

# LEVEL 6/7 VAULT

## 1st FLIGHT

Incorr. 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 (*except #2 Tsuk*) ↑.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> )	2.00
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	↑.30
Failure to create rotation	↑.30
Brush/hit table with body	↑.20

*Arm position not evaluated when leaving table*

## LANDING/GENERAL

Incorrect Body Posture on landing	↑.50
Lands on feet alternately ( <i>one foot touches mat, deduct for leg separation only</i> )	.20
Failure to land on top of mat stack	1.00
<b>Front Handspring entry</b>	
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 ( <i>determined by initial contact w/mat</i> )	↑.30
Insufficient Dynamics	↑.30
Landing (sitting, lying, standing) on top of the table	VOID
Vaults without signal from CJ ( <i>CJ deducts from Avg of next VT</i> )	.50 CJ
Coach between board & table ( <i>except RO entry vaults-no penalty</i> )	.50
Spotting assistance during the vault	VOID
Spotting assistance upon landing ( <i>no penalty for spot/assist after landing</i> )	.50
Fall after assist/spot	.50
Failure to land on bottom of feet 1st	VOID
Salto performed after landing	VOID
No safety zone mat ( <i>RO entry vaults</i> )	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
Gymnast exceeds 60 second fall time	Terminate

### VT Height:

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

### Warm-up time:

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

### Marking runway:

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