



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
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 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	}	OK	balk - balk - vault	}	OK	but	balk - vault - balk	}	no 2nd	vault
vault - balk - vault			vault - balk - balk				vault - balk - balk			
- 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) (no support)	up to .3
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

Evaluating Distance

- Consider:
- size of athlete
 - type of vault
 - amplitude of 2nd flight
 - hand placement
- ** not just distance from table

Over/Under Rotated Turn on Landing

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

Insufficient Extension / Opening

no deduction

.05
.25
.3

No Opening Deduction

Maximum Opening Deduction (0.3)

(deduction should reflect body shape prior to landing)

VAULT DEDUCTIONS

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	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 (fwd entry vaults)	up to .1
Alternate repulsion (fwd entry vaults)	up to .2
Add'l hand placements	up to .3
Twist too soon	up to .3
One hand vault (CJ)	1.0

Second Flight

Twisting too 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

Second Flight (cont)

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
Landing—	(see above)