jump to land on 2 feet on a box top lengthways

Stretch jump off to land on a mat.

As above

Scored out of 13.00

2 attempts : best score to count.

Vault 2

Run and hurdle step with 2 footed take off from springboard

Stretch jump to land on 2 feet on a 60cm block lengthways

Kick to handstand with hands on the other end of the block to fall flat on back onto a soft crash mat. (no flight needed from hands)

Phase	Execution faults	Penalties		
Take off board	Poor co ordination of the arm swing Leaning forward on the board Arms already up on jump onto board Rebound from one foot	0.1 0.1 0.3 0.5		
Jump onto box top	Body alignment in jump Lack of height in jump Bent legs in jump Legs apart in jump Legs apart when landing on box top	0.1 0.1. 0.1. 0.1. 0.1	0.3. 0.3. 0.3	0.5 0.5
Handstand	Body alignment in handstand Bent legs in handstand Bent arms in handstand Legs apart in handstand	0.1 0.1. 0.1. 0.1.	0.3. 0.3.	0.5 0.5
Fall to mat	Bent legs Legs apart Failure to maintain straight body shape	0.1. 0.1. 0.1.	0.3. 0.3 0.3	0.5
Landing on mat	Landing with legs apart Not landing in straight shape(no dish)	0.1	0.3	

Scored out of 14.00

2 attempts : best score to count.

Vault : 8 and 9 year olds

Level 1 (8 and 9 Year olds)and 2 (8 year olds) can choose from both vaults

Vault 1

Run and hurdle step with 2 footed take off from springboard

Stretch jump to land on 2 feet on a 60cm block lengthways

Kick to handstand with hands on the other end of the block to fall flat on back onto a soft crash mat. (no flight needed from hands)

Scored out of 13.00

2 attempts: best score to count.

Vault 2

Run and hurdle step with 2 footed take off from springboard

Stretch jump to land on two feet on a 60cm block lengthways.

Handspring with hands on the other end of the block to land flat on back onto a soft crash mat.

There is no deduction for stepping back in order to get the hands on the end of the block.

Phase	Execution faults	Penalties		
Take off board	Poor co ordination of the arm swing Leaning forward on the board Arms already up on jump onto board Rebound from one foot	0.1 0.1 0.3		0.5
Jump onto box top	Body alignment in jump Lack of height in jump Bent legs in jump Legs apart in jump Legs apart when landing on box top	0.1 0.1. 0.1. 0.1. 0.1	0.3. 0.3. 0.3	0.5 0.5
Repulsion	Shoulder angle on contact with block Bent arms Repulsion from the hands on the safteu mat not the block	0.1 0.1. 0.1	0.3 0.3.	0.5 0.5
Flight phase from the block to the safety mat	Bent legs Legs apart in flight phase Failure to maintain straight body shape Insufficient height Insufficient length	0.1 0.1 0.1 0.1 0.1	0.3. 0.3 0.3 0.3 0.3	0.5 0.5
Landing on mat	Landing with the hands still touching the block Landing with legs apart Not landing on a flat back(no dish)	 0.1	 0.3	0.5

Scored out of 14.00

2 attempts : best score to count.