

J.O. & Xcel -- Optional Vaulting

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

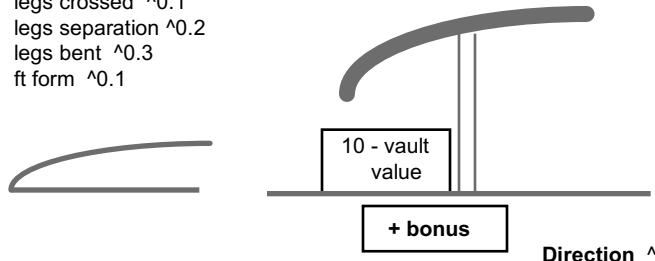
- bent legs (salto vaults) ^0.2
- shoulder angle ^0.2
- arms bent ^0.5 (except Tsuk)
- head touch 2.0 (includes arms)
- arched ^0.2
- step/hop hands ^0.3
- early twist ^0.3 (on table)
- Not achieve vertical ^0.3 (twist-on vaults)

- Height** ^0.5
- Distance** ^0.3 (check hand place)
-
- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^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
- ft form ^0.1

- staggered/alt hand ^0.1
- alt repulsion ^0.2

- non-salto:** ang of repulsion ^1.0
- too long support ^0.5



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

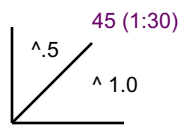
- Twists** -
- start twist late ^0.5 (after peak)
- exact twist ^0.1 (crisp)
- complete twist late ^0.3 (on mat) (Gps 1, 4&5 w/o salto)
-
- under rotate salto ^0.1

- Direction** ^0.3
- Dynamics** ^0.3

- Landing-** steps 0.1/0.2 ea, max 0.4 feet land max hip width and not close 0.05 feet land wider than hip width 0.1
 - staggered feet ^0.1
 - trunk movements ^0.2
 - extra arm swings ^0.1
 - squat ^0.3
 - body position ^0.2 (when feet land)
 - brush/touch floor ^0.3
 - brush/touch vault table ^0.2
 - falls/support with hand(s) ^0.5

- One hand on table-1.0 (at least 1/2 panel) - CJ
- No contact of hands on table- VOID // NCAA = -1.0
- Land standing/sitting/lying on table - VOID
- Coach between board and table -0.5 (except RO vaults)
- Coach aid landing -0.5
- Coach aiding vault -VOID // XG, XP, XD, NCAA = -1.0
- L8 only:** coach spot **post** flight = -1.0
- Failure to land feet first - VOID // NCAA = -1.0
- vault w/o judge's prior salute - take 0.5 off repeated vault
- 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
- Incorrect tape/excessive chalk on table or runway = 0.2 CJ

L6-10 non-salto vaults, XG, XP, XD :
 use also Too long support ^0.5
 L6-10 non-salto: angle of repulsion ^1.0



NCAA - one vault, allow 3 attempts (does not go over table)

sh									
arm	v								
arc									
	Tw	L							
Pk	stag	sup			ft				
L	alt				LCr	Tw - L			
LS	hop	ang		H	LS	-ex			
LCr	T	Head		D	L	-C			
Tw					B (T/P/S)				
ft					op	rot			

Range -- Average decides

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

Touch warm-up = 2 vaults L6-7
 3 vaults, L 8-10

Timed warmup - starts either when stand to salto off table or run-touch board. Not includes drills/run past table on runway before starting.

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

Balk = run approach that does NOT come to a rest or support on top of the table. 2nd /3rd balk = VOID 0.0
 -- allowed 3 approaches to do 1 OR 2 vaults