

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	↑.30
Excessive Arch	↑.20
Incomplete L/A turn	↑.30

SUPPORT/REPULSION

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

Too long in support (<i>any non-salto VT</i>)	↑.50
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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>	2.0
No hand contact on table	VOID

2nd FLIGHT

Incorr. foot form (<i>flexed/sickled</i>)	↑.10
Insuff. Exactness of body pos. (N, V, /, arch, hip angle)	↑.30
Legs Crossed	↑.10
Legs Separated	↑.20
Legs Bent	↑.30
Fails to maintain stretch (pikes down)	↑.30
Insuff./late extension of N or V	↑.30
Total absence of extension of N or V	0.3
Insuff. exactness of LA Turn	↑.10
Late completion of twist (<i>Gr 1 & Gr 4/5 w/out saltos</i>)	↑.30
Under-rotation of salto vaults	0.1
Insuff. Height	↑.50
Insuff. Length	↑.30
Brush/hit of body on far end of VT 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 .10
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 from straight Direction	↑.30
Insufficient Dynamics	↑.30
Fall or support on one or both hands	.50
Fall against vault table	.50
Spotting assistance upon landing	0.5
Coach between board & table <i>(except RO entry vaults-no penalty)</i>	0.5
Vaults without signal (<i>from avg. of next vault</i>)	.50 CJ
Landing (sitting, lying, standing) on top of the table	VOID
Runs on board/steps on table or rebounds to support on 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

***Exception for Level 8 Salto vaults:**

Spotting assistance during post-flight	1.00
Spotting assistance during pre-flight or support phase	VOID
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

LEVEL 6/7 VAULT DEDUCTIONS

1st FLIGHT

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

SUPPORT/REPULSION

Staggered/alternate contact (<i>except #2 Tsuk</i>)	↑.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
Step(s) with hand(s) (<i>max .30</i>)	<u>.10</u> ea.
Hop(s) with both hands simultaneously	<u>.30</u>
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>)	<u>2.0</u>
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 prescribed body pos.(excessive arch/pike)	↑.50
Failure to create rotation	↑.30
Brush/hit table with body	↑.20

LANDING/GENERAL

Incorrect Body Posture on landing	↑.50
Lands on feet alternately	<u>.20</u>
Only one foot touches mat (<i>deduct for leg separation only</i>)	<u>.20</u>

Front Handspring entry

Lands + Falls BWD against vault table	<u>.50</u>
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
Failure to land on bottom of feet 1st (<i>Handspring</i>)	VOID
Failure to land on bottom of feet 1st (<i>Tsuk, Yurch.</i>)	VOID

RO (Yurchenko) and Tsukahara entry

Lands + Falls FWD against vault table	<u>.50</u>
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
Failure to land on bottom of feet 1st (<i>Level 7, Tsuk, Yurch.</i>)	NO Deduction

Deviation in Direction (<i>determined by initial contact w/mat</i>)	↑.30
Failure to land on top of mat stack	<u>1.00</u>
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>)	<u>.50</u>

Spotting assistance during the vault	VOID
Spotting assistance upon landing (<i>no penalty for spot/assist after landing</i>)	<u>.50</u>
Coach catches a falling gymnast (<i>deduct for fall only</i>)	<u>.50</u>
Fall after assist/spot	<u>.50</u>

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
Exceeds 45 second fall time (<i>starts when gymnast stands</i>)	Terminate
Failure to use a mat stack	VOID

***Arm position when leaving the table will not be evaluated**