

GENERAL

Spotting

- Touch with Assist**
 - deduct .5 for spot (assist)
 - 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
3 S @ .5	1.5
4 M @ .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

Range of Scores

9.5 - 10.0	.2
8.5 - 9.475	.3
7.0 - 8.475	.5
Below 7.0	1.0

- Average score determines the range

Equipment Failure

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

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

VAULT

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
- Tape or velcro (max. 2"x3"), (no chalk), may be placed on runway and must be removed at the end of the rotation.
- Tape, excessive chalk, or other substances are not permitted on table.

PERFORMANCE

- 2 vaults, same or different; average each, better score counts
- Vault value determined by vault performed.
- 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)
- Coach between board and table = -0.5

ROUND-OFF ENTRY VAULTS

- Safety zone mat must be around front and sides of board
- Judging begins with takeoff from board

2020-2022

Over/Under Rotated Turn on Landing

1° - 30°	.05 -.1
31° - 60°	.15 -.2
61° - 89°	.25 -.3
90° or more	diff. vault

BALKS

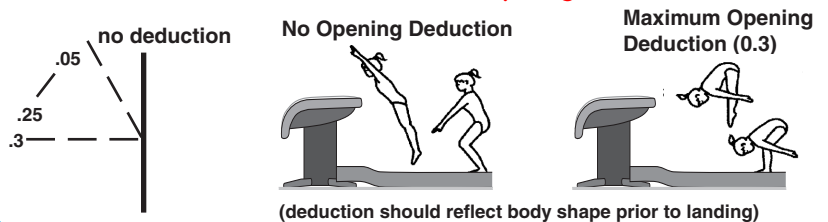
- Balk is an attempt **w/wo** touch of board, table, hand placement mat, or safety zone mat that does **not** result in rest or support on top of vault table (fall on runway is considered a balk)
- 3 attempts to complete one or both vaults
- No 4th attempt allowed

balk - balk - vault	} OK	balk - balk - vault	} OK but no 2nd vault
balk - vault - vault		balk - vault - balk	
vault - balk - vault		vault - balk - balk	
balk-balk-balk } score is 0			

FACILITATING VAULTS

- Spotting that does not facilitate or spot on landing - 0.5
- Spotting assistance/facilitating vault - VOID (ex: handspring - 1st and/or 2nd flight = -1.0 each time) (ex: salto vaults - 1st flight = VOID; 2nd flight = -1.0)

Insufficient Extension / Opening



VAULT DEDUCTIONS (Vertical Vaults)

First Flight

Legs crossed	up to .1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Hip angle (pike)	up to .2
Arched Body	up to .2
Incomplete Twist	up to .3

Repulsion Phase

Bent arms	up to .5
Head on table (includes arms)	2.0
Too long in support (non-salto vaults)	up to .5
Legs bent in support (salto vaults)	up to .2
Shoulder angle	up to .2
Arched body	up to .2
Not thru vertical	up to .3
Alternate repulsion (fwd entry vaults)	up to .2
Staggered/alt hands (fwd entry vaults)	up to .1
Add'l hand placements	up to .3
Twist too soon	up to .3
One hand vault (CJ)	1.0
No hand contact	VOID

Second Flight

Twist begun late	up to .5
Legs crossed	up to .1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Insuf. tuck/pike/stretch	up to .3
Insuf. exactness of twist	up to .1
Late completion of twist	up to .3
Height	up to .5
Length	up to .3
Extension (str. vaults)	up to .3
Insuf/Late ext (U,V)	up to .25
No extension (U,V)	.3
Under rotation (saltos)	up to .1
Brush/hit on table	up to .2

Landing

Incomplete/Over Twist	up to .3
Direction	up to .3
Dynamics	up to .3
Slight hop/adjustment/feet staggered	up to .1
Extra arm swings	up to .1
Add'l trunk movements	up to .2
Body posture on landing	up to .2
Extra steps (max .4)	.1 each
Large step/jump (3'+, max .4)	.2 each
Squat on landing	up to .3
Brush/touch w/hand(s) on mat (no support)	up to .3
Fall/support on mat w/ hand(s)	.5
Fall to knees/hips	.5
Fall against apparatus	.5
Land in sit/lie/stand on table	VOID
Not to feet first landing	VOID

** Feet first = any part of the bottom of the feet (if hands/feet land simultaneously - do not void)