

LEVEL 6/7 VAULT DEDUCTIONS

1st FLIGHT

Incorrect foot form (<i>flexed/sickled</i>)	↑.10
Legs Crossed	↑.10
Legs Separated	↑.20
Legs Bent	↑.30
Hip Angle	↑.20
Excessive Arch	↑.20
Fail to maintain neutral head pos.	↑.10

SUPPORT/REPULSION

Staggered/alternate contact (<i>except #2 Tsuk</i>)	↑.10
Shoulder Angle	↑.20
Excessive Arch	↑.20
Fail to maintain neutral head pos.	↑.10
Failure to pass thru vertical	↑.30
Alternate repulsion (<i>except #2 Tsuk</i>)	↑.20
Legs bent	↑.30
Additional hand placements (<i>max .30</i>)	.10 ea.
Arms bent (90° = max ded.) (<i>slight lead arm bend allowed Tsuk</i>)	↑.50
Too long in support (<i>L6-10 any non-salto VT</i>)	↑.50

Angle of repulsion

By vertical	No ded.
1° - 45°	.05— .50
46° - Horizontal	.55 -1.00
One hand VT (<i>1/2 panel must agree</i>)	1.00 CJ
Head touches/contacts table (<i>includes arm bend of 0.5</i>)	2.0
No hand contact on table	VOID

2nd FLIGHT

Incorr. foot form (<i>flexed/sickled</i>)	↑.10
Fail to maintain neutral head pos.	↑.10
Insuff. Height	↑.50
Insuff. Length	↑.20
Legs Crossed	↑.10
Legs Separated	↑.20
Legs Bent	↑.30
Fail to maintain prescr. body pos.(excessive arch/pike)	↑.50
Failure to create rotation	↑.30
Brush/hit table with body	↑.20

Arm position optional. Not evaluated when leaving table

LANDING/GENERAL

Incorrect Body Posture on landing	↑.50
Lands on feet alternately	.20
Only one foot touches mat (<i>deduct for leg separation only</i>)	.20
Failure to land on top of mat stack	1.00

Front Handspring entry

Lands + Falls BWD against vault table	.50
Slight hop, sm adj. of feet BWD towards table	↑.10
Steps BWD towards table	each .10, max .40
Large step/Jump (approx. 3 ft) BWD towards table	each .20, max .40

RO (Yurchenko) and Tsukahara entry

Lands + Falls FWD against vault table	.50
Slight hop, sm adj. of feet FWD towards table	↑.10
Steps FWD towards table	each .10 max .40
Large step/Jump (approx. 3 ft) FWD towards table	each .20 max .40

Deviation in Direction (determined by initial contact w/mat)

↑.30

Insufficient Dynamics

↑.30

Landing (sitting, lying, standing) on top of the table VOID

Vaults without signal from CJ .50 CJ

(*CJ deducts from Avg of next VT*)

Coach between board & table .50

(*except RO entry vaults-no penalty*)

Spotting assistance during the vault VOID

Spotting assistance upon landing .50

(*no penalty for spot/assist after landing*)

Coach catches a falling gymnast (*deduct for fall only*) .50

Fall after assist/spot .50

Failure to land on bottom of feet 1st (*Handspring*) VOID

Failure to land on bottom of feet 1st (*Level 7, Tsuk, Yurch.*) NO Deduction

Salto performed after landing VOID

No safety zone mat (*RO entry vaults*) VOID

Use of alternative springboard VOID

Vault performed not one of allowable choices VOID

Lands into solid/loose foam pit .30 CJ

Start exercise before signal .50 CJ

Exceeds 45 second fall time (*starts when gymnast stands*) Terminate

Failure to use a mat stack VOID

VT Height:

L6-7, all ages may use any manufacturer setting with a max 135cm (+ - 1cm)

Touch Warm up:

Level 6/7 allowed 2 vaults (any order)

Marking runway:

Athletic tape or Velcro strips (NO CHALK) allowed. Must be removed no later than end of rotation

Sting Mat: May be placed on top of mat stack . **8" skill cushion:** required on floor at end of mat stack