

# 8/9/10 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
Incomplete LA turn.	↑.30

### SUPPORT/REPULSION

Poor technique:	
Staggered/alternate contact	↑.10
<i>(except Gr. 3 &amp; 5 w 3/4-1/1 twist on, salto off)</i>	
Shoulder Angle	↑.20
Arched body	↑.20
Alternate repulsion	↑.20
<i>(except Gr. 3 &amp; 5 w 3/4-1/1 twist on, salto off)</i>	
Legs bent in supp./early tuck	↑.30
<i>(Salto VTs only)</i>	
Steps/hops on hands	↑.30
LA turn too early ( <i>twist on table</i> )	↑.30
↑ 90° Bent arms	↑.50
<i>(1st arm slight bend ok Gr. 3)</i>	
Fail to pass through vertical	↑.30
Head touches/contacts table	2.00
<i>(includes arm bend of 0.5)</i>	
Touch w/ 1 hand ( <i>1/2 panel agree</i> )	1.00 CJ
No hand contact on table	VOID

### 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)

### MARKING RUNWAY

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

### 2nd FLIGHT

Incorr. foot form	↑.10
Legs Crossed	↑.10
Legs Separated	↑.20
Legs Bent	↑.30
Insufficient tuck (90°/90°)	↑.30
Insufficient pike (91°-135°)	↑.30
Insufficient Stretch (136°-179°)	↑.30
Arched body	↑.30
Fail to maintain stretch (pike down)	↑.30
Insuff. opening of tuck/pike	↑.25
Total absence of opening of tuck/pike	.30
Under-rotation of salto vaults	.10
Insuff. exactness of LA turn	↑.10
Late completion of twist	↑.30
<i>(Groups 1 &amp; 4/5 w/out salto)</i>	
LA turn started too Late	↑.50
Insuff. height	↑.50
Insuff. length	↑.30
Brush/hit table w/body	↑.20

### LANDING/GENERAL

Land feet hip-width/closer, never join	.05
Land feet wider than hip-width apart	.10
Slight hop/ adj. feet or staggered	↑.10
Steps	each .10 (max .40)
Large step/Jump -3 ft or longer	.20 (max .40)
Extra arm swing	↑.10
Incorrect posture on landing ( <i>bent over</i> )	↑.20
Additional trunk movements for balance	↑.20
Squat on landing	↑.30
Mat-slight brush w/1-2 hands	↑.30
<u>Prescribed LA turn incomplete</u>	
<i>missing 01°-30° = ↑.10</i>	
<i>missing 31°-60° = .15-.20</i>	
<i>missing 61°-89° = .25-.30</i>	
<i>missing 90° or more = Lower VP</i>	
Deviate from straight direction	↑.30
Insufficient dynamics	↑.30
Fall or support on one or both hands	.50
Fall against apparatus	.50
Landing (sitting, lying, standing) on top of the table	VOID
Run approach w/out coming to rest/support on table	Ø ded.
Balk #2, Balk #3	VOID
Vaults w/out CJ signal ( <i>from next VT avg.</i> )	.50
Coach between board/table ( <i>Gr 4/5 ok</i> )	.50
Spot/assist during the vault	VOID
Spot/assist post flight ( <i>L8 only</i> )	1.00
Spot/assist on landing	.50
Fall after spot/assist	.50
Coach catches falling gymnast ( <i>fall only/no deduct spot</i> )	.50
Fail to land on bottom of feet 1st	VOID
No zone mat or used improperly ( <i>Gr 4/5 vaults</i> )	VOID
Alternative Springboard ( <i>tramp-like</i> )	VOID
L 8/9 performs restricted VT	VOID
<b>Exercise terminated:</b> One minute after the judgment is complete (CJ will monitor the time).	

**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.