Bronze Vault Chris Bowles 10/29/2022

Warm up time 30 Seconds

**Vault 1A** Stretch Jump to Mat SV 4.50 Mat Min 16” Max 48” Alternate Springboard OK

Jump Height ↑.50 Body position -- Arch ↑.30 Tuck ↑.50 Pike ↑.50

 Arm and Head alignment ↑.30 Leg Separation ↑.20 Foot Form ↑.10

 Runs onto mat stack 4.50 Double Bounce on Board .30

Land on Mat Land Demi-plie with control and proper body position ↑.50

 Feet more than hip width apart .10 Fail to join (slide) feet together .05

 Entire foot slides or lifts to join ↑.10 Land with staggered feet ↑.10

 Land with feet more than hip width apart .10 Dynamics ↑.30 Fall .50

**Vault 1B** Kick to Handstand, Fall to Flat Back on Mat SV 4.50

Approach Arms by ears while reaching for the Mat ↑.20 Extra kick to handstand .50 Foot Form ↑.10

Handstand Bent Arms ↑.50 Bent Legs ↑.30 Legs Separated ↑.20 Shoulder alignment ↑.30

 Additional Hand Placements (Steps/Hops) Each .10 Max .30

 Body position Pike ↑.50 Arch ↑.30 Fail to show Inverted Vertical position (rolling action) ↑2.00

 Fail to contact mat with both hands 1.00 Fail to land in a straight-lying position ↑1.00

**Vault 2**  Jump to Handstand – fall to Flat Back (SV 10.0)

First Flight Body position -- Pike ↑.50 Arch ↑.30 Bent Legs ↑.30 Legs Separated ↑.20

 Foot Form ↑.10 Head Position ↑.10

Support Phase Arms Bent ↑.50 Head contacting mat stack (include bent arm deduction) 2.00

Body position Pike ↑.50 Arch ↑.30 Bent Legs ↑.30 Legs Separated ↑.20

Shoulder Alignment ↑.30 Fail to show Inverted Vertical position (rolling action) ↑2.00

Fail to first contact the mat stack by vertical ↑1.00 Hand steps Each .10 Max .30

Fail to contact mat with both hands (salto or only one hand) 3.00

Landing Fail to land in a straight-lying position -- Standing 1.00 Sitting .50 Lying with Arch/bent legs .50

 Note: If gymnast lands as noted above, then straightens on the mat, there is no deduction, but

 Execution errors may be taken

GENERAL Direction ↑.30 Dynamics ↑.30 Spot Landing .50 Spot during vault 1.00

 Vault with no signal from CJ .50 from next Vault Tape or Chalk on Mat stack No deduction

 Coach standing between board and mat, or leaning against mats No dedcution

 Fall time 45 seconds, time begins when gymnast is standing and injury evaluation is complete, and ends

 with salute for next vault

Score Range 9.50 + .2 9.0 – 9.45 .5 8.0 – 8.975 .7 Below 8.0 1.00