

GENERAL

VAULT

Spotting

- Touch & Assist
- deduct .5 for spot (touch)
- no VP credit is given
- no credit for ER/Bonus
- Touch w/ No Assist
- deduct . 5 for spot (touch)
- give VP credit
- give credit for ER/BBS
- Catch Falling Gymnast - if fall and spot occur simultaneously, deduct only for the fall

| Difficulty Required | | | |
|---|------------|--|--|
| 1 HS/AHS@ .3 | .3 | | |
| 3S @.5 | 1.5 | | |
| 4M @.3 | <u>1.2</u> | | |
| Total | 3.0 | | |
| Higher value elements may be used to replace missing lower value elements on a one-to-one basis and will retain their value | | | |
| | | | |

| Below 7.0 1.0 • Average score determ |
|---|
| Average score determ |
| Average score determ the range |
| |
| |

Equipment Failure

Includes broken/torn handgrip (not incl. bandages or footwear)

- If Gymnast Stops - may repeat entire routine after reasonable amount of rest (CJ determines time)
- If Routine is Completed
 - gymnast decides whether or not to repeat her routine prior to receiving her score
 - if repeated, second
 - score is final

Direction

Dynamics

Landing-

up to .5

up to .3

GENERAL

- Height of table = 100 cm 135 cm
- Spotting Spotting block or folded panel mat may be used.
- One hand placement mat may be placed on runway for RO vaults only
- · Pistons/pedestal (vertical uprights) must be padded

APPROACHES

- Balk (no touch of board or table) counts as an attempt (board safety mat/hand placement mat are not part of apparatus)
- Balk (with touch of board or table) is a void vault
- · 3 attempts to complete one or both vaults-
- balk vault vault vault balk vault

touches-balk-balk } score is 0

balk - balk - vault] OK but balk - vault - balk no 2nd vault - balk - balk

PERFORMANCE

Arched Body

Incomplete Twist

- 2 vaults, same or different; average each, better score counts
- Vault value determined by vault performed.

up to .2

up to .3

Add'l hand placements

One hand vault (CJ)

Twist too soon

- Body position for majority of vault determines vault performed.
- No penalty for not announcing vault or for performing a different vault than announced
- Vault w/o signal from Chief Judge -0.5 from next vault performed (Vault w/o signal does not count as one of the 3 attempts)

ROUND-OFF ENTRY VAULTS

- Coach <u>must</u> be present as a spotter
- · Board safety mat must be around front and sides of board

MISCELLANEOUS

- · Run with touch of board/table but no vault VOID
- Touch of only one hand 1.0 CJ
- No contact on table VOID
- Spotting that does not facilitate or spot on landing 0.5
- Spotting assistance/facilitating vault VOID (ex: handspring)
- Not to feet first landing on any vault VOID (feet first = any part of the bottom of the feet) (if hands/feet land simultaneously - do not void)

LANDING DEDUCTIONS

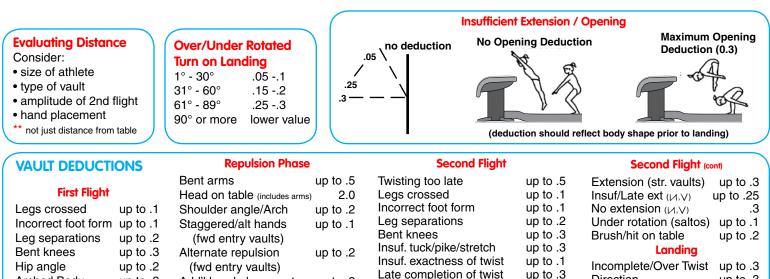
| Extra arm swings | up to .1 |
|--------------------------------|----------|
| Add'I trunk movements | up to .2 |
| Body posture on landing | up to .2 |
| Slight hop/adjustment | up to .1 |
| Extra steps (up to .4) | .1 each |
| Large step/jump (3' or more) | .2 |
| Squat on landing | up to .3 |
| Brush/touch w/hand(s) | up to .3 |
| (no support) | |
| Support on mat w/1 or 2 hands | .5 |
| Fall to knees/hips | .5 |
| Fall against apparatus | .5 |
| Land in sit/lie/stand on table | VOID |
| | |

2014-2016

up to .3

up to .3

(see above)



Height

Length

up to .3

up to .3

1.0