

## LEVEL 8-10 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
Incomplete L/A turn	↑.30

### SUPPORT/REPULSION

Staggered/alternate hands-on for all vaults*	↑.10
*( <i>except all Gr 3 and Gr 5 with 3/4 - 1/1 on—salto off</i> )	
Shoulder Angle	↑.20
Excessive Arch	↑.20
Failure to pass thru vertical	↑.30
LA turn begun too early	↑.30
Alternate repulsion-all vaults* ( <i>except #2 Tsuk</i> )	↑.20
*( <i>except all Gr 3 and Gr 5 with 3/4 - 1/1 on—salto off</i> )	
Legs bent in support or early tuck in repulsion ( <i>salto vaults</i> )	↑.30
Steps/hops on hands ( <i>max .30</i> )	<u>.10</u> ea.
Arms bent (90° = max ded.)	↑.50
<i>(slight lead arm bend allowed Gr 3)</i>	

Too long in support ( <i>any non-salto VT</i> )	↑.50
<b>Angle of repulsion</b>	↑1.00
By vertical	No ded.
1° - 45°	.05—.50
46° - Horizontal	.55 -1.00

One hand VT ( <i>1/2 panel must agree</i> )	<u>1.00</u> CJ
Head touches/contacts table	<u>2.00</u>
<i>(includes arm bend of 0.5)</i>	
No hand contact on table	VOID

### 2nd FLIGHT

Incorr. foot form ( <i>flexed/sickled</i> )	↑.10
LA Turn begun too late	↑.50
Insuff. Exactness of LA Turn	↑.10
Under-rotation of salto vaults	<u>0.1</u>
Insuff. Height	↑.50
Insuff. Length	↑.30
Legs Crossed	↑.10
Legs Separated	↑.20
Legs Bent	↑.30
Insuff. Exactness of body pos. (N, V, /, arch, hip angle)	↑.25
Insuff./late extension of N or V	↑.30
Total absence of extension of N or V	0.3
Late completion of twist ( <i>Gr 1 &amp; Gr 4/5 w/out saltos</i> )	↑.30
Brush/hit of body/head on table	↑.20

### LANDING/GENERAL

Feet hip-width or close; never join		.05
Slight hop/adj. feet/staggered feet		↑.10
Arm swings ( <i>stuck vaults</i> )		↑.10
Land w/ feet more than hip-width apart		.10
Steps	each <u>.10</u>	max .40
Large step/Jump ( <i>approx. 3 ft</i> )		.20
Incorrect body posture		↑.20
Trunk movement for balance		↑.20
LA Turn incomplete		↑.30
Squat on landing		↑.30
Brush/touch w/ hand(s) ( <i>no support</i> )		↑.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		<u>0.5</u>
Coach between board & table		<u>0.5</u>
<i>(except RO entry vaults-no penalty)</i>		
Vaults without signal ( <i>from avg. of next vault</i> )		.50 CJ
Landing (sitting, lying, standing) on top of the table		VOID
Failure to land on bottom of feet 1st		VOID
No safety zone mat ( <i>Gr 4/5 RO entry vaults</i> )		VOID
Spotting assistance during the vault		VOID

<b>*Exception for Level 8 Salto vaults:</b>	
Spotting assistance during post-flight	<u>1.00</u>
Spotting assistance during pre-flight or support phase	<u>VOID</u>
Exceeds 45 sec. fall time ( <i>starts when gymnast stands</i> )	Terminate

### **VT Height:**

L8-10, all ages may use the VT table with a minimum setting of 115 cm (+ - 1cm) and a maximum of 135cm (+ - 1cm)

### **Touch Warm-up:**

Level 8-10 allowed 3 vaults (any order)

**Runway:** 76' minimum, 82' maximum for levels 8-10

### **Marking runway:**

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

**Hand placement mat:** May be placed on runway (not board) for RO or Fr. Handspring entry. Manufactured. No other type matting allowed

**Safety Zone Mat:** Required for all RO or Fr. Handspring entry vaults. May be used for all other vaults