



**MEN'S GYMNASTICS**

# NATIONAL GYMNASTICS ASSOCIATION

## LEVEL REQUIREMENTS

Deductions: small = -0.1 medium = -0.3 large = -0.5 fall = -0.5	*Age Determined at Day of Competition	6 min skills, 8 max NGA SS can fulfill EG if SS are Allowed (Lvl. 1 - 3. each Missing EG is -0.5 ) (Lvl 4 -10, each EG is worth +0.5)			Min. Difficulty Required (-0.5 Global deduction if not fulfilled) Higher difficulty skills can always replace lower difficulty skills X- Level of difficulty not allowed at this level Lvl. 1-3 PH all difficulty allowed ***			
	Min Age*	Level	# of EG required	# of SS allowed	A	B	C	D+
Max SV from 10.0	5	1	2**	8		X	X	X
Max SV from 10.0	6	2	3**	8		X	X	X
Max SV from 10.0	7	3	4**	8		X	X	X
Jr. FIG including SS	8	4	4**	6	1		X	X
Jr. FIG including SS	9	5	4**	5	2			X
Jr. FIG including SS	10	6	4**	4	2	1		X
Jr. FIG including SS	11	7	4**	3	2	2		X
Jr. FIG including SS	12	8	4 (A Dismount)	2	2	3		
Jr. FIG including SS	13	9	4 (B Dismount)	1	2	3	1	
Jr. FIG	14	10	4 (C Dismount)	0	2	3	2	

SS = Super Skills

\* Minimum age to compete at each level is determined at day of competition

\*\* Does not apply to PH and VT. See PH and VT requirements for details

\*\*\* Levels 3 - 10 PH: All Difficulty Allowed



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## SKILL LEVEL REQUIREMENTS

<b>SKILL LEVEL 1</b> <b>(5 yrs &amp; Up)</b>	<b>SKILL LEVEL 2</b> <b>(6 yrs &amp; Up)</b>	<b>SKILL LEVEL 3</b> <b>(7 yrs &amp; Up)</b>
<b>FLOOR EXERCISE</b> 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>FLOOR EXERCISE</b> 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>FLOOR EXERCISE</b> 1) 4 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
<b>POMMEL HORSE</b> <b>Floor Mushroom 10.0 SV</b> <b>Full Height Mushroom 9.5 SV</b> 1) 1/4 Circle Through Support 2) 3/4 Circle Through Support  *Evaluate hip roll (Counter to Circle), lean & extension *These skills may pass through the 1/4 and 3/4 positions if performed well *Landing not evaluated	<b>POMMEL HORSE</b> <b>Floor Mushroom 10.0 SV</b> <b>Full Height Mushroom 9.5 SV</b> 1) 1 1/2 or More Circles Finish Through Rear Support  * Evaluate hip roll (Counter to Circle), lean & extension  * Finish In or through fully extended rear support *Landing not evaluated	<b>POMMEL HORSE</b> <b>Floor Mushroom 10.0 SV</b> <b>Full Height Mushroom 9.5 SV</b> 1) 3 1/2 or More Circles Finish Through Rear Support  * Evaluate hip roll (Counter to Circle), lean & extension  *Finish In or through fully extended rear support *Landing not evaluated
<b>STILL RINGS</b> 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>STILL RINGS</b> 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>STILL RINGS</b> 1) 4 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
<b>VAULT</b> (using stacked mats) 1) Stretch Jump, Followed by under arm reach Kick Handstand to Flatback onto Mats (16"+)	<b>VAULT</b> (using stacked mats) 1) Handspring Flatback on Resi (10'x5'x32") No Stick Bonus	<b>VAULT</b> (using stacked mats) 1) Front Handspring over Resi (5'x32") to Landing Mat
<b>PARALLEL BARS</b> 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>PARALLEL BARS</b> 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>PARALLEL BARS</b> 1) 4 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
<b>HIGH BAR</b> 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>HIGH BAR</b> 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	<b>HIGH BAR</b> 1) 4 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills



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## SKILL LEVEL REQUIREMENTS

### SKILL LEVEL 4 (8 yrs & Up)

#### FLOOR EXERCISE

- 1) 4 Element Groups required
- 2) May count up to 6 NGA Super Skills
- 3) May use FIG "A" & "B" value skills
- 4) Minimum of 1 FIG "A" value skill required

#### POMMEL HORSE

**Floor Mushroom 13.0 SV Full**  
**Height Mushroom 12.5 SV**

- 1) 3+ Circles, plus 1 different skill Finish Through Rear Support or Handstand
- \* Skill and finish must be preceded by a circle or flair
  - \* May count NGA Super Skills or FIG skills
  - \* Landing not evaluated

#### STILL RINGS

- 1) 4 Element Groups required
- 2) May count up to 6 NGA Super Skills
- 3) May use FIG "A" & "B" value skills
- 4) Minimum of 1 FIG "A" value skill required

#### VAULT (using stacked mats)\*

- 1) Handspring SW with 1/4 Over Resi (5'x32") to Landing Mat, or
- 2) Front Handspring Over Resi (5'x32") to Landing Mat

\*Two Different EG Vaults will be averaged and then receive a Bonus of 1.0 / May use additional matting on Resi / Level 5 No Stick Bonus, Landing not evaluated, must land feet first

#### PARALLEL BARS

- 1) 4 Element Groups required
- 2) May count up to 6 NGA Super Skills
- 3) May use FIG "A" & "B" value skills
- 4) Minimum of 1 FIG "A" value skill required

#### HIGH BAR

- 1) 4 Element Groups required
- 2) May count up to 6 NGA Super Skills
- 3) May use FIG "A" & "B" value skills
- 4) Minimum of 1 FIG "A" value skill required

### SKILL LEVEL 5 (9 yrs & Up)

#### FLOOR EXERCISE

- 1) 4 Element Groups required
- 2) May count up to 5 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" value skills required

#### POMMEL HORSE

**Floor Mushroom 13.0 SV Full**  
**Height Mushroom 12.5 SV**

- 1) 3+ Circles, plus 3 other skills Finish Through Rear Support or Handstand
- \* Skills and finish must be preceded by a circle or a flair
  - \* May use NGA Super Skills or FIG skills
  - \* Landing not evaluated

#### STILL RINGS

- 1) 4 Element Groups required
- 2) May count up to 5 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" value skills required

#### VAULT (using stacked mats)\*

- 1) Round off, Back Handspring to Stand onto Resi (10'x5'x32"), or
- 2) Front Handspring to Stand on Resi (10'x5'x32"), or
- 3) Handspring SW with 1/4 to Stand on Resi (10'x5'x32")

#### PARALLEL BARS

- 1) 4 Element Groups required
- 2) May count up to 5 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" value skills required

#### HIGH BAR

- 1) 4 Element Groups required
- 2) May count up to 5 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" value skills required



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## SKILL LEVEL REQUIREMENTS

### SKILL LEVEL 6 (10 yrs & Up)

#### FLOOR EXERCISE

- 1) 4 Element Groups required
- 2) May count up to 4 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 1 "B" value skills required

#### POMMEL HORSE

- 1) Required 3 Element Groups
- 2) May count up to 4 NGA Super Skills
- 3) May use all FIG value skills
- 4) Minimum of 2 FIG "A" & 1 "B" value skills required
  - \*\*\* NO POMMELS. Pommel Horse with no pommels skills
  - \* Czechkehr & Stockli-A; to be done from side support over the body of the horse

\*\* Note on HS: Circle or flair to HS (only) = "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.

#### STILL RINGS

- 1) 4 Element Groups required
- 2) May count up to 4 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 1 "B" value skills required

#### VAULT (using table to stacked mats) \*

- 1) Roundoff Back Handspring Over Table to Stand onto Resi (10'x 5'x32")
- 2) Front Handspring Over Table to Stand onto Resi (10'x 5'x32")
- 3) Handspring SW with 1/4 Over Table to Stand onto Resi (10'x 5'x32")
  - No Stick Bonus, Landing not evaluated, must land feet first

\* Two Different EG Vaults will be averaged and then receive a Bonus of 1.0 / \*\* May use additional matting on top of Resi

#### PARALLEL BARS

- 1) 4 Element Groups required
- 2) May count up to 4 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 1 "B" value skills required

#### HIGH BAR

- 1) 4 Element Groups required
- 2) May count up to 4 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 1 "B" value skills required

### SKILL LEVEL 7 (11 yrs & Up)

#### FLOOR EXERCISE

- 1) 4 Element Groups required
- 2) May count up to 3 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 2 "B" value skills required

#### POMMEL HORSE

- 1) Required 3 Element Groups
- 2) May count up to 3 NGA Super Skills
- 3) May use all FIG value skills
- 4) Minimum of 2 FIG "A" & 2 "B" value skills required
  - \*\*\* ONE POMMEL. Pommel Horse with no pommels skills + one Pommel skills
  - \* Czechkehr & Stockli-A; to be done from side support over the body of the horse

#### STILL RINGS

- 1) 4 Element Groups required
- 2) May count up to 3 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 2 "B" value skills required

#### VAULT (using table)

- 1) Any Vault from 11.6 SV to 12.2 SV or Tucked Salto (non-twisting)
- Two different EG Vaults will be averaged and then receive a bonus of 1.0

#### PARALLEL BARS

- 1) 4 Element Groups required
- 2) May count up to 3 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 2 "B" value skills required

#### HIGH BAR

- 1) 4 Element Groups required
- 2) May count up to 3 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" & 2 "B" value skills required



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## SKILL LEVEL REQUIREMENTS

<b>SKILL LEVEL 8</b> <b>(12 yrs &amp; Up)</b>	<b>SKILL LEVEL 9</b> <b>(13 yrs &amp; Up)</b>	<b>SKILL LEVEL 10</b> <b>(14 yrs &amp; Up)</b>
<b>FLOOR EXERCISE</b> 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 3 "B" value skills required	<b>FLOOR EXERCISE</b> 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 1 "C" value skills	<b>FLOOR EXERCISE</b> 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" value skills
<b>POMMEL HORSE</b> 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 3 "B" value skills required	<b>POMMEL HORSE</b> 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" 1 "C" value skills required	<b>POMMEL HORSE</b> 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" value skills
<b>** Note on HS: Circle to flair to HS (only) upgraded to "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.</b>		
<b>STILL RINGS</b> 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 3 "B" value skills required	<b>STILL RINGS</b> 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" 1 "C" value skills required	<b>STILL RINGS</b> 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" value skills
<b>VAULT (using table)</b> 1) Any Vault from 11.6 SV to a 13.2 SV or any Layout or Pike Salto (non-twisting) Two different EG Vaults will be averaged and then receive a bonus of 1.0	<b>VAULT (using table)</b> 1) Any Vault from 11.6 SV to a 14.4 SV Two different EG Vaults will be averaged and then receive a bonus of 1.0	<b>VAULT (using table)</b> 1) Any Vault from 11.6 SV to a 16.0 SV Two different EG Vaults will be averaged and then receive a bonus of 1.0
<b>PARALLEL BARS</b> 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 3 "B" value skills required	<b>PARALLEL BARS</b> 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 1 "C" value skills	<b>PARALLEL BARS</b> 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" value skills
<b>HIGH BAR</b> 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 3 "B" value skills required	<b>HIGH BAR</b> 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 1 "C" value skills	<b>HIGH BAR</b> 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" value skills



# NATIONAL GYMNASTICS ASSOCIATION

## Pommel Horse Skills with NO Pommels



**Element Group I:** Single Leg Swings and scissors

**NO Element Group I Skills**

**\* NGA exception**

**Element Group II:** Circle and flairs, with and/or without spindles and handstands, Kehrsings, Russian w., flops and combined elements

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. Circle in side support	A	26. Circle with 1/2 spindle (in one circle)	B	80. Reverse Stockli	B
1. *Flair in side support	A	28. 1/1 spindle in side support within 2 circles	D	86. Swiss hop	B
13. Circle in cross support frontways on end	A	29. Any 1/1 spindle within 2 circles (From 1-3 to 3-5 to 1-3) [Eichorn]	E	91. Schwabenflank	A
13. *Flair in cross support frontways on end	A	34. 1/1 spindle in cross support within 2 circles	D	92. Czechkehr ** Turn over the body of the horse – from side support to side support	B
19. Circle in cross support rearways on end	A	39. Flair or Circle to HS and lower to Flair or Circle [Tippelt]	C	103. 180° Russian	A
19. *Flair in cross support rearways on end	A	50. Direct Stockli A ** Turn over the body of the horse-from side support to side support	B	104. 360° Russian	B
20. Circle in cross support between tape (3-3)	B	61. Double Rear [Kehr]	A	105. 720° Russian	C
25. Circle with 1/4 spindle	A	79. Front out or in	A	106. 1080° Russian	D

**Element Group III:** Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. 1/2 Fwd side travel	A	33. 1/2 Side travel with 1/2 spindle	B	70. Kehr – Reverse Stockli – Kehr [Moguilny]	D
2. 3/3 Fwd side travel	B	35. 3/3 cross travel with 1/2 spindle (in one circle) [Nin Reyes]	E	71. Reverse Stockli – Kehr – Reverse Stockli [Belenki]	D
13. 1/2 Bwd side travel	A	44. 1/2 Fwd cross support travel	B	82. 3/3 Travel with 180° russian [Tong Fei]	D
14. 3/3 Bwd side travel	B	46. 3/3 Fwd cross support travel [Magyar]	D	88. 3/3 Travel with 360° russian [Roth]	D
27. 1/2 travel with 1/2 spindle (side or cross support)	C	56. 1/2 Bwd cross support travel	B	89. 3/3 Travel with 720° Russian [Wu]	E
29. 3/3 Side travel with 1/1 spindle	E	58. 3/3 Bwd cross support travel [Sivado]	D		

**Element Group IV:** Dismounts

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. Wende	A	8. 360° russian to wende	B	10. 1080° russian to wende	D
4. Circle or flair to HS with 3/3 travel and 450 deg turn	D	9. 720° russian to wende	C	20. *Circle or flair to HS (Special VAL for HS with no turn or travel) ** See the FIG COP for HS turn and travel principles	C

\*\*1-3, 3-3, 4-5, etc refer to the placement of the gymnast's hands (see figure above)

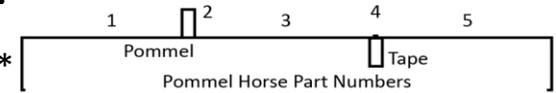


**MEN'S GYMNASTICS**



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## Additional Pommel Horse Skills with ONE Pommel \*\*



\* NGA exception

### Element Group I: Single Leg Swings and scissors

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. Scissor forward	A	13. Scissor backward	A	21. Scissor backward to handstand	C
4. Scissor forward to hanstand	D	14. Double scissor (1/4 turn - 1/4 turn)	B	26. Scissor backward with hop sideways (also with 1/2 turn)	B
7. Scissor forward with 1/2 turn	A	15. Double scissor (1/4 turn - 1/4 turn) with travel	C	32. Double scissor bwd (1/4 turn - 1/4 turn)	B
8. Scissor forward with hop sideways (also with 1/2 turn)	B	19. Scissor backward with 1/2 turn	A		

### Element Group II: Circle and flairs, with and/or without spindles and handstands, Kehrsings, Russian w., flops and combined elements

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. *Uphill circle in side support (first 1/4 of circle over the pommel)	A	2. Circle in side support on pommel	B	56. Direct Stockli B using pommel	B
1. *Uphill flair in side support (first 1/4 of circle over the pommel)	A	14. Circle in cross support on one pommel (with or without 1/4 turn)	B	92. Czechkehr using pommel	B
1. *Downhill circle in side support (first 1/4 of circle over the end)	A	14. *Flair in cross support on one pommel (with or without 1/4 turn)	B	110. 180° Russian on the pommel	B
1. *Downhill flair in side support (first 1/4 of circle over the end)	A	20. Circle in cross support (3-3)	B	111. 360° Russian on the pommel	C
1. *Circle with pommel between hands	A	20. Flair in cross support (3-3)	B	112. 720° Russian on the pommel	D
1. *Flair with pommel between hands	A	50. Direct Stockli A using pommel	B	113. 1080° Russian on the pommel	E
				** See FIG Code for flop skills	

### Element Group III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles

SKILL	VAL	SKILL	VAL	SKILL	VAL
*1/3 Fwd cross support travel to pommel	B	*1/2 Bwd cross support travel over pommel	B		

### Element Group IV: Dismounts

SKILL	VAL	SKILL	VAL	SKILL	VAL
No additional skills					

\*\*1-3, 3-3, 4-5, etc refer to the placement of the gymnast's hands (see figure above)



# NATIONAL GYMNASTICS ASSOCIATION

## Men's Vault Requirements

### Level 1 - Start Value 10.0

Option #1	1) Stretch Jump "possible stick bonus" followed by Under Arm reach Kick to handstand to flatback on stacked mats (16"+)
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### Level 2 - Start Value 10.0

Option #1	Handspring flatback on resi (10' X 5' X 32")
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### Level 3 - Start Value 10.0

Option #1	Front Handspring over resi (5' X 32") to landing mat
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### Level 4 - Start Value 11.6

Option #1	Handspring sideways with 1/4 turn over resi (5' X 32") to landing mat
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Option #2	Front Handspring over resi (5' X 32") to landing mat
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### Level 5 - Start Value 11.6

Option #1	Round off Back Handspring to stand on resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
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Option #2	Front Handspring to stand onto resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
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Option #3	Handspring sideways with 1/4 turn to stand onto resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
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### Level 6 - Start Value 11.6

Option #1	Round off Back Handspring over table to stand on Resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
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Option #2	Front Handspring over table to stand on resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
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Option #3	Handspring sideways with 1/4 over table to stand on resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
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### Level 7

Option #1	Any vault from 11.6 start value to 12.2 start value or any (tucked) non-twisting salto
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### Level 8

Option #1	Any vault From 11.6 start value to 13.2 start value or any layout or pike non-twisting salto
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### Level 9

Option #1	Any vault from 11.6 start value to 14.4 start value
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### Level 10

Option #1	Any vault from 11.6 start value to 16.0 start value
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Two different EG Vaults will be averaged and then receive a bonus of 1.0 (Levels 4-10) Resi is minimum of 32" high.

May use additional matting on resi

No Stick Bonus for Level 2, 5 & 6 (Level 5 & 6 Landing not evaluated must land on bottom of feet first or vault is void)