

Levels 6 & 7 Vaulting

45 (1:30)

^.5
^ 1.0

when hands leave the table, angle of hands through hips. If there is a shoulder angle, then shoulder through hips

Except Tsuk entry

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

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

Height ^ 0.5

Length ^ 0.2 (center of mass at initial contact on mat stack)

Failure to create **rotation** ^0.3

maintain prescribed body position (excessive arch/pike) ^0.5

legs crossed ^0.1

legs separation ^0.2

legs bent ^0.3

foot form ^0.1

neutral head ^0.1

Table height – up to 135 cm

Mat stack – 32 in – 60 in height, include base mat.

Top layer must be minimum 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 see) --1.0 CJ

Brush/touch vault table ^0.2

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

Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)

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

Failure to use safety zone (RO vaults) = VOID

Failure to use mat stack = VOID

Incorrect tape/excessive chalk on table or runway - 0.2 CJ

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

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2nd vault attempt allowed

Quick symbols

sh	arm	L
arc	stag	V
L	alt	H
LS	step	D
LCr	h	Rot
ft	sup	LS
h	ang	LCr
pk		ft
arc		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: a mount onto table for jump off table or with run/touch springboard.

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 off per gymnast before time; ONE run back after present to judges..