



## Men's Vault Requirements

Level 1 Ages 5-8	
Option #1	Stretch Jump / Under Arm Reach HS to Flatback on Stacked Mats (16''+)
Level 2 Ages 6-9	
Option #1	Handspring Flatback on Resi (12' X 5' X 32'')
Level 3 Ages 7-10	
Option #1	Front Handspring Over Resi (5' X 32'') To landing Mat
Level 4 Ages 8-11	
Option #1	Handspring SW with 1/4 Over Resi (5' X 32'') To Landing Mat
Option #2	Front Handspring Over Resi (5' X 32'') To Landing Mat
Level 5 Ages 9-12	
Option #1	Round off Back Handspring to Stand onto Resi (12' X 5' X 32'')
Option #2	Front Handspring to Stand onto Resi (12' X 5' X 32'')
Option #3	Handspring SW with 1/4 to stand onto Resi (12' X 5' X 32'')
Level 6 Ages 10-13	
Option #1	Round off Back Handspring over table to Stand onto (12' X 5' X 32'') Resi
Option #2	Front Handspring over table to Stand onto (12' X 5' X 32'') Resi
Option #3	Handspring SW with 1/4 over table to stand onto (12 X 5' X 32'') Resi
Option #4	Front Layout Over Table to Stand on Resi (Value 1.6)
Level 7 Ages 11-14	
Any Vault From an 11.6 SV to 12.0 SV or (Tucked) Salto Non Twisting	
Level 8 Ages 12-15	
Any Vault From an 11.6 SV to A 12.8 SV or any (Layout or Pike) Salto Non Twisting	
Level 9 Ages 13-16	
Any Vault From an 11.6 SV to A 14.4 SV	
Level 10 Ages 14-18	
Any Vault From an 11.6 SV to A 16.0 SV	
<b>Two Different EG Vaults will be averaged and then receive a Bonus of 1.0</b>	
<b>Resi is minimum of 32" High, may use Additional Matting on Resi</b>	