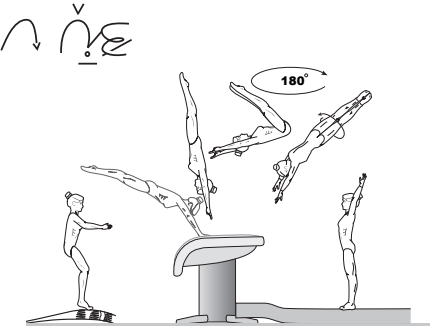
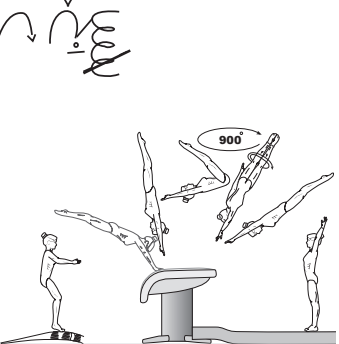
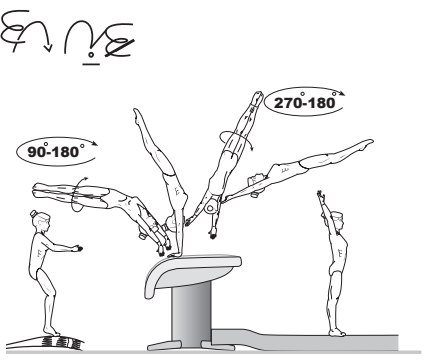
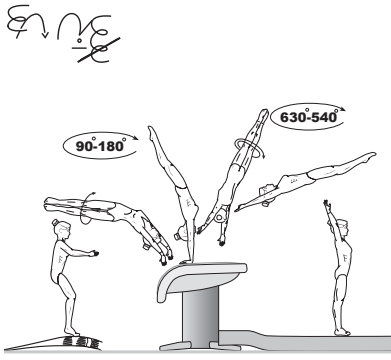
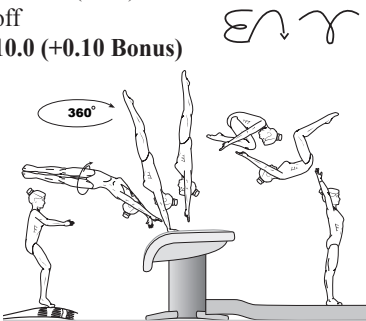
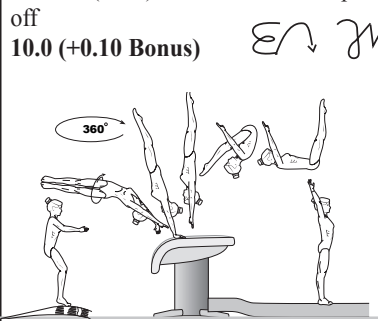
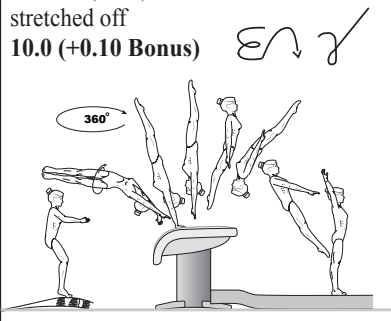
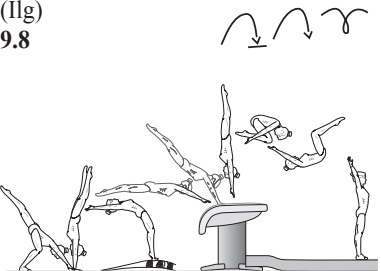
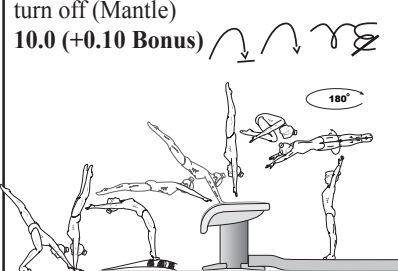
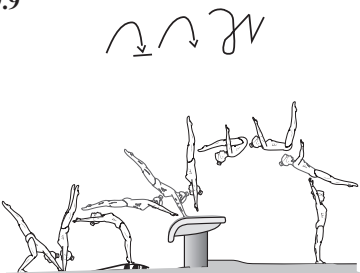
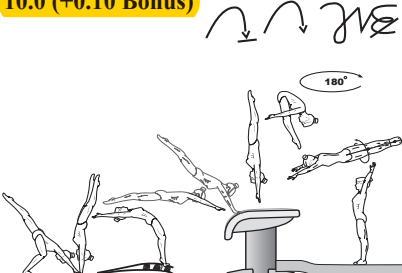


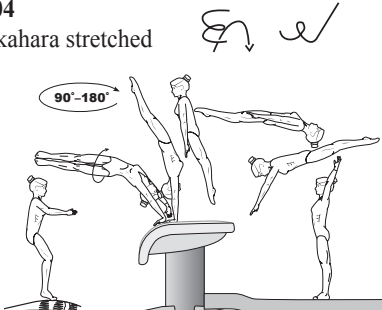
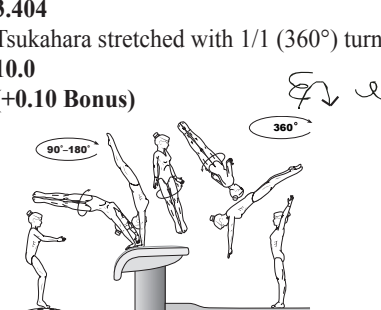
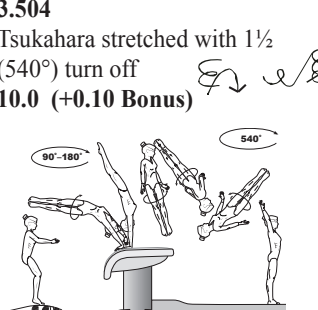
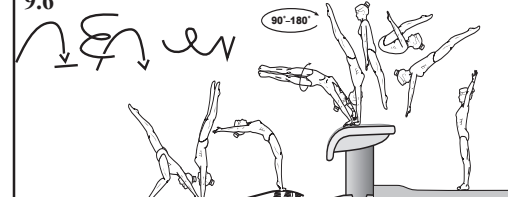
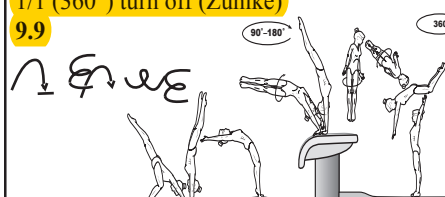
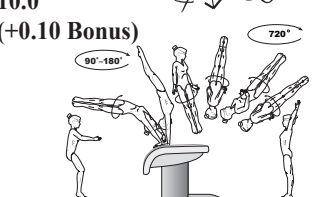
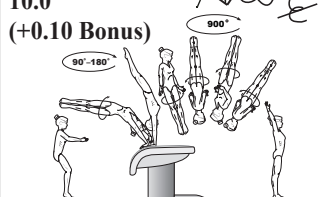
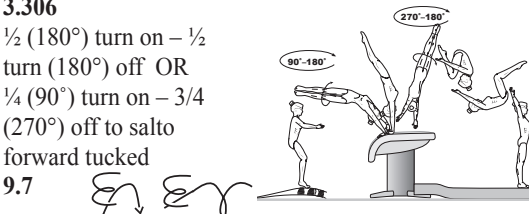
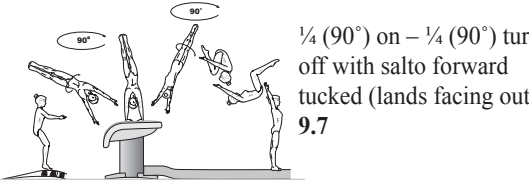
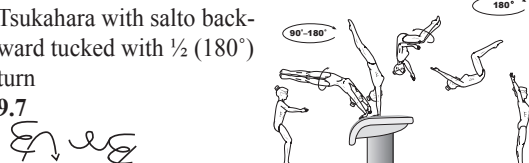
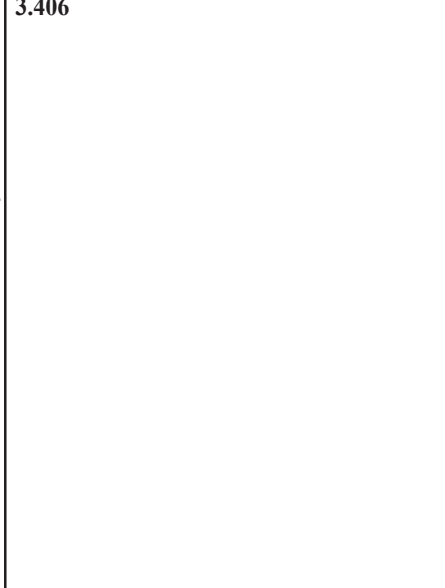

Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.

All values listed refer to Level 10	Refer to Vault Value Charts for	Levels 6/7/8/9	
<p>1.104 Yamashita with ½ (180°) turn off 8.2</p> 	<p>1.204</p>	<p>1.304</p>	<p>1.404 Yamashita with 2½ (900°) turn off (Kincaid) 10.0 (+0.10 Bonus)</p> 
<p>1.105 ½ (180°) turn on – ½ (180°) turn off OR ¼ (90°) turn on – ¾ (270°) turn off 8.2</p> 	<p>1.205 ½ (180°) turn on – 1½ (540°) turn off OR ¼ (90°) turn on – 1¾ (630°) turn off 9.1</p> 	<p>1.305</p>	<p>1.405 1.505</p>

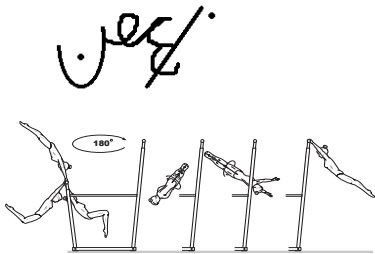
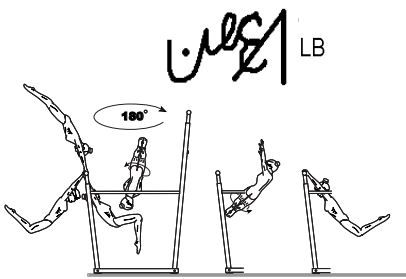
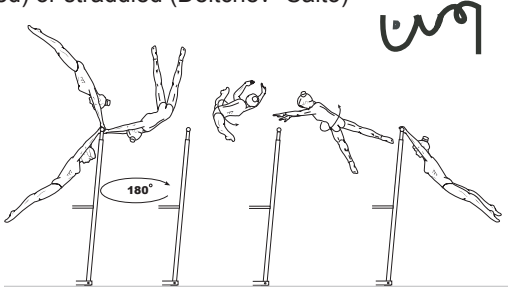
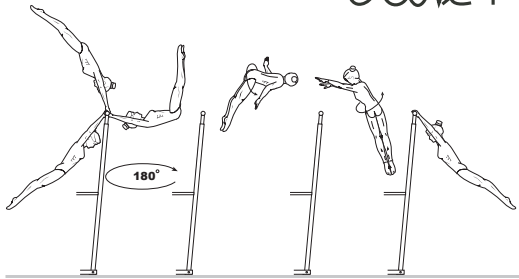
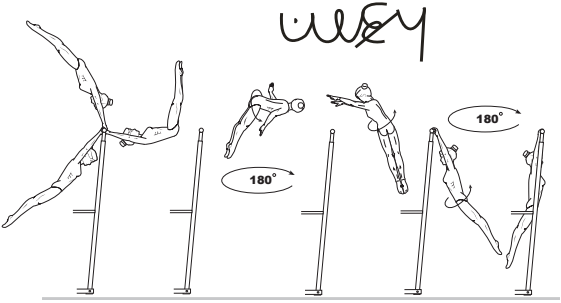
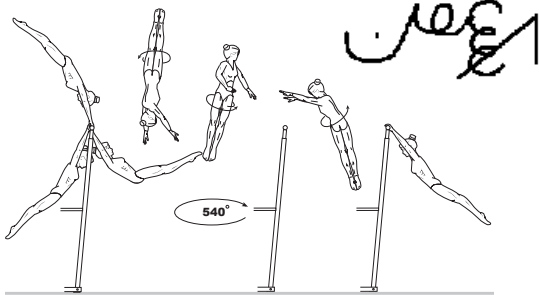
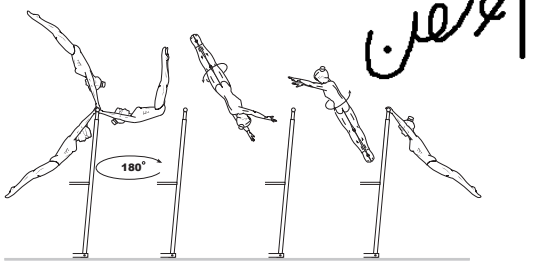
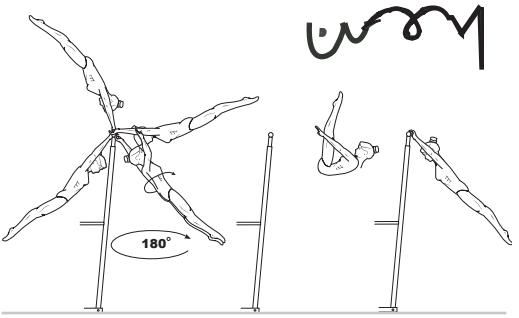
**Group 2 – Handspring forward with or without 1/1 turn (360°) in entry phase –
Salto forward or backward with or without LA turn in second flight phase.**

		<i>All values listed refer to Level 10</i>	<i>Refer to Vault Value Charts for</i>	<i>Levels 6/7/8/9</i>	
2.109	2.209	2.309	2.409 1/1 turn (360°) on – salto forward tucked off 10.0 (+0.10 Bonus) 	2.509 1/1 turn (360°) on – salto forward piked off 10.0 (+0.10 Bonus) 	2.609 1/1 turn (360°) on – salto forward stretched off 10.0 (+0.10 Bonus) 
2.110	2.210	2.310 Front handspring onto board – front handspring on – salto forward tucked off (Ilg) 9.8 	2.410 Front handspring onto board – hand-spring front salto tucked with ½ (180°) turn off (Mantle) 10.0 (+0.10 Bonus) 	2.510	2.610
2.111	2.211	2.311 Front handspring onto board – front handspring on – salto forward piked off (Garbarino) 9.9 	2.411 Front handspring onto board – front handspring on – salto forward piked with ½ (180°) turn off (Whitman) 10.0 (+0.10 Bonus) 	2.511	2.611

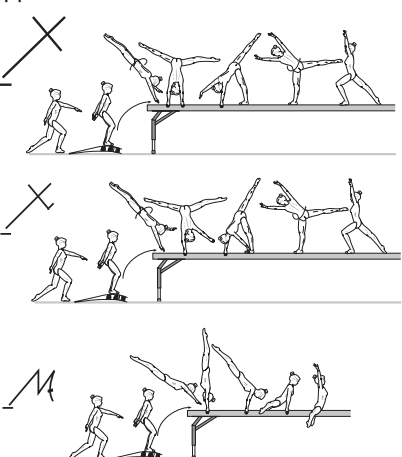
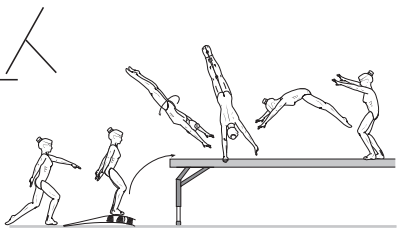
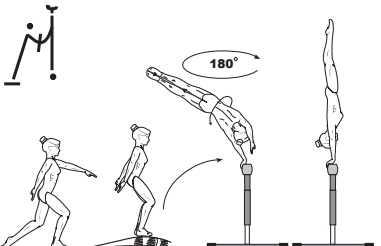
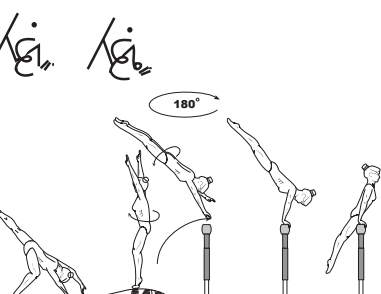
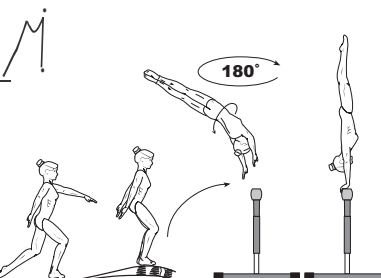
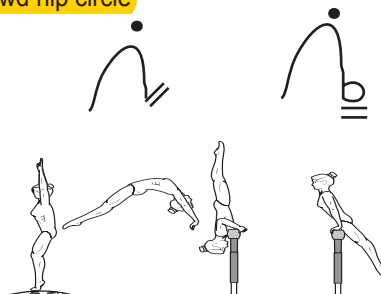
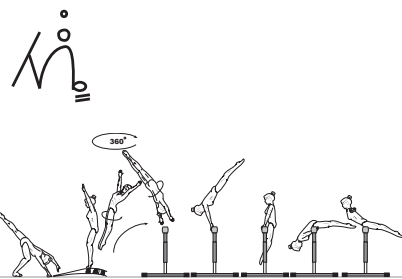
**Group 3 – Handspring with 1/4 to 1/2 turn (90°–180°) in entry phase (Tsukahara entry)
– Salto forward or backward with or without LA turn in second flight phase.**

		<i>All values listed refer to Level 10</i>	<i>Refer to Vault Value Charts</i>	<i>for Levels 6/7/8/9</i>	
3.104	3.204	3.304 Tsukahara stretched 9.7 	3.404 Tsukahara stretched with 1/1 (360°) turn off 10.0 (+0.10 Bonus) 	3.504 Tsukahara stretched with 1½ (540°) turn off 10.0 (+0.10 Bonus) 	3.604
3.105	3.205	3.305 Front handspring onto board, ¼ (90°) – ½ (180°) turn on – back salto piked (Zuhlke) 9.6 	3.405 Front handspring onto board, ¼ (90°) – ½ (180°) turn on – back salto tucked with 1/1 (360°) turn off (Zuhlke) 9.9 	3.505 Tsukahara stretched with 2/1 (720°) turn off 10.0 (+0.10 Bonus) 	3.605 Tsukahara stretched with 2½ (900°) turn off 10.0 (+0.10 Bonus) 
3.106	3.206	3.306 ½ (180°) turn on – ½ turn (180°) off OR ¼ (90°) turn on – ¾ (270°) off to salto forward tucked 9.7   ¼ (90°) on – ¼ (90°) turn off with salto forward tucked (lands facing out) 9.7 Tsukahara with salto backward tucked with ½ (180°) turn 9.7 	3.406 	3.506 	3.606

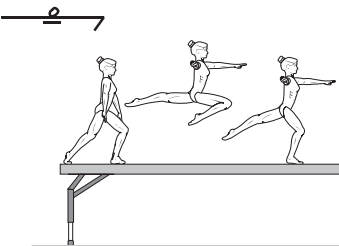
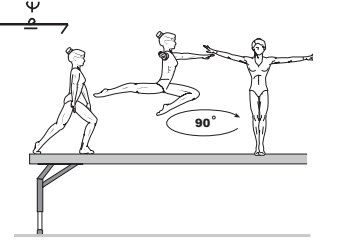
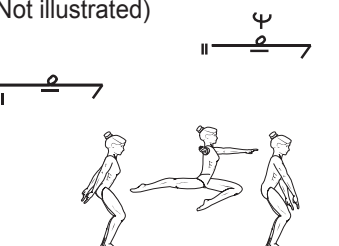
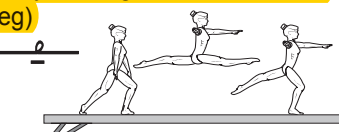

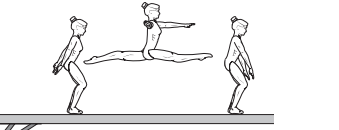

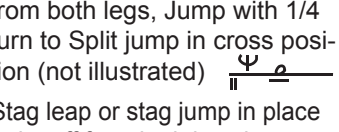

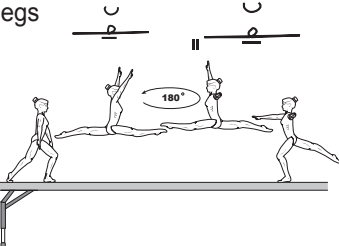
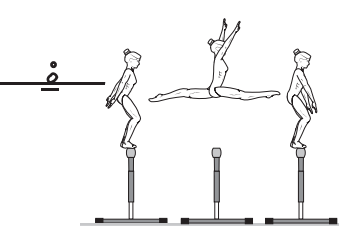
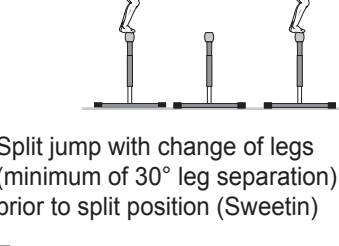

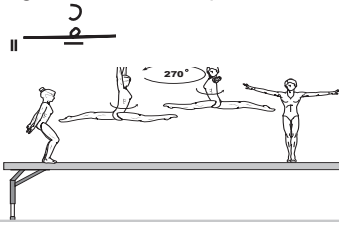
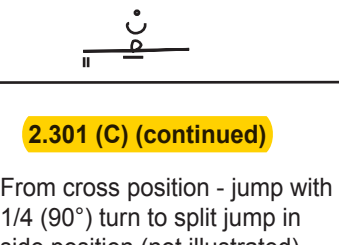
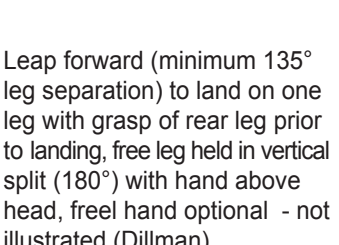

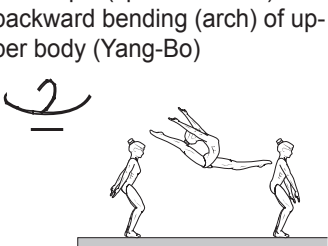
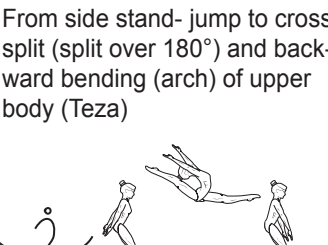
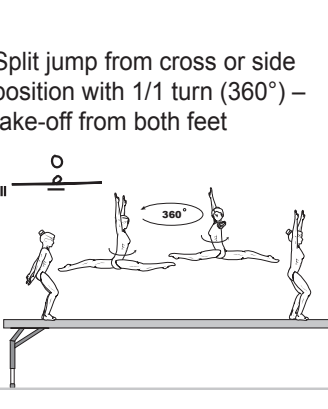
Group 4 – Giant Swings Backward

A	B	C	D	E
<p>4.107</p>	<p>4.207</p>	<p>4.307 On LB facing HB, 3/4 backward giant swing with release and 1/2 (180°) turn in tuck position with flight to catch HB, finishing in a hang on HB, facing LB (Laumann)</p>  <p>On LB, 3/4 backward giant swing with release and swing forward and salto backward with 1/2 (180°) turn tucked - LB Gienger tucked (Turchin)</p> 	<p>4.407 (From HB) Swing down between bars, swing forward with 1/2 (180°) turn to salto forward tucked (not illustrated) or straddled (Deltchev- Salto)</p>  <p>(From HB) Swing down between bars, swing forward and salto backward piked with 1/2 (180°) turn (Gienger- Salto)</p>  <p>Salto backward piked with 1/2 (180°) turn to catch HB in mixed grip with additional 1/2 (180°) turn after catch (Gienger- Salto with additional 1/2 (180°) turn) (O'Neal)</p> 	<p>4.507 From HB) Swing down between bars, swing forward and salto backward stretched with 1 1/2 (540°) turn to hang on HB (Hristakieva)</p>  <p>(From HB) -Swing down between bars, swing forward and salto backward stretched with 1/2 (180°) turn to hang on HB (Stretched Gienger) (Hubbard & Martinjak)</p>  <p>(From HB) Swing down between bars, swing forward with 1/2 (180°) turn to salto forward piked (Piked Deltchev- Salto) (Bardes)</p> 

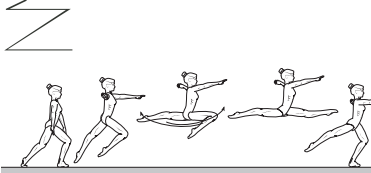
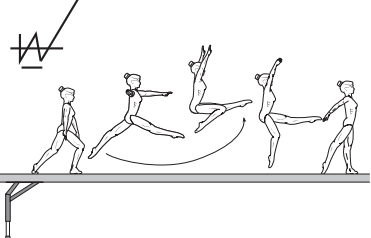
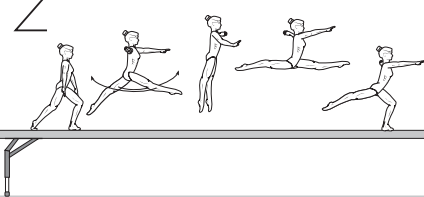
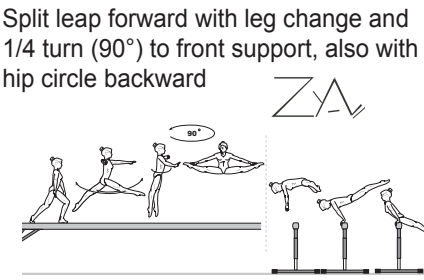
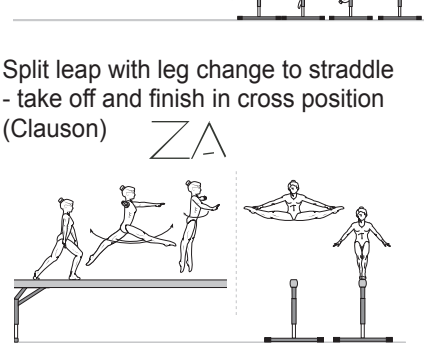
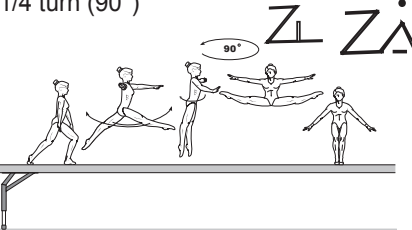
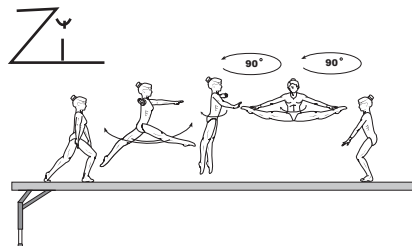
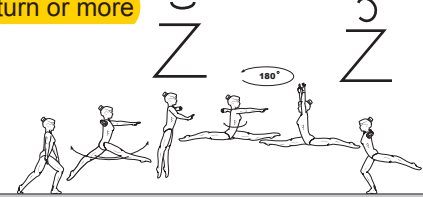
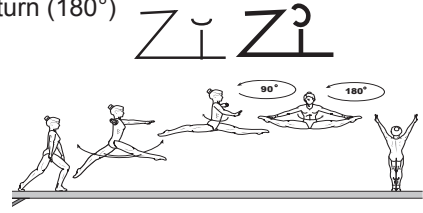
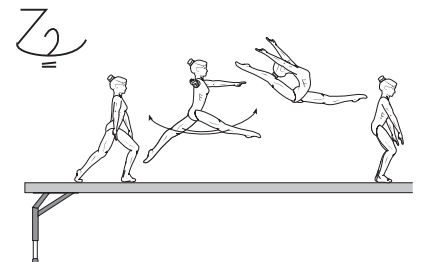
Group 1 – Mounts

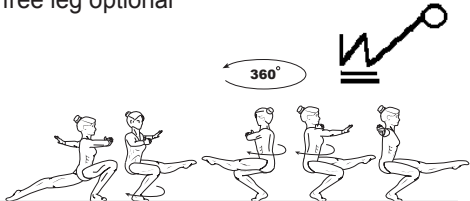
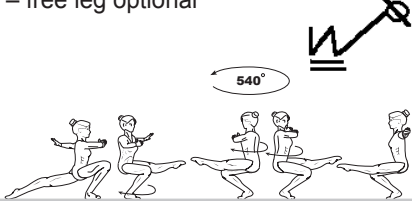
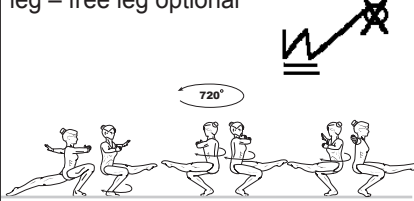
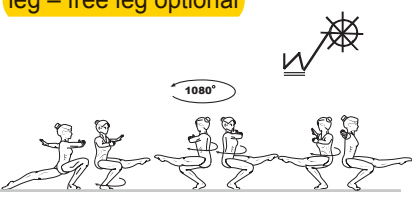
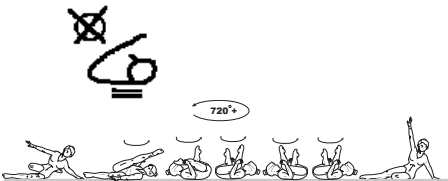
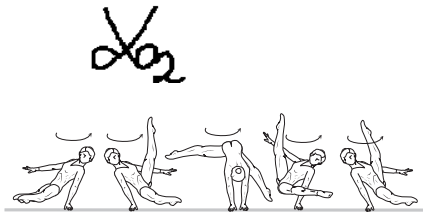
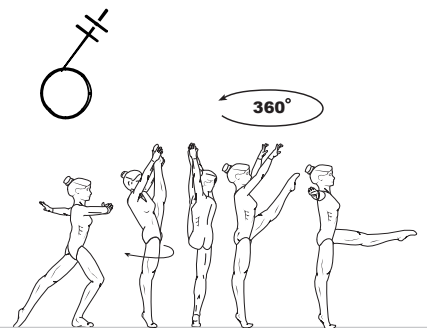
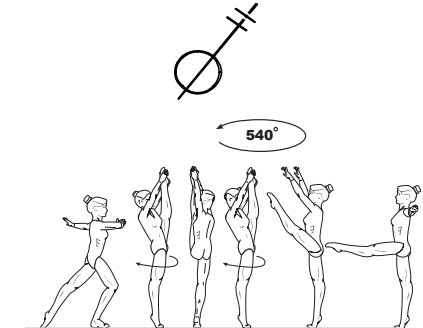
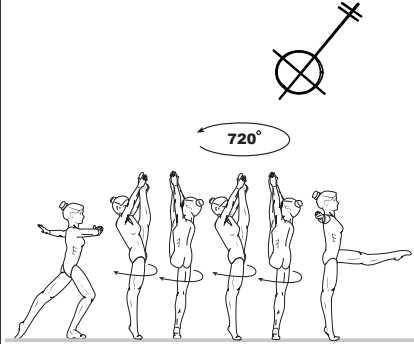
A	B	C	D	E
<p>1.113</p>	<p>1.213 Jump with extended hips (hecht phase) to cartwheel on one or both arms or to cross handstand – lower to stand or end position touching beam – approach at end of beam</p>  <p>Jump with hecht phase to round-off, approach at end of beam</p> 	<p>1.313 90° approach to beam, jump with extended hips and 1/4 turn (90°) through a momentary handstand on one arm with immediate 1/4 turn (90°) and support on second arm to side handstand</p>  <p>90° approach to beam, Round-off – jump with 1/2 turn (180°) to near side handstand (Gurova)</p> 	<p>1.413 90° approach to beam, jump with extended hips and 1/2 turn (180°) in flight phase to side handstand</p>  <p>From rear stand (back towards beam), flic-flac over beam to candle position, ending in front support with or without bwd hip circle</p> 	<p>1.513 90° approach to beam, Round-off, flic-flac with 1/1 twist (360°) to a hip circle backward (Zamolodchikova)</p> 

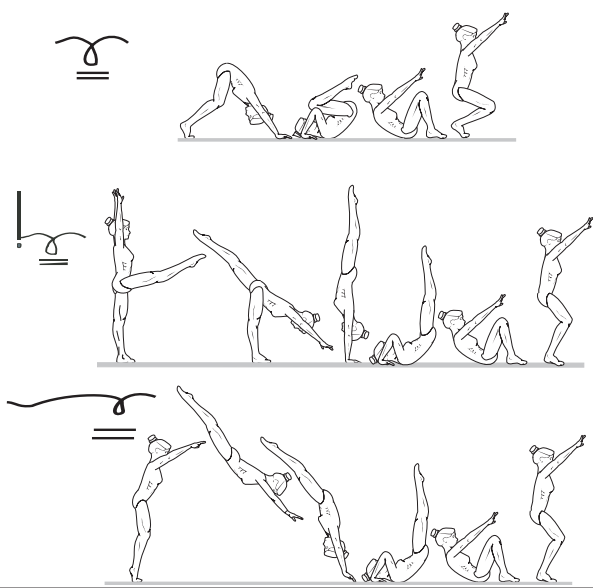
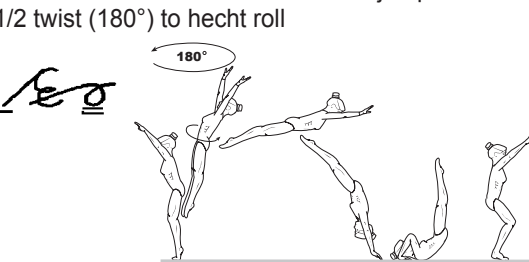
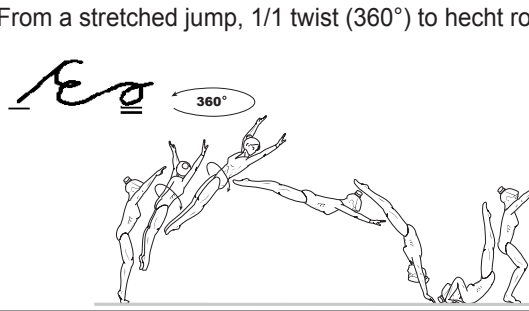
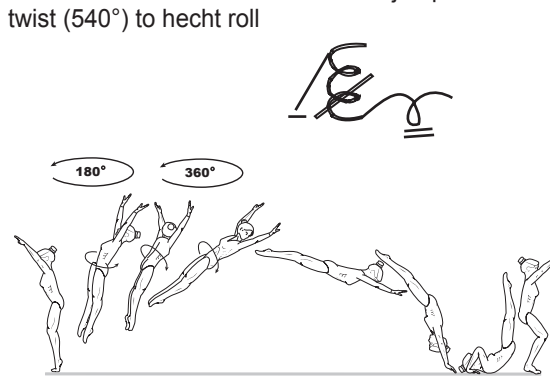
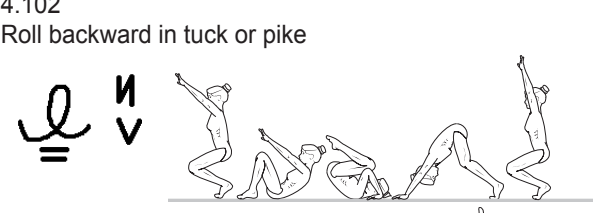
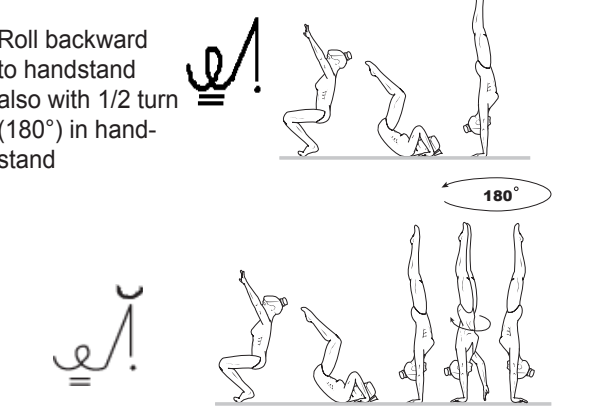
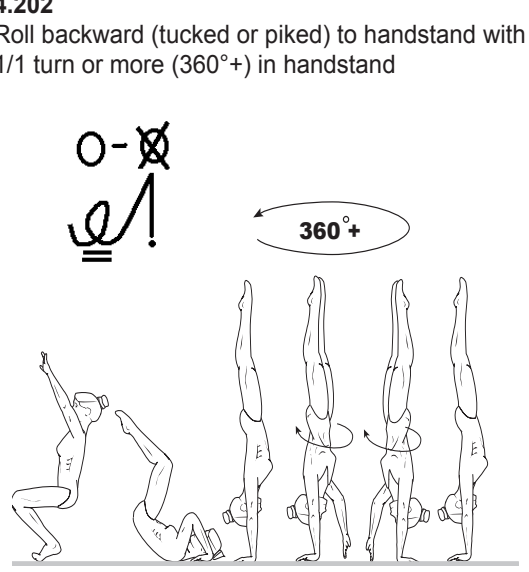
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.101 Stag leap or stag-split leap forward (take-off from one leg)</p>  <p>Stag leap forward (take-off from one leg with 1/4 turn (90°))</p>  <p>Stag or double stag jump in place (take-off from both legs in cross position, also with 1/4 (90° turn) (Not illustrated)</p>  <p>Note: Stag or double stag jump are considered the same element</p>	<p>2.201 Split leap forward (straight-leg entry-no stag; take-off from one leg)</p>  <p>Split or stag-split leap forward (take-off from one leg) with 1/4 turn (90°)</p>  <p>From cross position, take-off from both legs, Split jump in place, (180° leg separation) to land on two feet</p>  <p>From cross position, take-off from both legs, Split jump with 1/4 (90° turn) after split to land in side stand on two feet</p>  <p>From side position, take-off from both legs, Jump with 1/4 turn to Split jump in cross position (not illustrated)</p>  <p>Stag leap or stag jump in place (take-off from both legs in cross position) with 1/2 (180° turn) (Not illustrated)</p> 	<p>2.301 Split or stag-split leap or split jump forward with 1/2 turn (180°) – landing alternately or on both legs</p>  <p>Split jump in side position with both legs straight or the rear leg upward, backward (Heinrich),</p>   <p>Split jump with change of legs (minimum of 30° leg separation) prior to split position (Sweetin)</p> 	<p>2.401 Split jump with 3/4 turn beginning in cross or side position</p>  <p>From side position, split jump with 1/2 turn (180°) to finish in side position (Not illustrated)</p>  <p>2.301 (C) (continued)</p> <p>From cross position - jump with 1/4 (90°) turn to split jump in side position (not illustrated)</p>  <p>Leap forward (minimum 135° leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180°) with hand above head, free hand optional - not illustrated (Dillman)</p> 	<p>2.501 From cross stand – jump to cross split (split over 180°) and backward bending (arch) of upper body (Yang-Bo)</p>  <p>From side stand- jump to cross split (split over 180°) and backward bending (arch) of upper body (Teza)</p>  <p>Split jump from cross or side position with 1/1 turn (360°) – take-off from both feet</p> 

Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.105 Stag leap forward with leg change</p>  <p>Stride leap forward with change of legs to wolf position</p> 	<p>2.205</p>	<p>2.305 Split leap forward with change of legs (180° separation after leg change), also to scale forward (2 sec.)</p>  <p>Split leap forward with leg change and 1/4 turn (90°) to front support, also with hip circle backward</p>  <p>Split leap with leg change to straddle - take off and finish in cross position (Clauson)</p> 	<p>2.405 Split leap forward with leg change (180° separation after leg change) and 1/4 turn (90°) to side split or straddle pike position (Johnson), also with additional 1/4 turn (90°)</p>  <p>From a side stand, take off on one foot—swinging free leg forward to a minimum of 45°, then swing leg backward to show 180° leg separation in the air (switch leg) land on one or two feet (Concannon)</p> 	<p>2.505 Split leap forward with change of legs (180° separation after leg change) with 1/2 (180°), 3/4 (270°)(Salcedo) turn or more</p>  <p>Split leap forward with leg change (180° separation after leg change) and 1/4 turn (90°) to side split leap (180°) or straddle pike position (Johnson) with additional 1/2 or 3/4 (Ikoma) turn (180°)</p>  <p>Split leap forward with leg change (180° separation after leg change) and backward arch bending of upper body with head release (Switch-leg Yang Bo) (Courville)</p> 

Group 2 – Turns				
A	B	C	D	E
2.106	2.206 1/1 turn (360°) in tuckstand on one leg – free leg optional 	2.306 1½ turn (540°) in tuckstand on one leg – free leg optional 	2.406 2/1 turn (720°) in tuckstand on one leg – free leg optional 	2.506 3/1 turn (1080°) in tuckstand on one leg – free leg optional 
2.107	2.207 2/1 spin (720°) or more on back in kip position (hip-leg < closed) 	2.307 Double “flair” (Homma) 	2.407	2.507
2.108	2.208 1/1 turn (360°) with free leg held upward at a 180° split position 	2.308 1½ turn (540°) with free leg held upward at a 180° split position 	2.408 2/1 turn with free leg held upward at a 180° split position (Mommel) 	2.508

Group 4 – Rolls				
A	B	C	D	E
<p>4.101 Forward roll or Handstand forward roll or Hecht roll</p> 	<p>4.201 From backward take-off – stretched jump with 1/2 twist (180°) to hecht roll</p>  <p>From a stretched jump, 1/1 twist (360°) to hecht roll</p> 	<p>4.301 From backward take-off – stretched jump with 1½ twist (540°) to hecht roll</p> 	4.401	4.501
<p>4.102 Roll backward in tuck or pike</p>  <p>Roll backward to handstand also with 1/2 turn (180°) in handstand</p> 	<p>4.202 Roll backward (tucked or piked) to handstand with 1/1 turn or more (360°+) in handstand</p> 	4.302	4.402	4.502