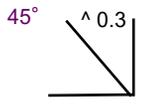


# Level 6 & 7 Vaulting

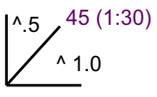
Except Tsuk entry



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

- 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

- ang of repulsion ^1.0
- too long support ^0.5



**Height** ^0.5  
**Distance** ^0.3

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

maintain prescribed body position ^0.3  
failure to maintain neutral head ^0.1  
brush/touch vault table ^0.2

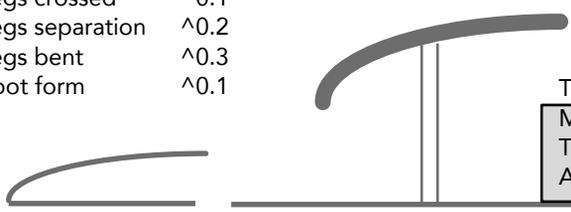


Table height – 115 – 135 cm  
Mat stack – 32 in – 60 in height, include base mat.  
Top layer must be 4 inch skill cushion.  
At end of mat stack, 8 inch skill cushion

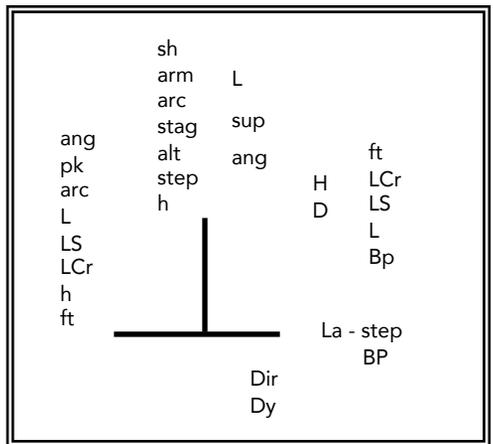
**Direction** ^0.3 (at initial contact of mat)  
**Dynamics** ^0.3

- One hand on table (at least 1/2 panel) --1.0 CJ
- No contact of hands on table = VOID
- Failure to land feet first = 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
- Land standing/sitting/lying on table = VOID

(allowed continued steps/rolls direction of momentum of the vault; finish in controlled standing position)



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. 2<sup>nd</sup> /3<sup>rd</sup> balk = VOID  
-- allowed 3 approaches to do 1 OR 2 vaults