

# 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)

staggered/alt hand ^0.1  
 alt repulsion ^0.2

Height ^0.5  
 Distance ^0.3

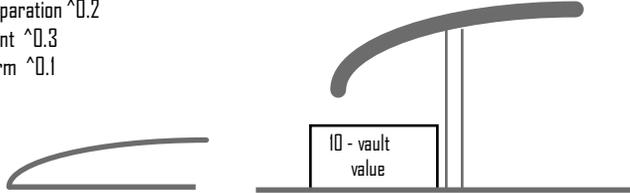
legs crossed ^0.1  
 legs separation ^0.2  
 legs bent ^0.3  
 foot form ^0.1

**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:** ang of repulsion ^1.0  
 too long support ^0.5



+ bonus

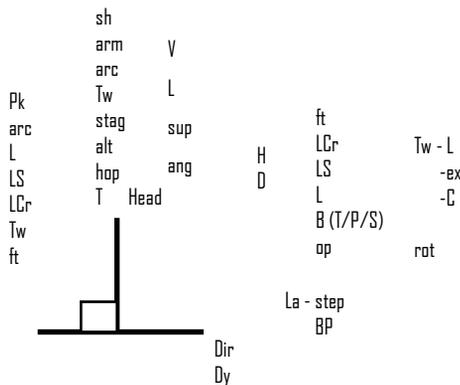
Direction ^0.3  
 Dynamics ^0.3

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 RD vaults)  
 Coach aid landing -0.5  
 Coach aiding vault = VOID --- **XG, XP, XD = -1.0**  
**LB only:** coach spot **post** flight = -1.0  
 vault w/o judge's prior signal - take 0.5 off repeated vault (CJ)  
 no safety zone (RD 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

**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  
 squat ^0.3  
 body posture ^0.2 (when feet land)  
 brush/touch floor ^0.3  
 brush/touch vault table ^0.2  
 falls/support with hand(s) ^0.5

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

45 (1:30)  
 ^0.5  
 .55-1.0



## 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

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

**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

**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