

VAULT BOARD GUIDELINES

All information taken directly from the current USA Gymnastics Rules & Policies

1. Only unaltered manufactured vaulting board that meet FIG specifications ($22\text{ cm} \pm 1.5\text{ cm}$) are approved for USA Gymnastics competitions. The height of the board is measured from the floor to the highest point of the board, including the covering.

Exceptions:

Who can use a manufactured “Junior” vaulting board:

- Xcel Bronze & Silver
- DP Levels 1, 2, 3 & 4




2. Alternative springboard apparatus must be manufactured by a gymnastics equipment manufacturer. The apparatus should resemble the shape of a vault board, with a minimum of 38 cm (15 inches) at the high end and a maximum of 10 cm (4 inches) at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed.

Who can use an alternative springboard:

- Xcel Bronze, Silver & Gold (9.50 SV if used at Gold)
- DP Levels 1 & 2



-  3. If an alternative springboard is used at Xcel divisions Platinum & Diamond or DP Level 3 or higher in a USA Gymnastics sanctioned event, the vault is considered **VOID**.

4. All Xcel divisions and DP Levels may also use a manufactured mat shaped like a springboard (mount trainer/mount mat).



4 COIL SPRING PLACEMENT (OPTION 1)



4 COIL SPRING PLACEMENT (OPTION 2)



4 COIL SPRING PLACEMENT (OPTION 3)



3 COIL SPRING PLACEMENT



These 3-4 spring configurations for the springboard have been approved and may be utilized in USA Gymnastics sanctioned competitions – DP and Xcel.