

# **Level 9-10 Vault**

2018-2022

# VAULT

- May perform 1 or 2 vaults
- Vaults may be the same or different
  - Each vault is scored separately
  - The better score is counted
- Three attempts (*approaches*) to complete 1 or 2 vaults.

# BALK

A balk is a running approach that results in:

- A fall during the run
  - Stop mid-run
  - Runs off the runway
  - Contacting board or table WITHOUT coming to rest or support on top of the table.
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- One balk is allowed without penalty.
  - The 2<sup>nd</sup> and 3<sup>rd</sup> balks will be a void vault (0.0)

# INCOMPLETE or VOID VAULT



- Rebound from board to place hands on top of table shifting weight over hands in support, but doesn't drive her heels overhead. Finishes in a squat on the table or lands back on the board.
- Flight from board to a near handstand, and runs out of momentum. Steps down to table or lands back on the board.
- Gymnast steps are off but cannot stop her speed and "belly slides" on top of the table.


# VOID VAULT



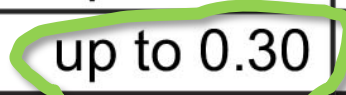
- Neither hand makes contact with the table
- Not landing on feet first = any part of the bottom of the feet
  - Vault is scored if landing on hands and bottom of the feet at the same time
- Lands sitting, standing, or lying on top of the table.

No Deduction	BALK #1: run approach without coming to rest or support on top of the Table
VOID	BALK #2 or BALK #3
<u>0.50</u>	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts <u>0.50</u> from Average of next completed Vault
<u>0.50</u>	COACH STANDING BETWEEN BOARD AND TABLE <u>EXCEPTION</u> : no deduction, if Gymnast performs a Round-off (Yurchenko) entry Vault at LEVEL 8 / 9 / 10.
VOID <u>1.00</u>	SPOTTING ASSISTANCE DURING THE VAULT <u>EXCEPTION</u> : LEVEL 8 ONLY Spotting Assistance in post-flight of SALTO Vaults ONLY
<u>0.50</u>	SPOTTING ASSISTANCE UPON LANDING
VOID <u>0.50</u>	FAIL TO LAND on any part of the Bottom of the Feet First. Vault is scored if Gymnast falls, landing on hands and bottom of feet simultaneously.
VOID	RESTRICTED VAULT PERFORMED for LEVEL 8 / 9
VOID	USE OF ALTERNATIVE SPRINGBOARD (trampoline-like / junior board)
VOID	FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults







# 1<sup>st</sup> Flight



up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
up to 0.10	<u>INCORRECT LEG FORM</u>
up to 0.20	Legs Crossed
up to 0.20	Legs Separated
up to 0.30	Legs Bent
up to 0.20	<u>POOR TECHNIQUE</u>
up to 0.20	Hip Angle
up to 0.20	Arched Body
up to 0.30	INCOMPLETE LA TURN



# Support Phase (1)


	<u>POOR TECHNIQUE</u>
up to 0.10	 Staggered / Alternate Hand Placement on all Vaults,  <u>Except</u> Group 3 Vaults and <u>Except</u> Group 5 Vaults with $\frac{3}{4}$ turn on – 1/1 turn on Salto off
up to 0.20	Shoulder Angle
up to 0.20	Arched Body
up to 0.20	 Alternate Repulsion from Hands on all Vaults,  <u>Except</u> Group 3 Vaults <u>Except</u> Group 5 Vaults with $\frac{3}{4}$ turn on – 1/1 turn on Salto off
up to 0.30	Legs Bent (in support) or Early Tuck (Salto Vaults)
up to 0.30	PREScribed LA TURN BEGUN TOO EARLY
each <u>0.10</u> (max <u>0.30</u> )	 ADDITIONAL HAND PLACEMENTS (steps / hops on hands) 
up to 0.50	BENT ARMS (bent $90^\circ$ or more = maximum deduction) slight lead-arm bend allowed on Group 3 Vaults



# Just like Compulsory Support Phase (2)

up to 0.50	TOO LONG IN SUPPORT LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
up to 1.00	<u>ANGLE OF REPULSION APPLIES TO:</u> LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
No Deduction	If the Gymnast leaves the Vault Table: By Vertical
0.05 – 0.50	1° to 45° Past Vertical
0.55 – 1.00	46° Past Vertical to Horizontal
<u>1.00</u>	TOUCH WITH ONLY ONE HAND ON THE TABLE. Chief Judge takes the deduction if half of the Panel sees only one hand touch.
<u>2.00</u>	HEAD CONTACTING TABLE during Support Phase Includes <u>0.50</u> deduction for extreme Arm Bend
VOID	NO HAND CONTACT ON THE TABLE

# 2<sup>nd</sup> Flight (1)



up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
up to 0.10	<u>INCORRECT LEG FORM</u>
up to 0.20	Legs Crossed
up to 0.20	Legs Separated
up to 0.30	Legs Bent
	INSUFFICIENT EXACTNESS OF BODY POSITION
up to 0.30	Insufficient <u>TUCK</u> = min. 90° bend in hip & knees Except twists in tuck position, allow open “puck” position
up to 0.30	Insufficient <u>PIKE</u> = min. 90° bend in hips 91° – 135° = insufficient pike
up to 0.30	Insufficient <u>STRETCH</u> = 180°(ideal) Greater than 135° is considered stretched position Hip Angle 136° – 179° = Insufficient Stretch position or Arched Body Position
up to 0.30	FAILURE TO MAINTAIN STRETCHED BODY (pike down of stretched Vaults to facilitate landing)

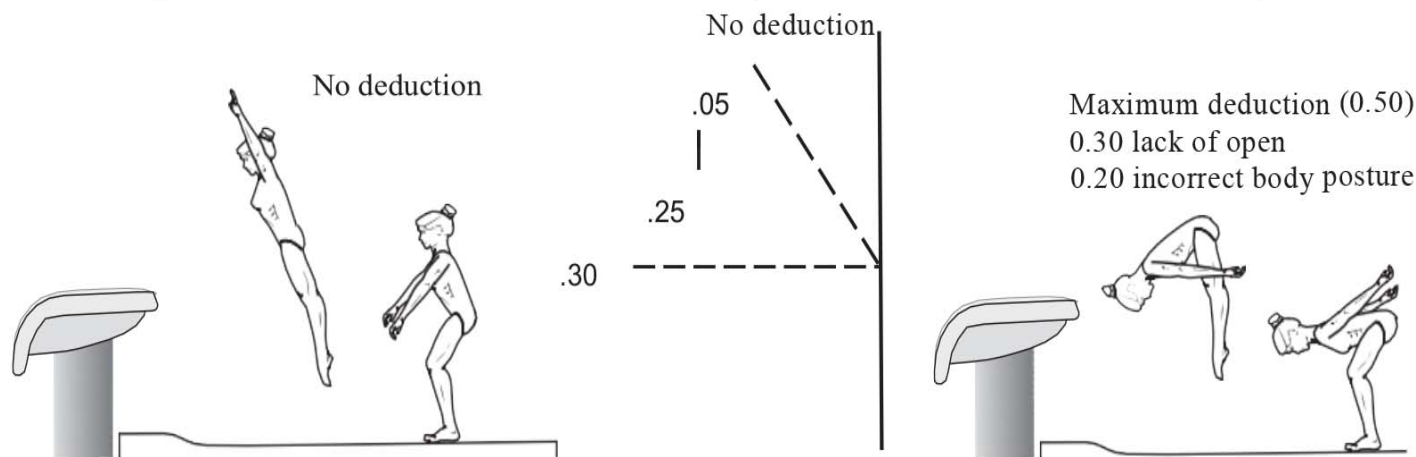
# 2<sup>nd</sup> Flight

up to 0.25	<u>INSUFFICIENT EXTENSION (OPEN)</u> Before Landing
<u>0.30</u>	Insufficient and / or Late Extension (Tuck / Pike Vaults) Total Absence of Extension (Tuck / Pike Vaults)
<u>0.10</u>	UNDER-ROTATION OF SALTO VAULTS
up to 0.10	INSUFFICIENT EXACTNESS OF LA TURN
up to 0.30	LATE COMPLETION OF THE TWIST Group 1 Vaults, Group 4 / 5 Vaults without Saltos
up to 0.50	PRESCRIBED LA TURN BEGUN TOO LATE
up to 0.20	BRUSH or HIT OF BODY ON TABLE during Post-Flight
up to 0.30	INSUFFICIENT LENGTH <i>When evaluating length, consider size of the Gymnast, type of Vault, where the hands contact the Table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the Gymnast lands in relation to the end of the Vault Table.</i>
up to 0.50	INSUFFICIENT HEIGHT

# Insufficient Open

## CLARIFICATION - INSUFFICIENT / LATE OPENING and TOTAL ABSENCE OF EXTENSION

Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium and large errors. Illustration refers to degree of closure of upper body towards the legs.



Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for “incorrect body posture on landing”. Gymnast never opens, lands in a full squat position and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for lack of open and up to 0.20 for incorrect body posture.

# LANDING (same for all events)

<u>0.05</u>	LAND WITH FEET HIP-WIDTH APART OR CLOSER but never join feet (heels) together
<u>0.10</u>	LAND WITH FEET MORE THAN HIP-WIDTH APART
up to 0.10	SLIGHT HOP, SMALL ADJUSTMENTS OF FEET or STAGGERED FEET
each <u>0.10</u> max ( <u>0.40</u> )	STEPS (per step)
each <u>0.20</u> (max <u>0.40</u> )	LARGE STEP OR JUMP (approximately 3 feet or more)
up to 0.10	ARM SWINGS TO MAINTAIN BALANCE
up to 0.20	INCORRECT BODY POSTURE ON LANDING
up to 0.20	ADDITIONAL TRUNK MOVEMENTS TO MAINTAIN BALANCE
up to 0.30	SQUAT ON LANDING (hips even with or lower than knees)
up to 0.30	SLIGHT BRUSH / TOUCH OF 1 OR 2 HANDS on mat (no support)



# Landing (2)

up to 0.30	<u>PRESCRIBED LA TURN INCOMPLETE</u>
up to 0.10	1° – 30° missing
0.15 – 0.20	31° – 60° missing
0.25 – 0.30	61° – 89° missing
Lower Value	90° or more missing
up to 0.30	DEVIATION FROM A STRAIGHT DIRECTION, determined by initial contact with the mat
up to 0.30	INSUFFICIENT DYNAMICS
<u>0.50</u>	SUPPORT ON MAT WITH 1 or 2 HANDS
<u>0.50</u>	FALL ON MAT to KNEE(S) or HIPS
<u>0.50</u>	FALL AGAINST TABLE

# Common Level 10 Vaults

- 2.301 Handspring→ Front Tuck 9.7
- 2.304 Handspring→ Front Pike 9.8
- 2.404 **Handspring→ Front Pike ½ 10.0 (+0.1)**
- 3.304 Tsuk→ Back Layout 9.7
- 3.404 **Tsuk→ Back Layout 1/1 10.0 (+0.1)**
- 4.305 RO, FF→ Back Layout 9.7
- 4.306 **RO, FF→ Back Layout 1/1 10.0\***
- 4.406 **RO, FF→ Back Layout 1½ 10.0 (+0.1)**
- 4.309 **RO, FF→ ½ Front Layout 10.0\***

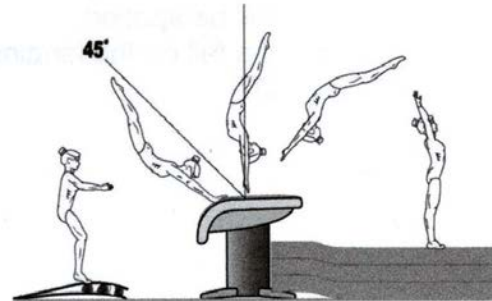
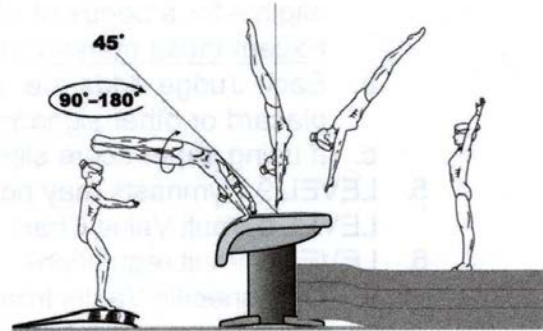
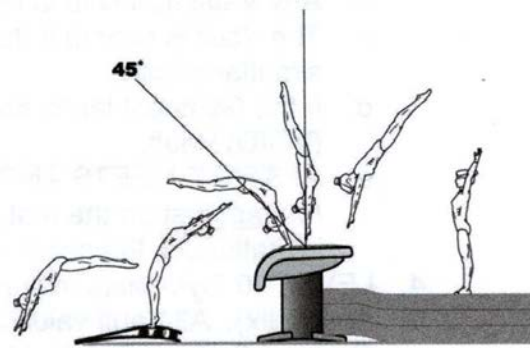
NEW

# LEVEL 6 AND 7 VAULTS



# Level 6 & 7 Vaults

- Yurchenko Timer
- Tsuk Timer
- Handspring Front Timer



# Level 6 & 7 Vault Key Concepts

## Mat Stack 32" – 60"

- Landing mats, skill cushions, port-a-pit, or inflatable mat OK
- Top layer MUST be minimum of 4-inch skill cushion

- Judging ends when feet land
  - Falls or rolls away from table are OK and not judged
- Steps are only deducted on under-rotated vaults that move TOWARD the table
- NO Flipping in ANY phase or after landing (*no handsprings*)
  - VOID VAULT

# You Tube

- <https://www.youtube.com/watch?v=0VbQpvLTtcM&feature=youtu.be>