

LEVEL 6/7 VAULT

1st FLIGHT

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

(angle of arrival deductions removed)

2nd FLIGHT

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

SUPPORT/REPULSION

Poor technique:	
Staggered/alternate hands-on all vaults except Tsukahara	↑.10
Shoulder Angle	↑.20
Arch	↑.20
Fail to maintain neutral head position	↑.10
Failure to pass thru vertical	↑.30
Alternate repulsion all vaults except Tsukahara	↑.20
Legs bent	↑.30
Steps/hops on hands (ea .10)	↑.30
Arms bent (90° or more=max ded.) (<i>slight lead arm bend allowed Tsuk</i>)	↑.50
Too long in support	↑.50

SUPPORT/REPULSION

Angle of repulsion	↑1.00
By vertical	no ded.
1° - 45°	.05—.50
46° - Horizontal	.55 -1.00
Touch w/ 1 hand	1.00 CJ
Head touching table in support (<i>incl 0.5 for bent arms</i>)	2.00
No hand contact on table	VOID

LANDING/GENERAL

Incorrect Body Posture on landing	↑.50
Lands on feet alternately	.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	↑.30
Insufficient Dynamics	↑.30
Landing (sitting, lying, standing) on top of the table	VOID
Vaults without signal from CJ	.50
(CJ deducts from Avg of next VT)	
Coach between board & table (except RO entry vaults-no penalty)	.50
Spotting assistance during the vault	VOID
Spotting assistance upon landing	.50
(no penalty for spot/assist after landing)	
Failure to land on bottom of feet 1st	VOID
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

VT Height:

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

Marking runway:

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

Warm-up time:

Vault warm-up time for 6/7 will be 1.5 minutes