GENERAL



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 3 S @ .5 1.5 @ .3 4 M 1.2 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

.2 9.5 - 10.0 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 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

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

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

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)

ROUND-OFF ENTRY VAULTS

- Coach must 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'l 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

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(see above)

Evaluatina Distance

Consider:

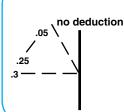
- size of athlete
- type of vault
- amplitude of 2nd flight
- hand placement

Legs crossed

** not just distance from table

Over/Under Rotated Turn on Landing

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

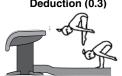


Insufficient Extension / Opening

No Opening Deduction



Maximum Opening Deduction (0.3)



(deduction should reflect body shape prior to landing)

Landing-

VAULT DEDUCTIONS

First Flight

up to .1

Incorrect foot form up to .1 Leg separations up to .2 up to .3 Bent knees Hip angle 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
Shoulder angle/Arch	up to .2
Staggered/alt hands	up to .1
(fwd entry vaults)	
Alternate repulsion	up to .2
(fwd entry vaults)	
Add'l hand placements	up to .3
Twist too soon	up to .3
One hand vault (CJ)	1.0

Twisting too late Leas crossed Incorrect foot form Leg separations Bent knees Insuf. tuck/pike/stretch Insuf. exactness of twist Late completion of twist Height Length

Second Flight

up to .5 up to .1 up to .1 up to .2 up to .3 up to .3 up to .1 up to .3 up to .5 up to .3

Second Flight (cont)

Extension (str. vaults)	up to .3	
Insuf/Late ext (\(\nu,\nu)\)	up to .25	
No extension (⋈,∨)	.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	