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)

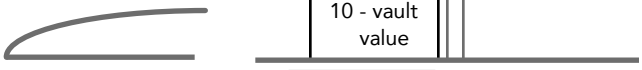
staggered/alt hand) ^0.1
alt repulsion ^0.2

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

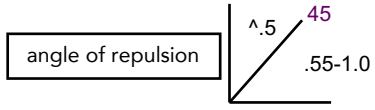
non-salto: too long support ^0.5
(L8-10) ang of repulsion ^1.0

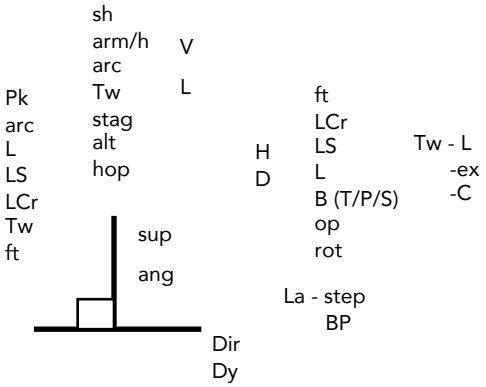


Direction ^0.3
Dynamics ^0.3

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/support with hand(s) on floor 0.5
Land standing/sitting/lying on table= VOID

One hand on table (at least ½ 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





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

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

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.

J. Doucette 9/18