

Level 6 & 7 Vaulting

Except Tsuk entry

- bent legs ^0.3
- shoulder angle ^0.2
- arms bent ^0.5 (except Tsuk lead arm)
- head touch 2.0 (includes arms ded.)
- neutral head ^0.1
- arched ^0.2
- step/hop hands ea 0.1 max 0.3
- staggered/alt hand ^0.1
- alt repulsion ^0.2
- Failure to pass thru vertical ^0.3
- ang of repulsion ^1.0
- too long support ^0.5

- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^0.1
- neutral head ^0.1
- piked, arched ea ^0.2

- Height** ^0.5
- Length** ^0.2
- Failure to create **rotation** ^0.3
-
- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^0.1
-
- neutral head ^0.1
- maintain prescribed body position ^0.3
- brush/touch vault table ^0.2

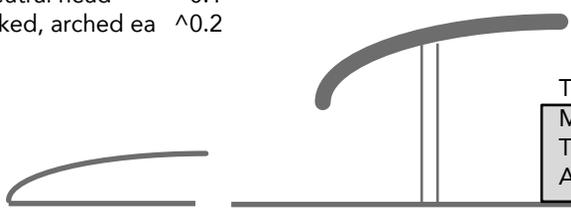
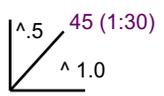


Table height – up to 135 cm
 Mat stack – 32 in – 60 in height, include base mat.
 Top layer must be 4 inch skill cushion.
 At end of mat stack, 8 inch skill cushion

Direction ^0.3 (at initial contact of mat)
Dynamics ^0.3

- One hand on table (at least 1/2 panel) --1.0 CJ
- No contact of hands on table = VOID
- Coach between board and table -0.5 (except RO vaults)
- Coach aid landing -0.5 (no deduction after landing)
- Coach aiding vault = VOID
- vault w/o judge's prior signal – take 0.5 off repeated vault
- Fail to use safety zone (RO vaults) = VOID
- Salto performed any phase, landing = VOID
- Not performing allowable choice of vault = VOID
- Unauthorized matting, unauthorized spring config - 0.3 CJ
- Use of alternate springboard = VOID
- Incorrect tape/excessive chalk on table or runway - 0.2 CJ

- Landing**
- Slight hop/small adj feet **towards** table ^0.1
 - Steps **towards** table, each:
 - small 0.1
 - large 0.2
 - Max 0.4
 - Lands on mat and falls/support **against** table 0.5
 - Body posture on landing ^0.5
 - Lands on feet alternately 0.2
 - Failure to land on top of mat stack 1.0
 - Failure to land on bottom of feet first = VOID
 - Land standing/sitting/lying on table = VOID
- (allowed continued steps/rolls direction of momentum of the vault; finish in controlled standing position)

Quick symbols

	sh	
	arm L	
	arc V	
L	stag	L
LS	alt	LS
LCr	step	LCr
ft	h	H
h	sup	D
pk	ang	Rot
arc		ft
		h
		B
		La - step
		BP
	Dir	
	Dy	

Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Averages trick

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

Timed warmup – amount determined by largest squad in meet.

Timing not includes run back/drills/run past table on runway.

Start time with mount onto table for jump/salto off table or with run/touch spring board.

No blocked time.

Can run on runway between vaulters (not touch equipment), but NOT in front of judges

Touch warm-up = 3 vaults, L 6-10. Allow ONE stand on table to jump/salto off per gymnast before time.

Balk = run approach that does NOT come to a rest or support on top of the table. 2nd /3rd balk = VOID
 -- allowed 3 approaches to do 1 OR 2 vaults

J.O.(8-10) & XG,XP, XD -- Optional Vaulting

Except Gp 3 Tsuk or Gp 5 full on- salto off

bent legs (early tuck salto vaults) ^0.3
 shoulder angle ^0.2
 arms bent ^0.5 (except Tsuk lead arm)
 head touch 2.0 (includes arms)
 arched ^0.2
 step/hop hands ea 0.1, max 0.3
 early twist ^0.3 (on table)
 not achieve vertical ^0.3 (twist-on vaults)

Height ^0.5
Distance ^0.3

legs crossed ^0.1
 legs separation ^0.2
 legs bent ^0.3
 foot form ^0.1

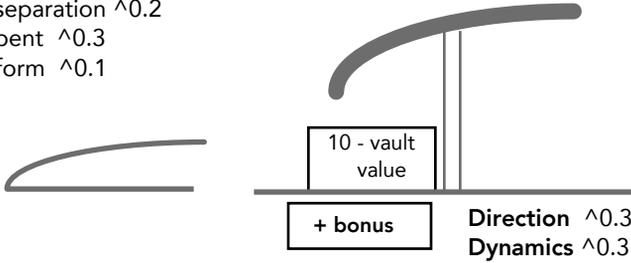
staggered/alt hand) ^0.1
 alt repulsion ^0.2

body shape –
 insuf Tuck, Pike ^0.3
 stretch – arch or pike ea ^0.3
 pike down of stretched ^0.3
 lack of opening ^0.25 absence 0.3
 (stretch prior to landing)

Twists -
 start twist late ^0.5 (after peak)
 exact twist ^0.1 (crisp)
 complete twist late ^0.3 (on mat)
 (Gps 1, 4&5 w/o salto)
 incomplete turn ^0.3
 under rotate salto 0.1

incomplete twist ^0.3
 (1/1+ or -1/4)
 piked, arched ea ^0.2
 legs crossed ^0.1
 legs separation ^0.2
 legs bent ^0.3
 foot form ^0.1

non-salto: too long support ^0.5
 ang of repulsion (L8-10)^1.0
 (Xcel ^0.5)

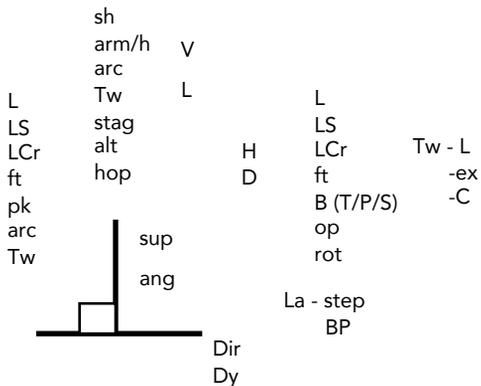
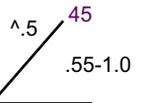


One hand on table (at least 1/2 panel) - -1.0 CJ
 No contact of hands on table- VOID
 Land standing/sitting/lying on table – VOID
 Failure to land feet first – VOID
 Coach between board and table -0.5 (except RO vaults)
 Coach aid landing -0.5
 Coach aiding vault = VOID --- **XG, XP, XD = -1.0**
L8 only: coach spot **post** flight = -1.0
 vault w/o judge's prior signal – take 0.5 off repeated vault (CJ)
 no safety zone (RO vaults) = VOID
 Either vault not on appropriate chart = VOID
 Unauthorized matting, unauthorized spring config = 0.3 CJ
 Use of alternate springboard = VOID **XG = 9.5 SV**
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Landing

steps each 0.1 sm/ 0.2 lg, max 0.4
 feet land max hip width and not close 0.05
 feet land wider than hip width 0.1
 staggered feet, small hop, adjust ^0.1
 trunk movements ^0.2
 extra arm swings ^0.1
 body posture (when feet land) ^0.2
 squat ^0.3
 brush/touch floor ^0.3
 brush/hit body on table ^0.2
 falls against table or support with hand(s) on floor 0.5

angle of repulsion
 L8-10 ^1.0
 XG, XP, XD ^0.5



Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Averages trick
 if **both w/.05** - drop .05 from high, add to low score...then avg the score
 if **one w/.05** - drop .05 out, avg score...then add .025 to average

60 sec fall time- after judgement

Timed warmup – amount determined by largest squad in meet. Timing not includes run back/drills/run past table on runway. Start time with mount onto table/mat stack for jump/salto off table or with run/touch spring board. No blocked time.
 Can run on runway between vaulters (not touch equipment), but NOT in front of judges
Touch warm-up = #vaults guaranteed: XS, XG,XP - 2; XD - 3
 Allow ONE stand on table/mat stack to jump off per gymnast before time starts, ONE run back after present.

Balk = run approach that does NOT come to a rest or support on top of the table. 2nd /3rd balk = VOID
 -- allowed 3 approaches to do 1 OR 2 vaults

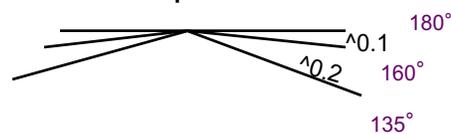
General Deductions

EXECUTION

Legs: each time	crossed	up to 0.1
	separated	up to 0.2
	bent	up to 0.3
not landing with feet together in J/L		up to 0.1
flexed/sickled feet during value parts		each time 0.05
bent arms in support		up to 0.3
	(VT – up to 0.5)	
insufficient exactness tuck/pike		up to 0.2
insufficient exactness in stretched position (arch, pike >each)		
	VT up to 0.3	UB, BB, FX up to 0.2
failure to maintain stretched body (pike down early)		
	VT up to 0.3	UB, BB, FX up to 0.2
insufficient extension (open) of body on landing		
	UB/BB dismt, BB/FX acro	up to 0.3
Insufficient height (amplitude)		
UB elements, BB/FX acro, J/L/H		up to 0.2
UB/BB salto dismounts, FX saltos		up to 0.3
No dismount of value	--from Start Value	0.3
(on FX - last salto of no value or not attempted)		
Spotting during landing, inadvertent touch	no bonus,	-0.5
Spotting during VP	no VP,SR, bonus,	-0.5

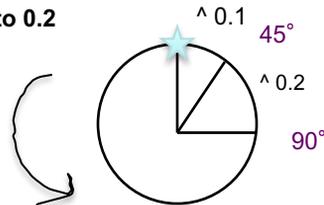
Insuf split (dance, non-flight acro)

up to 0.2

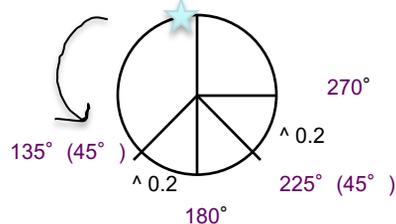


Insuf 360° turn/twist

up to 0.2



Insuf twist for 180/270 turns



Minimum score = 1.0 JO = 4.0 Xcel

CHIEF JUDGE DEDUCTIONS (FROM AVG)

Fail to present before/after	each	0.1
Outside FX boundary	each	0.1
not marking add'l mats of FX boundary		0.1
Overtime		0.1
Exceeds warm-up time (after warn)		0.2
Failure to begin within 30 sec CJ signal		0.2
Start exercise before signal from CJ (from repeat)		0.5
Excessive use of chalk		0.2
Incorrect attire/jewelry	JO =	0.2
(after warn- take on next event; one time)	Xcel =	0.1
unsportsmanlike conduct of gymnast (after warn)		0.2
Wearing padding (hip, heels on UB)		0.2
Coaches:		
remains between UB/ next to BB whole time		0.1
instructs gymnast during routine (one time)		0.2
signals/cues gymnast (after warn, team too - one time)		0.2
on FX during routine (L6-10) (move mats, object ok)		0.5
failure to remove board after mount		0.3
failure to remove spotting device ASAP		0.3
Unauthorized matting		0.3
Incorrect apparatus specs, board spring config		0.3
board on unauthorized surface		0.3
Absence of music on FX (not tech failure)		1.0
Short exercise – UB <5 VP== FX/BB <30 sec		2.0
Level 6 BB under 30 sec but has 10 SV		0.5
One hand touches table in vault (1/2 panel)		1.0

LANDING DEDUCTIONS

feet landing max hip width and do not close	0.05
Slight hop/adjustment of feet/staggered	up to 0.1
feet landing wider than hip width (dismt UB, BB)	0.1
Steps--- max 0.4	each 0.1
Deviation from straight direction	up to 0.1
Extra arm swings	up to 0.1
Brush/touch foot/feet on mat or apparatus	up to 0.1
Very large step or jump (3 ft +)	0.2
Incorrect body posture	up to 0.2
Brush/touch of hands (no support)	up to 0.3
Deep squat (hips even/lower than knees)	up to 0.3
Add'l trunk movements upon landing (to avoid steps)	
the dismt UB/BB, FX acro	up to 0.2
Add'l trunk movements to balance on beam	up to 0.3
Grasp apparatus to avoid fall (UB, BB)	up to 0.3
Fall on mat to knees/hips, hands with support	0.5
Fall on or against apparatus	0.5

	6	7	8	9	10
Value Parts	5A 1B one allowed C = B other C = 0.5, no VP no rel HB↔LB	5A 2B allowed C = B other C = 0.5, no VP	4A 4B allowed C = B one Rst C = B other C = 0.5, no VP	3A 4B 1C full pir B/C root allowed one Rst D/E = C other D/E = -0.5, no VP	3A 3B 2 C
Special Reqmts 0.5 each	one cast 45 + (above horiz = SR) one bar change one Gp 3/6/7	one cast hdst (45° fulfills SR) Two clear circles: =one Gp 3/6/7 =B circle (same or diff) A salto dismt	one bar change B circle (3/6/7) B elem flight (not dsmt) or LA turn (not mt/dsmt) A salto dismt	2 bar change B flight elem C flight elem (diff) -OR- B LA turn elem (not mt/dsmt) B salto dismt	C flight element min B flight elem(diff) C LA turn (not mt/dsmt) C salto dismt
No VP = no SR	360 clear cir A salto dismt				
Bonus	none no composition	none no composition	none	max 0.3 CV allowed D/E = C	max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=	10.0 C, VP, SR, no dismt	10.0 C, VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) VP, SR, no dismt

GENERAL COMPOSITION (8-10)

L 8 Lack elements achieve vertical	up to 0.2	vert						
L8-10 dismount up to the level of comp	up to 0.1	UTL→						
L9/10 facing same direction throughout (ex mt/dsmt)	0.1	dir						
L9/10 Choice of Elements - 2 out of 3								
1. Fwd circle/release (except dismt) B+	<table border="0"> <tr><td>2 elem</td><td>0.0</td></tr> <tr><td>1 elem</td><td>0.1</td></tr> <tr><td>0 elem</td><td>0.2</td></tr> </table>	2 elem	0.0	1 elem	0.1	0 elem	0.2	FGT
2 elem		0.0						
1 elem		0.1						
0 elem	0.2							
2. 3/6/7 element B +								
3. LA Turn w/wo flt min 180° C +								
L10- choice of release elem up to level comp (two diff D/E releases for no deduction)	up to 0.2	UTL						
L10- lack of 2 nd bar change	0.2	bchg						
L10- more than one squat/stoop LB jump to HB	each 0.1	N						
¾ giant with/without grip change	0.1							
Uncharacteristic elem (and breaks series)	ea 0.1							
--fwd on HB feet on LB, stand, w/w/o 1/2 turn; climb/crawl onto LB; squat on LB, 1/2 turn on feet to HB								

Connection Value (CV)

		(includes mt/dsmt)
L10	C + C = 0.1 Both elem must have LA or flight However, if both Gp 3/6/7, no LA/flt needed, but must be different	C + D = 0.1 <hr/> D + D = 0.2
L 9	C + C = 0.1 one/both elem w/o LA/flt. If none have LA/flt, must be different	C + C = 0.2 If both elem have LA/flight

ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E elem (no fall/spot). Not in SV-add to score and visibly indicate

Exceptions:

B for L6, L 7, L8:

B for L7, L8:

L6/7 allowed extra tap swing before fwd salto dismt

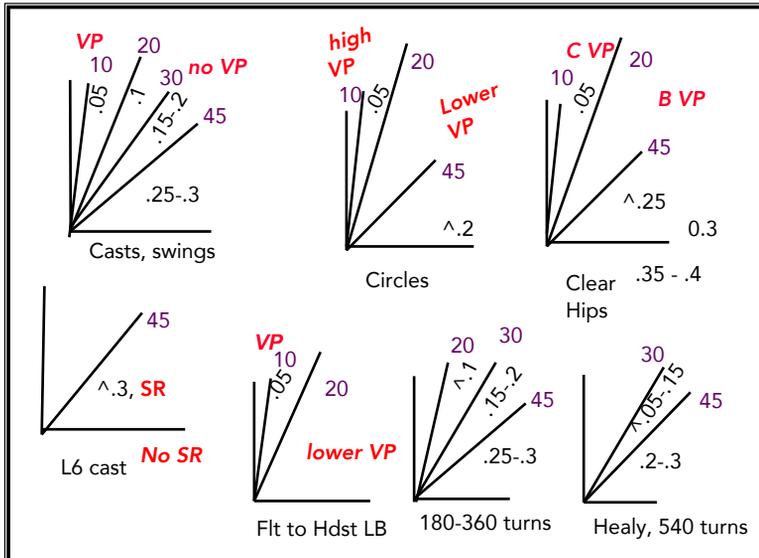
L7,8 no cast deduction before--

APPARATUS DEDUCTIONS

precision of hdst positions	up to 0.1	hdst
dynamics (energy, swingful, effortless)	up to 0.2	dy
extra swing/cast (max 0.5 for 1 elem)	ea 0.3	
swing fwd/bwd under horiz	ea 0.1	
amplitude of bar elements, releases	up to 0.2	
amplitude of salto dismounts	up to 0.3	
under rotation of release/flight elem	up to 0.1	
incomplete turn/twist salto dismt	up to 0.2	
rhythm in element/conn	up to 0.1	
hesitation in hdst or jump to HB	up to 0.1	
bent arms in support or legs	up to 0.3	
insuf extension of glides/sw to kip	up to 0.1	
insuf exact stretch (w arch or pike)	up to 0.2	
third run approach	0.5	
landing too close to bars on dismt	0.1	
failure to maintain stretched body in dismt (pikes down)	up to 0.2	
insuf extension (open) of N/V prior to land	up to 0.3	
no dismount of value (from SV)	0.3	
brush foot on apparatus/mat	up to 0.1	
hit foot on apparatus-----	0.2 on mat-----	0.3
grasp to avoid fall -----	0.3	
add'l trunk movements on landing	up to 0.2	
Coach between bars throughout exercise	0.1 CJ	
failure to remove bd/spot block	0.3 CJ	
exercise fewer than 5 VP elem	2.0 CJ	

Dismount UTL - no ded

L10 D/E + C dismt or D/E dismt
L9 C dismt
L8 B + A dismt or B dismt



45 sec fall time

J.O. Optional Balance Beam

	6	7	8	9	10
Value Parts	5A 1B any C = -0.5, no VP	5A 2B one dance C = B Rst C = -0.5, no VP	4A 4B dance C = B one acro C = B Rst C = -0.5, no VP	3A 4B 1C Dance D/E = C one acro D/E = C Rst D/E = -0.5, no VP	3A 3B 2 C
Special Reqmts 0.5 each	acro series w/o flt OR one acro flt elem (iso or in series)	acro series w/wo flt AND acro flight element	Acro series, 1 flt elem	Acro Series, 2 flt	Acro Series , 2 flt with one min C (or E flt and A non-flt)
No VP = no SR	Leap/jump 180 split 360° turn A salto/aerial dismt	Leap/jump 180 split 360° turn A salto/aerial dismt	Leap/jump 180 split 360° turn A salto/aerial dismt	Leap/jump 180° split 360° turn B salto/aerial dismt	Leap/jump 180° split 360° turn C dismount (or a B dismt dir conn to a C acro flight/dance elem or C acro series)
Bonus	none no composition	none no composition	none	Max 0.3 CV Allowed D/E = C	Max 0.4 CV/DV +0.1 D +0.2 E
SV Deduct=>	10.0 C, VP, SR, no dismt	10.0 C, VP, SR, no dismt	10.0 Rst C, VP, SR, no dismt	9.7 (+0.3 bonus) Rst D/E, VP, SR, no dismt	9.5 (+0.5 bonus) VP, SR, no dismt

Connection Value (CV)	2 acro flight no dismt	3 acro flight (try 2-acro bonus)	dance/mixed (acro flt, no dismt)	turns
+ 0.1	B + C (salto) no mount	B + B + C	A + D B + C	A + C
+ 0.2	C + C B + D/E C + D/E D + D	B + C + C B + B + D B + C + D	C + C B + D C + D	

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

ADDITIONAL BONUS: +0.1 must have 10 SV, 0.6+ bonus, 1 E acro (no fall/spot). Not in SV- add to score and visibly indicate

3-elem series CV BONUS: +0.1 land on beam (mount, but no dsmt), with min C salto/aerial or D/E flt w/wo hand support. In SV.

GENERAL COMPOSITION (8-10)		
Lack of dance series	0.2	dser
more than 2 dance of same shape 	ea 0.1	shp
more than 2 pivot (1/2) turns in exercise	0.1	⤵
Fail to perform acro in 2 diff dir (Fw/Sw and Bw) if only Fw/Sw or Bw in dismt	0.1	acro dir
choice of acro up to level of competition	up to 0.2	UTL
choice of dance up to level of comp	up to 0.2	UTLd
choice of dismount up to level of comp	up to 0.1	UTL→
Level changes	up to 0.1	Lvl
Spatially (whole beam)	up to 0.1	
Directionally (F/S/B choreg, movement)	up to 0.1	mvt dir

Up To Level of Competition – for no deduction:
L10: UTL 3-C ser or 2-Csal ser plus Csal and D/E flight (Csal can be a 2nd salto in 2-Csal ser)
 -or- D/E ser plus D/E
 UTLd C C C -or- C C D/E
 UTL→ B flt + C dismt -or- D/E flt + B dsmt -or- D/E dismt
L9: UTL 2-C ser plus C sal or D/E flt -or- Csal/aer ser plus C flight
 UTLd C C or C D/E
 UTL→ B flight + B dismt -or- C dismt
L8: UTL B + B plus A, B across
 UTLd B B A
 UTL→ B acro + A dismt -or- B dismt

Overtime deduction 0.1 CJ
L 8-10 - 1:30 -- warning 1:20 shorter than 30 sec = - 2.0 CJ
L7 - 1:20 -- warning 1:10
L6 - 1:15 -- warning 1:05 → shorter than 30 sec, 10 SV = -0.5 CJ

APPARATUS DEDUCTIONS		
relaxed body/leg posture, flexibility throughout	up to 0.3	B/L
relaxed/incorr footwork in non-VP	up to 0.2	ft
variation of rhythm and tempo throughout	up to 0.2	R
insuff sureness of performance throughout	up to 0.2	sure
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
incorrect body position in VP dance	ea up to 0.1	
legs not parallel to beam in split/strad L/J	ea up to 0.2	
lack of precision in VP dance	ea up to 0.1	
failure to perform turns in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
rhythm during dance/mix conn.	up to 0.2	
rhythm during acro conn.(counter, fwd/side)	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause – 2 sec = .1 more than 2 sec =	ea 0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3 grasp to prevent fall-----0.3		
add'l trunk movements on dismt landing	up to 0.2	
use supplement support (feet on floor or base)	0.3	
third run approach	0.5	
landing too close to beam on dismt	0.1	
direction of gainer dismount off end	up to 0.3	
no dismount of value (from SV)	0.3	
lands dismount on solid/loose foam pit – no VP and	0.3 CJ	

