VAULT – APPARATUS & GENERAL INFORMATION page 1

I. APPARATUS SPECIFICATIONS: Runway 76' – 82"; 1 3/8" thickness, Table = Maximum 135 cm **+/-** 1cm
2" max. athletic tape, velcro strips, small chalk marks allowed on width of runway, must be removed at the end of rotation.

A. Rules & Policies…….. = requirements subject to change, beginning each August 1st.
B. Runway…… = Meet Director must include runway thickness in meet information.
C. Tape or Chalk…… = Use excessive chalk on the Table or Runway …… = 0.2 CJ
D. Hand Placement Mat.. = manufactured mat, on runway only, for Roundoff entry and F. Handsp. on to board.. = 0.3 CJ
E. Hand Placement Mat.. = Hand placement mat is NOT part of apparatus – touch…… = Balk
- Coach responsible to secure Velcro, tape measure not equipment failure.

F. Safety Zone Collar…. = required Roundoff entry, placed properly, may be used for other vaults, no extra mats.
G. Mats / Skill Cushions.. = 9 inches landing mats + 9 inches skill cushions allowed, unauthorized use of mats.. = 0.3 CJ
H. Runway = Tape, Velcro, **NO** Chalk, 2" maximum width 3 feet, remove after rotation.
I. Alternate Springboard = NOT allowed for JO optional levels (tramp / junior board / inflatable device…… = VOID
J. Mat Measurements…. = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm

II. GENERAL INFORMATION – NCAA = one vault (3 attempts)

A. Final Score – Level 6 / 7 / 8 / 9/ 10
1) May perform 2 vaults
2) Vaults may the same or different
3) Average vaults separately
4) Best Vault = Final Score

B. Supplemental Approaches
1) Three (3) Approach / Attempts to successfully complete One or Two vaults
2) Balk attempt = running approach that does not result in coming to support on the Table.
3) One (1) Balk allowed in Three (3) attempts without penalty.
4) Second / Third Balk = VOID
5) 4th Attempt <u>not</u> allowed.
6) Examples of Void Vaults: a) squat on Table, b) stands on Table, c) belly slide on Table.
7) Examples of Determining Final Score (see Code).

C. Intended Vault & Wrong Vault
1) Must Announce / Flash intended Vault (displayed by using flasher, white board, chalk board @ State; CJ signal)
2) No deduction for performing different vault than the vault announced.
3) Vault Performed determines SV.
4) Body Position demonstrated in majority of vault determines the vault executed.

D. Perform w/o CJ Signal
1) Vault performed without CJ Signal = Vault Not Scored
2) May perform 2 more Vaults
3) CJ applies penalty to the Average of the next vault performed…… 0.5 CJ
4) Penalty may or may not affect final score

E. Coaching Deductions
1) Spot Landing…… 0.5 judge
2) Spot Vault ……. (Level 8 post flight spot = 1.0 PJ) and (NCAA 1.0 PJ) ..... VOID
3) Between Board & Table (except Roundoff entry) …….. 0.5 each Judge
4) May speak to gymnast between vaults

F. Misc. Vault Rules: (Must Flash Vault Number at State and above) …… (NCAA Group)
1) Arrival: 2 feet, Forward / Backward (Roundoff) / Front Handspring
2) Only One Hand Touch (half of panel must agree) …… (NCAA 1.0 PJ) …..… 1.0 CJ
No Hand Touch…… (NCAA 1.0 PJ) ..... VOID
3) Landing: failure to land on bottom of the feet first…… (NCAA 1.0 PJ) ..... VOID except Lv. 7 Tsuk / Yurk entry vaults
Landing: ON table: standing, sitting, lying……..... (NCAA attempt) ……. VOID
4) Whenever "0" score is a counting score, allowable range does <u>not</u> apply).
5) Level 10: Bonus for successfully performing 10.0 vault (see exceptions **)
Judges must indicate Bonus Credit given.
6) Level 9: separate vault value list
7) Level 8: separate vault value list
8) Level 6 / 7 – Mat Stack (5' W, 10' L, 32" - 60" H)
9) Level 6 / 7 – Choice #1 Yurchenko Entry – Choice #2 Tsukahara Entry (Level 7 ONLY - landing on the back)
10) Level 6 / 7 – Choice # 3 Handspring Entry
11) Vault performed that is not listed…….…….. VOID
12) Restricted Vault performed for EITHER vault results in Final Score …… VOID
13) Warm-up: guaranteed # vaults (LEVEL 6 / 7 /8 / 9 / 10 = 3 touches)
14) Group 1: (Handspring) preflight turns may ¼ t. or ½ t. on; twist either direction.
15) Group 3: (Tsukahara) slight arm bend of lead arm allowed
Group 3: (Tsukahara) preflight turns may be ¼ t. or ½ t. on to the Table
15) Group 5: (Roundoff with Turn onto Table) may ¾ t. or 1/1 t. on.
16) Injury Fall Time Exceeds One Minute (60 seconds) Fall time…….…….. No 2nd Vault Allowed.
After 1st Vault is judged, 60 second Fall Time, time exceeded = no 2nd Vault, Chief Judge to monitor Fall Time

FIRST FLIGHT PHASE	up to 0.10	INCORRECT FOOT FORM (flexed, sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM • Legs Crossed • Legs Separated • Knees Bent
	up to 0.20 up to 0.20 up to 0.10	POOR TECHNIQUE • Hip Angle • Excessive Arch • Failure to Maintain Neutral Head Position

SUPPORT PHASE	up to 0.10 up to 0.20 up to 0.20 up to 0.10 up to 0.20 up to 0.30	POOR TECHNIQUE • Staggered / Alternate Hand Placement on all Vaults, Except Tsukahara • Shoulder Angle • Excessive Arch • Failure to Maintain Neutral Head Position • Alternate Repulsion from Hands on all Vaults, Except Tsukahara • Knees Bent
	each 0.10 (max 0.30)	ADDITIONAL HAND PLACEMENTS (steps / hops on hands)
	up to 030	FAILURE TO PASS THROUGH VERTICAL
	up to 0.50	BENT ARMS (bent 90° or more = maximum deduction) Slight lead arm bend allowed on Tsukahara Vaults
	up to 0.50	TOO LONG IN SUPPORT
	Up to 1.00 No Deduction 0.05 – 0.50 0.55 – 1.00	ANGLE OF REPULSION - if the gymnast leaves the Table • By Vertical • 1° to 45° Past Vertical • 46° Past Vertical to Horizontal
	1.00	TOUCH TABLE WITH ONLY ONE HAND. CJ deduct, if half the Panel agrees.
	2.00	HEAD CONTACTING THE TABLE during Support Phase Includes 0.50 for Arm Bend
	VOID	NO HAND CONTACT ON THE TABLE

SECOND FLIGHT PHASE	No Deduction	ARM POSITION WHEN LEAVING THE TABLE WILL NOT BE EVALUTATED
	up to 0.10	FAIL TO MAINTAIN NEUTRAL HEAD POSITION
	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM • Legs Crossed • Legs Separated • Knees Bent
	up to 0.20	BRUSH OR HIT OF BODY ON TABLE during Second-Flight
	up to 0.20	INSUFFICIENT LENGTH - *consider Gymnast size, Vault type, Hand contact, Trajectory not just distance. Mark location of the center of mass upon initial contact with Mat Stack in relation to the end of the Table.*
	up to **0.50**	FAIL TO MAINTAIN PRESCRIBED BODY POSITION
	up to 0.30	FAILURE TO CREATE ROTATION
	up to 0.50	INSUFFUCIENT HEIGHT

LANDING PHASE	up to 0.50	INCORRECT BODY POSTURE ON LANDING
	0.20	**LANDS ON FEET ALTERNATELY (one then the other)** When **only** one foot touches the mat, deduct for leg separation only.
	0.50 up to 0.10 each 0.10 (max 0.40) 0.20 (max 0.40)	**FRONT HANDSPRING ENTRY** • Lands and Falls back on the Table • Slight Hop, small adjustments of Feet back towards Table • Steps back towards the Table • (per step with maximum of 4) • Large Step or Jump towards the Table • (approximately 3 feet or more)
	0.50 up to 0.10 each 0.10 (max 0.40) 0.20 (max 0.40)	**ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY** • Lands and Falls forward on the Table • Slight Hop, small adjustments of Feet towards the Table • Steps forward towards the Table • (per step with maximum of 4) • Large Step or Jump towards the Table (approximately 3 feet or more)
	Up to 0.20	**ONLY one (1) foot touches Mat Stack, apply deduction for leg separation only**
	up to 0.30	DEVIATION FROM STRAIGHT DIRECTION (determined by initial contact with mat)
	up to 0.30	INSUFFICIENT DYNAMICS
	VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position

GENERAL	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	0.50	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts 0.50 from Average of next completed Vault
	0.50	COACH STANDING BETWEEN BOARD AND TABLE EXCEPTION: no deduction if gymnast performs Round-off (Yurchenko) Entry Vault.
	0.50	SPOTTING ASSISTANCE UPON LANDING. No deduction for Coach assisting / spotting after landing
	1.00	FAILURE TO LAND ON TOP OF MAT STACK
	VOID	SPOTTING ASSISTANCE DURING THE VAULT
	VOID	FAIL TO LAND on any part of the Bottom of the Feet First – Front Handspring entry vault
	VOID No Deduction	FAIL TO LAND on any part of the Bottom of the Feet First – Tsuk / Yurchenko entry vault Level 6 Level 7
	VOID	SALTO PERFORMED AFTER LANDING
	VOID	VAULT PERFORMED – not one of the allowable choices for LEVEL 6 / 7
	VOID	FAIL TO USE A MAT A STACK FOR LANDING
	VOID	FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults
	VOID	USE OF ALTERNATIVE SPRINGBOARD

FIRST FLIGHT PHASE	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM • Legs Crossed • Legs Separated • Knees Bent
	up to 0.20 up to 0.20	POOR TECHNIQUE • Hip Angle • Arched Body
	up to 0.30	INCOMPLETE LA TURN

SUPPORT / REPULSION PHASE	up to 0.10 up to 0.20 up to 0.20 up to 0.20 up to 0.30	POOR TECHNIQUE • Staggered / Alternate Hand Placement on all Vaults, Except Group 3 Vaults and Except Group 5 Vaults with ¾ turn on – 1/1 turn on Salto off • Shoulder Angle • Arched Body • Alternate Repulsion from Hands on all Vaults, Except Group 3 Vaults Except Group 5 Vaults with ¾ turn on – 1/1 turn on Salto off • Knees Bent (in support) or Early Tuck (Salto Vaults)
	up to 0.30	PRESCRIBED LA TURN BEGUN TOO EARLY
	each 0.10 max 0.30	ADDITIONAL HAND PLACEMENTS (steps / hops on hands)
	up to 030	FAILURE TO PASS THROUGH VERTICAL
	up to 0.50	BENT ARMS (bent 90° or more = maximum deduction slight lead arm bend allowed on Group 3 Vaults
	up to 0.50	TOO LONG IN SUPPORT LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
	up to 1.00 No Deduction 0.05 – 0.50 0.55 – 1.00	ANGLE OF REPULSION LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group If the gymnast leaves the Vault Table: • By Vertical • 1° to 45° Past Vertical • 46° Past Vertical to Horizontal
	1.00	TOUCH WITH ONLY ONE HAND ON THE TABLE. Chief Judge takes the deduction if half of the Panel sees only one hand touch.
	2.00	HEAD CONTACTING TABLE during Support Phase Includes 0.50 deduction for extreme Arm Bend
	VOID	NO HAND CONTACT ON THE TABLE

SECOND FLIGHT PHASE	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM • Legs Crossed • Legs Separated • Knees Bent
	up to 0.30 up to 0.30 up to 0.30 up to 0.30	INSUFFICIENT EXACTNESS OF BODY POSITION • Insufficient TUCK = min. 90° bend in hip & knees Except twists in tuck position, allow open "puck" position • Insufficient PIKE = min. 90° bend in hips 91° – 135° = insufficient pike • Insufficient STRETCH = 180°(ideal) Hip Angle 136° – 179° = Insufficient Stretch position Greater than 135° is considered stretched position • Arched Body Position
	up to 0.30	FAILURE TO MAINTAIN STRETCHED BODY (pike down of stretched Vaults to facilitate landing)
	up to 0.25 0.30	INSUFFICIENT EXTENSION (OPEN) Before Landing • Insufficient and / or Late Extension (Tuck / Pike Vaults) • Total Absence of Extension (Tuck / Pike Vaults)
	0.10	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 - *consider size, type, contact, land, trajectory; not just distance*
	up to 0.50	INSUFFICIENT HEIGHT

CLARIFICATION – Insufficient / Late Opening and Total Absence of Extension (see diagram in the Code, page VT-13)

LANDING	Clarification	No deduction for feet a max. of hip width apart, provided the heels join (slide) together on the controlled extension.
	Up to 0.10	Entire foot / feet are sliding or lifting off the floor to join = small step
	** 0.05	LAND WITH FEET HIP WIDTH APART OR CLOSER but never join feet (heels) together
	** 0.10	LAND WITH FEET MORE THAN HIP WIDTH APART
	up to 0.10	SLIGHT HOP, SMALL ADJUSTMENTS OF FEET or STAGGERED FEET
	each 0.10 max (0.40)	STEPS (per step) with maximum of 4 steps
	0.20 (max 0.40)	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)
	up to 0.30 up to 0.10 0.15 – 0.20 0.25 – 0.30 Lower Value	PRESCRIBED LA TURN INCOMPLETE • 1° – 30° missing • 31° – 60° missing • 61° – 89° missing • 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 (speed / power)
	0.50	SUPPORT ON MAT WITH 1 or 2 HANDS
	0.50	FALL ON MAT to KNEE(S) or HIPS
	0.50	FALL AGAINST TABLE
	VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position

** If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).

CLARIFICATION – Steps on Landing (see examples listed in the Code on page VT – 14)

GENERAL.	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	0.50	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts 0.50 from Average of next completed Vault
	0.50	COACH STANDING BETWEEN BOARD AND TABLE EXCEPTION: no deduction, if gymnast performs a Round-off (Yurchenko) entry Vault at LEVEL 8 / 9 / 10.
	VOID 1.00	SPOTTING ASSISTANCE DURING THE VAULT EXCEPTION: LEVEL 8 ONLY Spotting Assistance in post-flight of SALTO Vaults ONLY
	0.50 0.50	SPOTTING ASSISTANCE UPON LANDING Fall after assistance, additional fall deduction taken
	Fall = 0.50	COACH CATCHES A FALLING GYMNAST, no deduction for SPOT / CATCH
	VOID 0.50	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.
	Event 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.