




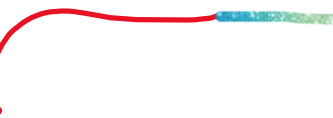
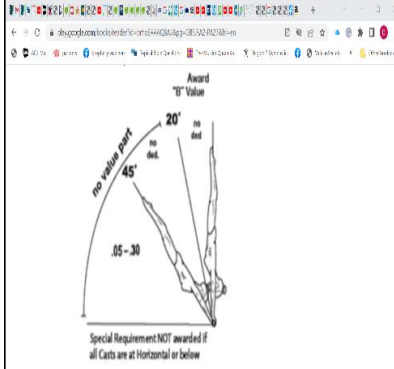


## 6/7 VAULT

GENERAL	FIRST FLIGHT	SUPPORT PHASE	SECOND FLIGHT	LANDING
Dev from straight line ^0.3 Dynamics ^0.3  <b>IN EACH PHASE</b> Feet ^0.1 Legs apart ^0.2 Legs bent ^0.3 Head out 0.1	Excessive arch ^0.2 Hip angle ^0.3	Staggered hands ^0.1 Shoulder angle ^0.2 Excessive arch ^0.2 Hip angle ^0.3 Arch ^0.2 Alt repulsion ^0.2 Hand steps <u>0.1</u> (max <u>0.3</u> ) Hop both hands <u>0.3</u> Fail to pass thru vert ^0.3 Bent arms ^0.5 Head contact table <u>2.0</u> 1 hand touch <u>1.0</u> Too long in support ^0.5 Angle of repulsion ^1.0	Brush/hit body table <u>0.2</u> Insuff length ^0.2 Fail create rotation ^0.3 Fail maintain body pos ^0.5	Body position ^0.5 Alt feet <u>0.2</u> Each hop/step <u>0.1</u> (MAX 0.4) Fail land on mat stack <u>1.0</u> Land on table VOID Fail to land feet first: - FHS VOID - Level 6 VOID - Level 7 NO deduction

Gymnast:	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>
			
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LEVEL 6 BARS (Warmup: 1:30)

<ol style="list-style-type: none"> <li>1. Cast 45 ° ^ horizontal (above horizon fulfills SR)</li> <li>2. 1 bar change</li> <li>3. One 3/6/7 clear circling element</li> <li>4. "A" salto dismount</li> </ol>	<p><b>Allowable:</b> 5 A's (0.1) 1 B (0.3)</p> <p><b>Restricted:</b> C/D/E Flight/release</p>	<p>Extra swings 0.3 (max 0.5/occurrence) Swing under horizontal ^0.1 Insuff extension of glide swing ^0.1 Hesitation of jump to HB^0.1 Landing too close to bar <u>0.1</u> Touch/brush of bars^0.1 Hit bars 0.2 Hit mat 0.3</p>	 <p>The diagram shows a gymnast's cast from a vertical position to a horizontal position. Key angles and requirements are labeled: 'no viable point' at the start, '45°' at the peak, and '20°' at the end. It also notes 'Award "B" Value' and 'Special Requirement NOT awarded if all Casts are at Horizontal or below'.</p>	<p><b>Dynamics:</b> -insuff swingful execution -energy not maintained -fail to make difficult look effortless</p> <p>Rhythm in elem/connect ^0.1 each</p>
Gymnast:	Start Value:	Execution:	Dynamics:	Score:

Gymnast:	Start Value:	Execution:	Dynamics:	Score:
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Level 6 Beam (Warmup: 130, Time: 1:15)

<u>Special requirements:</u> 1. Acro series/flight 2. 180° leap/jump 3. 360° turn 4. "A" dismount	<u>Value Parts:</u> Five A's 0.1 One B 0.3  C = B	<u>Allowable Difficulty:</u> A's B's 1 C dance counts as B	<u>Concentration</u> <u>pause:</u> 2 seconds 0.1 > than 2 seconds 0.2	-Inc body pos/align/pos in nonvalue parts throughout ^0.3 -Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 -Deviation from st direction on dmnt: 0.1	<u>Artistry/Presentation :</u> -Lack of variety in choreo: ^0.1 -- Quality of movement: ^0.1 -Quality of expression: ^0.1 Insuf rhythm/tempo throughout: ^0.2 Insuf Sureness throughout: ^0.2 Insufficient dynamics: ^0.2 Energy maintained through exercise (makes difficult look effortless)
Gymnast:	Start Value:	Execution:	Dynamics:	Score:	

Gymnast:	Start Value:	Execution:	Dynamics:	Score:
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Gymnast:	Start Value:	Execution:	Dynamics:	Score:
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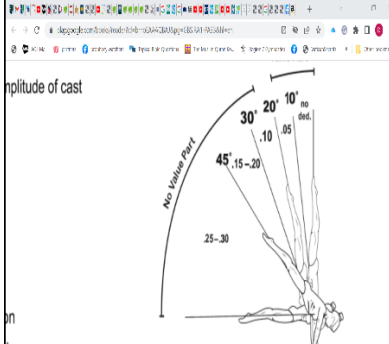
Level 6 Floor (Warmup: 130, Time: 1:15)

<b>Special requirements:</b> 1. Acro pass 3 elem, 2 w/ft 2. 2nd pass w salto/aerial 3. 360o turn (1 foot) 4. Dance pass w 180o leap	<b>Value Parts:</b> Five A's 0.1 One B 0.3  C = B	<b>Allowable Difficulty:</b> A's B's 1 C dance counts as B	Hold end pose 1 sec: <u>0.05</u>  Sync music w end pose: <u>0.1</u>  Conc. Pause 2 sec: <u>0.1</u> ea	-Inc body pos/align/pos in nonvalue parts throughout ^0.3 -Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 -Deviation from st direction on dmnt: 0.1 -Poor relation music/movement through: ^3	<b>Artistry/Presentation :</b> -Lack of variety in choreo: ^0.1 - -Quality of movement: ^0.1 -Quality of expression: ^0.1 Insuf rhythm/tempo throughout: ^0.2 Insuf Sureness throughout: ^0.2 Insufficient dynamics: ^0.2 Energy maintained through exercise (makes difficult look effortless)
Gymnast:	Start Value:	Execution:	Artistry/Dynamics/Rhythm:	Score:	

Gymnast:	Start Value:	Execution:	Artistry/Dynamics/Rhythm:	Score:
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Gymnast:	Start Value:	Execution:	Artistry/Dynamics/Rhythm:	Score:
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LEVEL 7 BARS (Warmup: 1:30)

<ol style="list-style-type: none"> <li>1. Cast to HS (cast 45° above horizon fulfills SR)</li> <li>2. One 3/6/7 clear circling element</li> <li>3. One 3/6/7 clear circling element</li> <li>4. "A" salto dismount</li> </ol>	<p><b>Allowable:</b> 5 A's (0.1) 2 B's (0.3) Allowed C's = B</p> <p><b>Restricted:</b> -Additional C's -D/E</p>	<p>Extra swings 0.3 (max 0.5/occurrence) Swing under horizontal ^0.1 Insuff extension of glide swing ^0.1 Hesitation of jump to HB^0.1 Landing too close to bar <u>0.1</u> Touch/brush of bars^0.1 Hit bars 0.2 Hit mat 0.3</p>		<p><b>Dynamics:</b> -insuff swingful execution -energy not maintained -fail to make difficult look effortless</p> <p>Rhythm in elem/connect ^0.1 each</p>
Gymnast:	Start Value:	Execution:	Dynamics:	Score:

Gymnast:	Start Value:	Execution:	Dynamics:	Score:
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Level 7 Beam (Warmup: 130, Time: 1:20)

<u>Special requirements:</u> 1. Acro series & flight 2. 180° leap/jump 3. 360° turn 4. "A" dismount	<u>Value Parts:</u> Five A's 0.1 Two B's 0.3  C = B	<u>Allowable Difficulty:</u> A's B's C dance counts as B	<u>Concentration</u> <u>pause:</u> 2 seconds 0.1 > than 2 seconds 0.2	-Inc body pos/align/pos in nonvalue parts throughout ^0.3 -Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 -Deviation from st direction on dmnt: 0.1	<u>Artistry/Presentation :</u> -Lack of variety in choreo: ^0.1 -- Quality of movement: ^0.1 -Quality of expression: ^0.1 Insuf rhythm/tempo throughout: ^0.2 Insuf Sureness throughout: ^0.2 Insufficient dynamics: ^0.2 Energy maintained through exercise (makes difficult look effortless)
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Level 7 Floor (Warmup: 130, Time: 1:20)

<b>Special requirements:</b> 1. 2. Min 2 acro passes - 1 salto back min 2 elem - 1 salto fwd - 1 salto stretched fwd / bwd 3. Dance Pass min 2 diff with 1 180o leap 4. 360o turn (1 foot)	<b>Value Parts:</b> Five A's 0.1 Two B's 0.3  C = B	<b>Allowable Difficulty:</b> A's B's C dance counts as B	Hold end pose 1 sec: <u>0.05</u>  Sync music w end pose: <u>0.1</u>  Conc. Pause 2 sec: <u>0.1</u> ea	-Inc body pos/align/pos in nonvalue parts throughout ^0.3 -Relaxed / incorrect footwork on nonVPs throughout exercise: ^0.3 -Deviation from st direction on dmnt: 0.1 -Poor relation music/movement through: ^,3	<b>Artistry/Presentation :</b> -Lack of variety in choreo: ^0.1 - -Quality of movement: ^0.1 -Quality of expression: ^0.1 Insuf rhythm/tempo throughout: ^0.2 Insuf Sureness throughout: ^0.2 Insufficient dynamics: ^0.2 Energy maintained through exercise (makes difficult look effortless)
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Gymnast:	Start Value:	Execution:	Artistry/Dynamics/Rhythm:	Score:
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