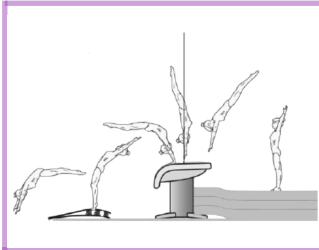


Level 6 & 7 Vault

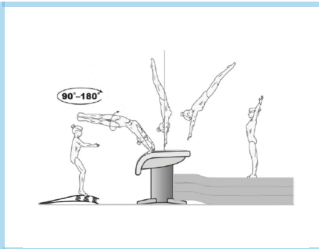
Vault Regulations

Table Height	ANY manufactured setting is allowed - Maximum height 135cm
Mat Height	MIN. 32" — — MAX 60"
Mat Stack	Any combination of mats may be used
Mat Top	MIN. 4"
Additional Matting	8" mat is REQUIRED on the floor at end of mat stack, opposite the table
Warm-up Time	1 minute 30 seconds



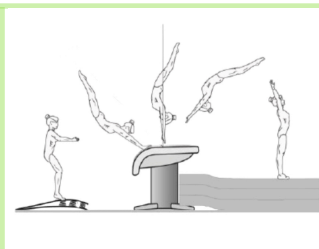
Description: Choice #1 Vault # 4.111 Yurchenko Entry

- Execute RO entry (yurchenko) vault to arrive on mat stack on the feet in a straight-hollow body position, arms finish high
- Evaluation ends when gymnast's feet make contact w/ mat stack. EXCEPTION: under-rotation resulting in steps towards table will be deducted
- Additional BWD movement (BWD steps, fall to back, BWD roll, etc) after landing on feet is allowed prior to finish in controlled stand position before saluting judge.
- Body position will not be evaluated after feet make contact with mat stack
- No flipping in any phase of any vault or after feet touch mat to indicate completion of the vault — result is VOID



Description: Choice #2 Vault # 3.116 Tsukahara Entry

- Execute Tsukahara entry vault to arrive on mat stack on the feet in a straight-hollow body position, arms finish high
- Evaluation ends when gymnast's feet make contact w/ mat stack. EXCEPTION: under-rotation resulting in steps towards table will be deducted
- Additional BWD movement (BWD steps, fall to back, BWD roll, etc) after landing on feet is allowed prior to finish in controlled stand position before saluting judge.
- Body position will not be evaluated after feet make contact with mat stack
- No flipping in any phase of any vault or after feet touch mat to indicate completion of the vault — result is VOID



Description: Choice #3 Vault # 1.111 Handspring Entry

- Execute FWD Handspring entry vault to arrive on mat stack on the feet in a straight body position w/ tight arch in the upper back, arms finish high
- Evaluation ends when gymnast's feet make contact w/ mat stack. EXCEPTION: under-rotation resulting in steps towards table will be deducted
- Additional FWD movement (run, roll, etc) after landing on feet is allowed prior to finish in controlled stand position before saluting judge.
- Body position will not be evaluated after feet make contact with mat stack
- No flipping in any phase of any vault or after feet touch mat to indicate completion of the vault — result is VOID

Level 6 & 7 Vault

First Flight — lvl 6 / 7	
Incorrect foot form	👉 0.10
Legs crossed (twisting vaults)	👉 0.10
Legs Separated	👉 0.20
Legs Bent	👉 0.30
Poor hip angle	👉 0.20
Excessive arch	👉 0.20
Failure to maintain neutral head position	👉 0.10

Second Flight — lvl 6 / 7	
Incorrect foot form	👉 0.10
Legs crossed (twisting vaults)	👉 0.10
Legs Separated	👉 0.20
Legs Bent	👉 0.30
Failure to maintain neutral head position	👉 0.10
Brush / hit table w/ body	👉 0.20
Insufficient Distance/Length	👉 0.20
Failure to maintain prescribed body posture	👉 0.30
Failure to create rotation	👉 0.30
Insufficient Height	👉 0.50

Support / Repulsion — lvl 6 / 7		
Staggered/Alternate contact (except #2 Tsuk)		👉 0.10
Shoulder angle		👉 0.20
Excessive Arch		👉 0.20
Failure to maintain neutral head position		👉 0.10
Alternate repulsion (except #2 Tsuk)		👉 0.20
Legs Bent		👉 0.30
Failure to pass through vertical		👉 0.30
Bent Arms (slight bend OK #2 Tsuk)		👉 0.50
Too long in support (lvl 6-10 non-salto vt)		👉 0.50
Angle of repulsion (lvl 6-10 non-salto vt)		👉 1.00
Repulsion	By Vert.	No Ded
Repulsion	1*-45*	👉 0.50
Repulsion	46*- horiz.	👉 1.00
One hand Vault (1/2 panel must agree)	CJ	<u>1.00</u>
Head touches / contacts table		<u>2.00</u>
No hand contact on table		VOID

Landing — lvl 6 / 7	
Incorrect body posture on landing	👉 0.50
Lands on feet alternately (one then the other)	<u>0.20</u>
Failure to land on top of mat stack	<u>1.00</u>
Yurchenko & Tsukahara Entry	
Lands & falls forward against the table	<u>0.50</u>
Slight hop/small adjust. of feet forward towards table	👉 0.10
Steps forward toward the table	each <u>0.10</u> (max 0.40)
Large step or jump forward towards the table	each <u>0.20</u> (max 0.40)
Front Handspring Entry	
Lands and falls back against the table	<u>0.50</u>
Slight hop/small adjust. of feet back towards table	👉 0.10
Steps back toward table	each <u>0.10</u> (max 0.40)
Large step or jump back towards the table	each <u>0.20</u> (max 0.40)
Deviation from straight direction (initial contact w/ mat)	👉 0.30
Insufficient Dynamics	👉 0.30
Landing on top of the table (sitting, lying or standing)	VOID