

8/9/10 VAULT

1st

FLIGHT

Incorr. foot form (flexed/sickled)	↑.10
<u>Legs:</u>	
Crossed	↑.10
Separated	↑.20
Bent	↑.30
<u>Poor Technique</u>	
Hip Angle	↑.20
Excessive Arch	↑.20
Incomplete LA turn.	↑.30

SUPPORT/REPULSION

Poor technique:	
<u>Staggered/alternate hands-on</u>	
<u>all vaults*</u>	↑.10
Shoulder Angle	↑.20
Arch	↑.20
<u>Alternate repulsion*</u>	↑.20
Legs bent supp./early tuck (Salto VTs only)	↑.30
Steps/hops on hands	↑.30
LA turn begun too early	↑.30
Arms bent	↑.50
(slight arm bend of lead arm allowed for Gr. 3 vaults)	
Head touching table in support (includes 0.5 for bent arms) 2.00	
Touch w/ 1 hand	1.00 CJ
No hand contact on table	VOID

*Except Gr. 3 & Gr. 5 vaults with 3/4-1/1 turn on + salto off

All NON-SALTO VAULTS:

Angle of repulsion

By vertical	no ded.
1° - 45°	.05—.50
46° - Horizontal	.55 -1.00

Too long in support) ↑.50

VT Height:

L8-10, all ages may use height between 115cm (+ - 1cm) and max 135cm (+ - 1cm)

2nd FLIGHT

Incorr. foot form (flexed/sickled)	↑.10
LA Turn begun too Late	↑.50
Incorrect exactness of LA turn	↑.10
Under-rotation of salto vaults	.10
Insuff. Height	↑.50
Insuff. Length	↑.30
<u>Legs:</u>	
Crossed	↑.10
Separated	↑.20
Bent	↑.30
<u>Insufficient exactness of Body Pos.</u>	
Insufficient N, V	↑.30
Insufficient stretched pos.	
* arch	↑.30
* hip angle (136°-179°)	↑.30
Fail to maintain stretch (pike down)	↑.30
Insuff./Late extension of N or V	↑.25
Total absence of extension of N or V	.30
Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos)	↑.30
Brush/hit of body/head on table	↑.20

LANDING/GENERAL

Fee hip-width or closer, never join	.05
Slight hop/ adj. feet	↑.10
Arm swings (stuck vaults)	↑.10
Land w/feet more than hip-width apart	.10
Steps	each .10 max .40
Large step/Jump (approx. 3 ft)	.20
Incorrect Body Posture on landing	↑.20
Trunk movements for balance	↑.20
LA turn incomplete	↑.30
Squat on landing	↑.30
Brush/touch w/ hand(s) (no support)	↑.30
Deviation in Direction	↑.30
Insufficient Dynamics	↑.30
Fall or support on one or both hands	.50
Fall against vault table	.50
Spotting assistance upon landing	.50
Coach between board & table (except Gr. 4/5 vaults-no penalty)	.50
Vaults without signal from CJ (CJ deducts from Avg of next VT)	.50
Landing in a sitting, lying or standing pos. on top of table	VOID
Failure to land on bottom of feet 1st	VOID
No safety zone mat (Gr. 4/5 vaults)	VOID
Spot assist during the vault	**VOID
**L8 Salto Vaults only: Spot Post-Flight	(CJ) 1.00
**L8 Salto Vaults only: Spot Pre-Flight or Support phase	VOID
Alternative Springboard	VOID
Exercise terminated: One minute after the judgment is complete (CJ will monitor the time).	

Gymnast may perform 1 or 2 vaults (same/different). Each vault is scored & averaged separately. Better score is counted.

Gymnast has three (3) approaches to complete 1 or 2 vaults

BALK: Gymnast stops mid-run, runs off runway, or makes contact w/hand placement mat, safety zone mat, board or table without coming to a rest or support on top of apparatus, it is a balk & counts as 1 of 3 approaches to complete 1 or 2 vaults

TOUCH WARM UP

- Gymnasts allowed one "run back".
- Stand on vault table, jump or salto off ONE TIME ONLY.
- Levels 8-10 guaranteed 3 vaults.

MARKING RUNWAY

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

2019 updates in purple

SLS July 8, 2019