

LEVEL 6-7 TIMER VAULT DEDUCTIONS

D. Hanford

FOOT & LEG FORM	1st Flight	Support	2nd Flight	Landing
Feet Flexed/Sickled	↑ 0.10		↑ 0.10	
Legs Crossed	↑ 0.10		↑ 0.10	
Legs Separated	↑ 0.20		↑ 0.20	
Legs Bent	↑ 0.30	↑ 0.30	↑ 0.30	
POOR TECHNIQUE	1st Flight	Support	2nd Flight	Landing
Failure to Maintain Neutral Head Position	↑ 0.10	↑ 0.10	↑ 0.10	
Hip Angle	↑ 0.20			
Excessive Arch	↑ 0.20	↑ 0.20		
Shoulder Angle		↑ 0.20		
Bent Arms <i>-Tsuk Timer slight lead arm bend OK</i>		↑ 0.50		
HAND PLACEMENT	1st Flight	Support	2nd Flight	Landing
Staggered/Alternate Hand Placement <i>-Except Tsuk Timer</i>		↑ 0.10		
Alternate Repulsion from Hands <i>-Except Tsuk Timer</i>		↑ 0.20		
Additional Hand Placements <i>-Steps / hops on hands</i>		<u>0.10</u> (0.30 max)		
POSITION & VAULT DYNAMICS	1st Flight	Support	2nd Flight	Landing
Failure to pass through vertical NEW		↑ 0.30		
Too Long in Support <i>(Like compulsory vault)</i>		↑ 0.50		
Angle of Repulsion <i>(Like compulsory vault)</i>		↑ 1.00		
Failure to create rotation NEW			↑ 0.30	
Failure to Maintain Prescribed Body Position			↑ 0.50	
Insufficient Height			↑ 0.50	
Insufficient Length			↑ 0.20	
Insufficient Dynamics				↑ 0.30
LANDING				Landing
Incorrect Body Posture upon landing				↑ 0.50
Deviation from straight direction on landing <i>(at initial contact)</i>				↑ 0.30
Lands on feet Alternatively <i>(one and then the other)</i>				<u>0.20</u>
STEPS - ONLY TOWARD THE TABLE				Landing
Slight hop, small adjustment of feet toward the table				↑ 0.10
Steps toward the table <i>(each step)</i> Max = 0.40				<u>0.1</u>
Large Step or Jump toward the table <i>(Approx. 3 feet or more)</i> Max = 0.40				<u>0.2</u>
Lands and falls against the Table				<u>0.5</u>
HITS, SPOTS & VOIDS	1st Flight	Support	2nd Flight	Landing
Head Contacts Table <i>(includes 0.5 for arms)</i>		<u>2.00</u>		
Brush or Hit of Body on Table			↑ 0.20	
Failure to land on top of the stack mats NEW				<u>1.0</u>
Landing on Top of Table <i>(Sit, Stand, lying)</i>				VOID
Coach standing between Board and Table <i>(except Yurchenko entry vaults)</i>				<u>0.50</u>
Spotting assistance Upon Landing Vault <i>(no deduction for spotting after landing)</i>				<u>0.50</u>
Spotting assistance During Vault				VOID
Failure to land on Bottom of Feet first				VOID
No Hand Contact on Table				VOID
Salto Performed after Landing				VOID
Vault Performed is not one of the allowable choices				VOID
Failure to use Safety Zone mat for Round-off Entry Vaults				VOID
Use of Alternative Springboard <i>(trampoline-like junior board)</i>				VOID

LEVEL 8-9-10 VAULT DEDUCTIONS

FOOT & LEG FORM	1st Flight	Support	2nd Flight	Landing
Feet Flexed/Sickled	↑ 0.10		↑ 0.10	
Legs Crossed	↑ 0.10		↑ 0.10	
Legs Separated	↑ 0.20		↑ 0.20	
Legs Bent	↑ 0.30	↑ 0.30 <i>or Early Tuck (Saltos)</i>	↑ 0.30	
POOR TECHNIQUE	1st Flight	Support	2nd Flight	Landing
Hip Angle	↑ 0.20			
Arched Body	↑ 0.20	↑ 0.20		
Shoulder Angle		↑ 0.20		
Bent Arms - <i>Group 3 slight lead arm bend OK</i>		↑ 0.50		
HAND PLACEMENT	1st Flight	Support	2nd Flight	Landing
Staggered/Alternate Hand Placement <i>Except Group 3 Vaults or Group 5 Vaults with ¾ - 1/1 turn on, salto off</i>		↑ 0.10		
Alternate Repulsion from Hands <i>Except Group 3 Vaults or Group 5 Vaults with ¾ - 1/1 turn on, salto off</i>		↑ 0.20		
Additional Hand Placements <i>Steps / hops on hands</i>		<u>0.10</u> each (0.30 max)		
NON-SALTO VAULTS	1st Flight	Support	2nd Flight	Landing
Too Long in Support <i>(Like compulsory vault)</i>		↑ 0.50		
Angle of Repulsion <i>(Like compulsory vault)</i>		↑ 1.00		
Late Completion of the Twist <i>Group 1 Vaults, Group 4/5 vaults without salto</i>			↑ 0.30	
LA TURNS	1st Flight	Support	2nd Flight	Landing
Insufficient Exactness of LA Turn			↑ 0.10	
Prescribed LA Turn begun Too Early		↑ 0.30		
Prescribed LA Turn begun Too Late			↑ 0.50	
Prescribed LA Turn Incomplete	↑ 0.30			↑ 0.30
<i>1° - 30° missing</i>				↑ 0.10
<i>31° - 60° missing</i>				0.15 - 0.20
<i>61° - 89° missing</i>				0.25 - 0.30
<i>90° or more missing</i>				<i>Lower Value</i>
POSITION & VAULT DYNAMICS	1st Flight	Support	2nd Flight	Landing
Failure to go through vertical NEW		↑ 0.30		
Insufficient Tuck <i>(Twisting saltos, puck OK)</i>			↑ 0.30	
Insufficient Pike <i>(91° - 135°)</i>			↑ 0.30	
Insufficient Stretch <i>(136° - 179°) Hips/Arch</i>			↑ 0.30	
Failure to Maintain Stretch <i>(Pike Down)</i>			↑ 0.30	
Insufficient Extension <i>(Open of Tuck/Pike)</i> Insufficient / Late Extension Total Absence of Extension			↑ 0.25 <u>0.30</u>	
Under-Rotation of Salto Vaults			<u>0.10</u>	
Insufficient Height			↑ 0.50	
Insufficient Length			↑ 0.30	
Insufficient Dynamics				↑ 0.30

LEVEL 8-9-10 VAULT DEDUCTIONS

LANDING	Landing
Arm Swings to maintain balance	↑ 0.10
Additional Trunk Movements to maintain balance <i>(to avoid steps)</i>	↑ 0.20
Incorrect Body Posture upon landing	↑ 0.20
Squat on landing <i>(hips even with or lower than knees)</i>	↑ 0.30
Brush / Touch landing surface with 1 or 2 Hands	↑ 0.30
Deviation from straight direction on landing	↑ 0.30
STEPS	Landing
Lands with feet hip-width apart or closer but never joins feet <i>(heels)</i> together	<u>0.05</u>
Lands with feet more than hip-width apart	<u>0.1</u>
Slight hop, small adjustment of feet or lands feet staggered	↑ 0.10
Steps <i>(each step)</i> Max = <u>0.40</u>	<u>0.1</u>
Large Step or Jump <i>(Approx. 3 feet or more)</i> Max = <u>0.40</u>	<u>0.2</u>

HITS & FALLS	1st Flight	Support	2nd Flight	Landing
Head Contacts Table <i>(includes 0.5 for arms)</i>		<u>2.00</u>		
Brush or Hit of Body on Table			↑ 0.20	
Landing on Top of Table <i>(Sit, Stand, lying)</i>				VOID
Fall against Table				<u>0.50</u>
Support on Mat with 1-2 Hands				<u>0.50</u>
Fall on Mat to Knee(s) or Hips				<u>0.50</u>
Fall/Failure to land on Bottom of Feet first				VOID
<i>*Lands on hands & bottom of feet simultaneously</i>				<u>0.50</u>
SPOTS & VOIDS				Landing
Coach standing between Board and Table <i>(except Yurchenko entry vaults)</i>				<u>0.50</u>
Spotting assistance Upon Landing Vault, <i>if also falls deduct an additional 0.50</i>				<u>0.50</u>
Spotting assistance During Vault				VOID
<i>Except Level 8 salto vaults POST-flight</i>				<u>1.00</u>
No Hand Contact on Table				VOID
Restricted Vault Performed for Levels 8/9				VOID
Failure to use Safety Zone mat for Round-off Entry Vaults				VOID
Use of Alternative Springboard <i>(trampoline-like junior board)</i>				VOID