

NCAA VAULT – 2025

VAULT # _____

Description: _____

- _____ Bonus +0.1 (no Bonus for NCAA vaults)
- _____ Attempt #1 (touch Board or Table w/o going over the Table)
- _____ Attempt #2 (touch Board or Table w/o going over the Table)
- _____ Attempt #3 (touch Board or Table AND goes over the Table)

EXECUTION – taken by each judge

- __. __ (1.0) Lands not to sole of feet, includes fall (example knees, seat)
- __. __ (1.0) One Hand or No Hands touch
- __. __ (1.0) Spot during the vault

____. ____ **START VALUE**

- __. ____ Execution

____. ____ **SCORE AVERAGE**

- __. ____ (0.5) Vault without Signal, repeat the Vault, (C.J. deduction)

____. ____ **FINAL AVERAGE**

What if...during the gymnast's run a meet helper runs across the runway and gymnast continues and performs a vault?

What if...while waiting to vault, gymnast perform standing back tuck on the vault runway?

What if...scores are Out of Range with different Start Values and Judges cannot agree?

What if...during the gymnast's run, she injures herself on the runway, is she allowed a 2 minute injury assessment?

NCAA BARS – 2025

Record the Number of Elements _____

VALUE PARTS (VP)

-___.__ (-0.1) x ___ A3

-___.__ (-0.3) x ___ B3

-___.__ (-0.5) x ___ C2

-___.__ **Value Parts from 9.4**

SPECIAL REQUIREMENTS (0.2)

-___.__ 2 Bar Changes

-___.__ 2 Flight Elements (C/D)

-___.__ C-Turn

-___.__ Dismount – C → C

-___.__ NO Dismount (0.3)

-___.__ **Spec. Requirements from 9.4**

COMPOSITION (MAX. 0.25)

-___.__ 0.1 UTL

-___.__ 0.1 Variety of Elements

-___.__ 0.05 Distribution

-___.__ **Composition from SV**

EXECUTION

-___.__ Fall

-___.__ Execution

-___.__ **Execution from SV**

Script Routine:

CALCULATION

9.4 STARTING SCORE

+___.__ BONUS (CV or D/E)

STARTING SCORE + BONUS

-___.__ Value Parts

-___.__ Special Requirements

START VALUE

-___.__ Composition

-___.__ Execution & Artistry

SCORE AVERAGE

-___.__ Short Exercise(- 2.0 C.J.)
(less than 5 elements)

FINAL AVERAGE

NCAA BEAM – 2025

Record the Time _____

VALUE PARTS (VP)

- __.__ (-0.1) x __.____ A3
- __.__ (-0.3) x __.____ B3
- __.__ (-0.5) x __.____ C2

-__.__ **Value Parts from 9.4**

SPECIAL REQUIREMENTS (0.2)

- __.__ Acro Series w/C
- __.__ Dance / Mixed Series
- __.__ 180° Leap/Jump
- __.__ Full Turn
- __.__ Dismount C or D+B
- __.__ NO Dismount (0.3)

-__.__ **Spec. Requirements from 9.4**

COMPOSITION (MAX. 0.5)

- __.__ 0.1 Forward/Side VP
- __.__ 0.1 Backward VP
- __.__ 0.1 UTL (acro level)
- __.__ 0.05 Space
- __.__ 0.05 Choreography Directions
- __.__ 0.05 Level Changes
- __.__ 0.05 Distribution

-__.__ **Composition from SV**

EXECUTION & ARTISTRY

- __.__ Fall
- __.__ Execution
- __.__ Artistry → 0.3

-__.__ **Execution & Artistry from SV**

Script Routine:

CALCULATION

 9.4 STARTING SCORE

+ BONUS (CV or D/E)

 STARTING SCORE + BONUS

- Value Parts

- Special Requirements

 START VALUE

- Composition

- Execution & Artistry

 SCORE AVERAGE

- Short Exercise (- 2.0 C.J.)
(less than 30 seconds)

 FINAL AVERAGE

NCAA FLOOR – 2025

Record the Time _____

VALUE PARTS (VP)

- __.__ (-0.1) x __.____ A3
- __.__ (-0.3) x __.____ B3
- __.__ (-0.5) x __.____ C2

-__.__ **Value Parts from 9.4**

SPECIAL REQUIREMENTS (0.2)

- __.__ 2 Salto Series
- __.__ 3 Different Saltos
- __.__ Dance Pass with 180° Leap
- __.__ **2 Different Diagonal Acro Passes**
- __.__ Last Salto - C
- __.__ NO Dismount (0.3)

-__.__ **Spec. Requirements from 9.4**

COMPOSITION (MAX. 0.5)

- __.__ 0.1 Forward/Side Salto
- __.__ 0.1 Backward Salto
- __.__ 0.1 UTL
- __.__ 0.1 Dance Bonus
- __.__ 0.05 Use of Floor Area
- __.__ 0.05 Distribution

-__.__ **Composition from SV**

EXECUTION & ARTISTRY

- __.__ Fall
- __.__ Execution
- __.__ Artistry → 0.3

-__.__ **Execution & Artistry from SV**

Script Routine:

CALCULATION

9.4 STARTING SCORE

+__.__ BONUS (CV or D/E)

STARTING SCORE + BONUS

- __.__ Value Parts
- __.__ Special Requirements

START VALUE

- __.__ Composition
- __.__ Execution & Artistry

SCORE AVERAGE

- __.__ Out of Bounds (0.1)
- __.__ Short Exercise(- 2.0 C.J.)
(less than 30 seconds)

FINAL AVERAGE