



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"+)

Level 2 - Start Value 10.0

Option #1 | Handspring flatback on resi (10' X 5' X 32")

Level 3 - Start Value 10.0

Option #1 | Front Handspring over resi (5' X 32") to landing mat

Level 4 - Start Value 11.6

Option #1 | Handspring sideways with 1/4 turn over resi (5' X 32") to landing mat

Option #2 | Front Handspring over resi (5' X 32") to landing mat

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

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

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

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

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

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

Level 7

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

Level 8

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

Level 9

Option #1 | Any vault from 11.6 start value to 14.4 start value

Level 10

Option #1 | Any vault from 11.6 start value to 16.0 start value

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)