Silver Vault Chris Bowles 10/29/2022

Warm up time 45 Seconds Mat Min 16” Max 48” turned sideways Min., 6’ x 12’ x 4” landing mat

**Vault 1** Handspring over Mat Stack Alternate Springboard OK

**Vault 2** ¼ - ½ on – repulsion off to feet, landing facing the mat stack

First Flight Head Position ↑.10 Foot Form ↑.10 Legs Crossed ↑.10 Legs Separated ↑.20

 Knees Bent ↑.30 Stretched Body – Arch ↑.30 Pike ↑.30

 Incomplete LA Turn (Vault 2 Only) ↑.30 Fail to pass thru vertical (Vault 2 Only) ↑.30

Support Phase Staggered/alternate hand placement (Vault 1 Only) ↑.10 Head Position ↑.10

 Shoulder Alignment ↑.20 Alternate Repulsion (Vault 1 Only) ↑.20

 Body position -- Pike ↑.50 Arch ↑.30 Hand steps Each .10 Max .30

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

 Too Long in Support ↑.30 Touch with only one hand (CJ) 1.00 No Hands – Void

Second Flight Foot Form ↑.10 Legs Crossed ↑.10 Legs Separated ↑.20 Knees Bent ↑.30

 Body position Pike ↑.50 Arch ↑.30 Head Position ↑.10

Brush or hit head on mat stack in post flight ↑.20 Incomplete Twist (Vault 2 Only) ↑.30

Landing Feet apart and does not join .05 Lands with feet more than hip width apart .10

 Entire foot lifts or slides to join .10 Slight hop, small adjustment, or staggered ↑.10

 Steps each .10 Max .40 Large Steps each .20 Max .40

 Arm swings ↑.10 Incorrect body posture on landing ↑.20 Trunk movement ↑.20

 Squat on landing ↑.30 Slight bruch/touch on mat (no support) ↑.30

 Direction ↑.30 Dynamics ↑.30 Fail to land facing the mat stack (Vault 2 Only) ↑.30

 Support on mat with hands or body, or against the mat stack (Fall) .50

 Land on mat stack after passing through vertical 2.50 (Includes .50 for the fall)

 Fail to land on the bottom of feet first 2.00 (Includes .50 for the fall)

GENERAL Spot Landing .50 Spot during vault 1.00 Max for spotting 1.50 Fall after spot .50

 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 deduction

 Any vault with more than ¼ twist in the 2nd flight – Void

 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