

Spotting

- Touch with Assist**
 - deduct .5 for spot (assist)
 - 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

GENERAL

Difficulty Required

1 HS/AHS@ .3	.3
3 S @ .5	1.5
4 M @ .3	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

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 or continue from point of interruption after reasonable amount of rest (CJ determines time)
- If Routine is Completed**
 - gymnast decides whether or not to repeat prior to receiving 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
- Tape or velcro (max. 2"x3"), (no chalk), may be placed on runway and must be removed at the end of the rotation.
- Tape, excessive chalk, or other substances are not permitted on table.

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)
- Coach between board and table = -0.5 (unless spotting the 1st flight of a handspring)

ROUND-OFF ENTRY VAULTS

- Safety zone mat must be around front and sides of board
- Judging begins with takeoff from board

BALKS

- Balk is an attempt **w/wo** touch of board, table, hand placement mat, or safety zone mat that does **not** result in rest or support on top of vault table (fall on runway is considered a balk)
- 3 attempts to complete one or both vaults
- No 4th attempt allowed

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

FACILITATING VAULTS

- Spotting that does not facilitate or spot on landing - 0.5
- Spotting assistance/facilitating vault - VOID (ex: handspring - 1st and/or 2nd flight = -1.0 each time) (ex: salto vaults - 1st flight = VOID; 2nd flight = -1.0)

TIMING

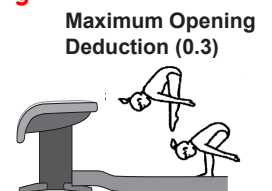
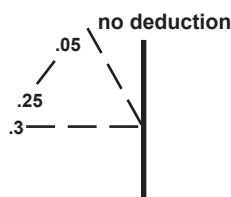
- Following a fall on the 1st vault, gymnast has 45 seconds after on feet before judge salutes her for 2nd vault

Over/Under Rotated Turn on Landing

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

2022-2024

Insufficient Extension / Opening



(deduction should reflect body shape prior to landing)

VAULT DEDUCTIONS (Vertical Vaults)

	Repulsion Phase	Second Flight	Landing
First Flight	Bent arms	Twist begun late	Incomplete/Over Twist
	Head on table (includes arms)	Legs crossed	Direction
	Too long in support (non-salto vaults)	Incorrect foot form	Dynamics
	Legs bent in support (salto vaults)	Leg separations	Slight hop/adjustment/feet staggered
	Shoulder angle	Bent knees	Extra arm swings
	Arched body	Insuf. tuck/pike/stretch	Add'l trunk movements
	Not thru vertical	Insuf. exactness of twist	Body posture on landing
	Alternate repulsion (fwd entry vaults)	Late completion of twist	Extra steps (max .4)
	Staggered/alt hands (fwd entry vaults)	Height	Large step/jump (3+, max .4)
	Add'l hand placements	Length	Squat on landing
	Twist too soon	Extension (str. vaults)	Brush/touch w/hand(s) on mat (no support)
	One hand vault (CJ)	Insuf/Late ext (U,V)	Fall/support on mat w/ hand(s)
	No hand contact	No extension (U,V)	Fall to knees/hips
		Under rotation (saltos)	Fall against apparatus
	Brush/hit on table	Land in sit/lie/stand on table	
		Not to feet first landing	

** Feet first = any part of the bottom of the feet (if hands/feet land simultaneously - do not void)