

VAULT – APPARATUS & GENERAL INFORMATION

- I. **APPARATUS SPECIFICATIONS / RULINGS**: Runway 76' – 82"; 1 3/8" thickness, Table = Maximum 135 cm +/- 1 cm
- A. Rules & Policies..... = requirements subject to change, beginning each August 1st.
 - B. Vault Value Charts..... = See Appendix or Website
 - C. Use of Tape..... = No Tape on Table. Tape/Velcro allowed Runway, must be removed.
Use of Chalk..... = Use of Chalk on the Table or Runway not allowed.....(warning) = 0.2 CJ
 - D. Tape Measure..... = Tape Measure is not part of apparatus, must be secured by coach.
 - E. Hand Placement Mat.. = manufactured mat, on runway only, for Roundoff entry and F. Handsp. on to board.. = 0.3 CJ
= Hand placement mat is not part of apparatus – touch
 - F. Safety Zone Collar..... = Failure to properly use the Safety Zone Collar (Hsp on to board, Roundoff entry)..... = VOID
= Safety Zone Collar may be used for other vaults, no extra mats.
 - G. Alternate Springboard = NOT allowed for Optional levels (tramp / junior board / inflatable device..... = VOID
 - H. Supplemental Mats.... = 9 inches landing mats + 9 inches skill cushions allowed, unauthorized use of mats.. = 0.3 CJ
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. **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 not allowed.
 - 6) Examples of Void Vaults: a) squat on Table, b) stands on Table, c) belly slide on Table.
 - B. **Final Score** – Level 6 / 7 / 8 / 9 / 10
 - 1) May perform 2 vaults
 - 2) Vaults may be the same or different
 - 3) Average vaults separately
 - 4) Best Vault = Final Score (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 Without Chief Judge 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 (examples)
 - E. **Coaching Deductions**
 - 1) Spot Landing..... 0.5 each 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
 - 5) Coach catches a falling gymnast, do not deduct for spot..... 0.5 Fall
 - F. **Misc. Vault Rules:** (Must Flash Vault Number at State and above)
 - 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
May use video review for simultaneous hand / feet landings
Whenever "0" score is a counting score, allowable range does not apply).
 - 4) Level 10: Bonus for successfully performing 10.0 vault (see exceptions **)
Judges must indicate Bonus Credit given.
 - 5) Level 9: separate vault value list
 - 6) Level 8: separate vault value list (see spotting assistance exception)
 - 7) Level 6 / 7 – Mat Stack (5' W, 10' L, 32" - 60" H)
Level 6 / 7 – Choice #1 **#4.111** Yurchenko Entry – Choice #2 Tsukahara Entry (Level 7 ONLY – may land on back)
Level 6 / 7 – Choice # 2 **#3.116** Handspring Entry
 - 8) Vault performed that is not listed..... VOID
 - 9) Restricted Vault performed for EITHER vault results in Final Score VOID
 - 10) Group 1: (Handspring) preflight turns may ¼ t. or ½ t. on; twist either direction.
Group 3: (Tsukahara) slight arm bend of lead arm allowed, preflight turns may be ¼ t. or ½ t. on to the Table
Group 5: (Roundoff with Turn onto Table) may ¾ t. or 1/1 t. on.
 - 11) Warm-up: guaranteed # vaults (LEVEL 6 / 7 / 8 / 9 / 10 = 3 touches) **see R&P procedures.**
 - 12) **Timing Falls: after 1st vault, once gymnast stands up 45 second to salute for 2nd vault - Chief Judge to monitor Fall Time**

VAULT – LEVEL 6 / 7 SPECIFIC DEDUCTIONS

GENERAL	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	Up to 0.30	Insufficient Dynamics (Speed and Power)
	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
	VOID	SPOTTING ASSISTANCE DURING THE VAULT
	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)
		INCORRECT LEG FORM
	up to 0.10	• Legs Crossed
	up to 0.20	• Legs Separated
	up to 0.30	• Knees Bent
		POOR TECHNIQUE
	up to 0.10	• Failure to Maintain Neutral Head Position Hip Angle
	up to 0.20	• Excessive Arch
	up to 0.30	• Hip Angle

SUPPORT PHASE	up to 0.10	POOR TECHNIQUE	• Staggered / Alternate Hand Placement on all Vaults, Except Tsukahara
	up to 0.10		• Failure to Maintain Neutral Head Position
	up to 0.20		• Shoulder Angle
	up to 0.10		• Excessive Arch
	up to 0.20		• Alternate Repulsion from Hands on all Vaults, Except Tsukahara
	up to 0.30		• Legs / Knees Bent
	each 0.10 (max 0.30)		STEP(S) with Hands
	0.3		HOP(S) with both hands simultaneously
	up to 0.30	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	ANGLE OF REPULSION – line thru center of mass (shoulders to hips).	
	No Deduction	• By Vertical	
	0.05 – 0.50	• 1° to 45° Past Vertical	
	0.55 – 1.00	• 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	

VAULT – LEVEL 6 / 7 SPECIFIC DEDUCTIONS

SECOND FLIGHT PHASE	No Deduction	ARM POSITION WHEN LEAVING THE TABLE WILL <u>NOT</u> 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	INCORRECT LEG FORM <ul style="list-style-type: none"> Legs Crossed Legs Separated Legs / Knees Bent
	up to 0.20	
	up to 0.30	
	up to 0.20	BRUSH OR HIT OF BODY ON TABLE during Second-Flight
	up to 0.20	INSUFFICIENT LENGTH - <i>consider Gymnast size, Vault type, Hand contact, Trajectory <u>not</u> just distance. Mark location of the <u>center of mass upon initial contact with Mat Stack in relation to the end of the Table.</u></i>
	up to 0.50	FAIL TO MAINTAIN PRESCRIBED BODY POSITION
	up to 0.30	FAILURE TO CREATE ROTATION
	up to 0.50	INSUFFICIENT HEIGHT

LANDING PHASE	up to 0.50	INCORRECT BODY POSTURE ON LANDING
	<u>0.20</u>	LANDS ON FEET ALTERNATELY (one then the other) When only one foot touches the mat, deduct for leg separation only.
	<u>0.50</u> up to 0.10 each <u>0.10</u> (max <u>0.40</u>) each <u>0.20</u> (max <u>0.40</u>)	FRONT HANDSPRING ENTRY <ul style="list-style-type: none"> 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 back towards the Table (approximately 3 feet or more)
	VOID	
	<u>0.50</u> up to 0.10 each <u>0.10</u> (max <u>0.40</u>) <u>0.20</u> (max <u>0.40</u>)	ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY <ul style="list-style-type: none"> 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 0.30	
	<u>1.00</u>	DEVIATION FROM STRAIGHT DIRECTION (determined by initial contact with mat)
	<u>1.00</u>	FAIL TO LAND on top of the Mat Stack
	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	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position

VAULT – LEVEL 8 / 9 / 10 SPECIFIC DEDUCTIONS

GENERAL.	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	VOID	COMES TO REST / SUPPORT ON TABLE Runs onto board, steps up onto Vault Table or rebounds from board to the Table
	0.30	Insufficient Dynamics (Speed / Power)
	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.

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 <ul style="list-style-type: none"> Legs Crossed Legs Separated Legs / Knees Bent
	up to 0.20 up to 0.30	POOR TECHNIQUE <ul style="list-style-type: none"> Excessive Arch Poor Technique – Hip Angle
	up to 0.30	INCOMPLETE LA TURN

VAULT – LEVEL 8 / 9 / 10 SPECIFIC DEDUCTIONS

SUPPORT / REPULSION PHASE	up to 0.10	POOR TECHNIQUE
	up to 0.20	<ul style="list-style-type: none"> 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 – $\frac{1}{1}$ turn on Salto off
	up to 0.20	<ul style="list-style-type: none"> Shoulder Angle
	up to 0.20	<ul style="list-style-type: none"> Arched Body
	up to 0.30	<ul style="list-style-type: none"> 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 – $\frac{1}{1}$ turn on Salto off
	up to 0.30	<ul style="list-style-type: none"> Knees Bent (in support) or Early Tuck (Salto Vaults)
	each 0.10 (max 0.30)	STEP(S) with Hands
	0.3	HOP(S) with both hands simultaneously
	up to 0.30	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)
SECOND FLIGHT PHASE	up to 0.50	TOO LONG IN SUPPORT LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
	up to 0.50	PREScribed LA TURN BEGUN TOO EARLY
	up to 1.00	ANGLE OF REPULSION LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group (Line from Hands to body part furthest past vertical)
	No Deduction	If the gymnast leaves the Vault Table:
	0.05 – 0.50	<ul style="list-style-type: none"> By Vertical
	0.55 – 1.00	<ul style="list-style-type: none"> 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
	VOID	NO HAND CONTACT ON THE TABLE

SECOND FLIGHT PHASE	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10	INCORRECT LEG FORM
	up to 0.20	<ul style="list-style-type: none"> Legs Crossed
	up to 0.30	<ul style="list-style-type: none"> Legs Separated Legs / Knees Bent
	up to 0.30	INSUFFICIENT EXACTNESS OF BODY POSITION
	up to 0.30	<ul style="list-style-type: none"> Insufficient <u>TUCK</u> = min. 90° bend in hip & knees Except twists in tuck position, allow open “puck” position
	up to 0.30	<ul style="list-style-type: none"> Insufficient <u>PIKE</u> = min. 90° bend in hips 91° – 135° = insufficient pike
	up to 0.30	<ul style="list-style-type: none"> Insufficient <u>STRETCH</u> = 180°(ideal) Hip Angle 136° – 179° = Insufficient Stretch position Greater than 135° is considered stretched position
	up to 0.30	<ul style="list-style-type: none"> Excessive Arch
	up to 0.30	FAILURE TO MAINTAIN STRETCHED BODY (pike down of stretched Vaults to facilitate landing)

VAULT – LEVEL 8 / 9 / 10 SPECIFIC DEDUCTIONS

SECOND FLIGHT PHASE	up to 0.25 <u>0.30</u>	INSUFFICIENT EXTENSION (OPEN) Before Landing <ul style="list-style-type: none"> 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 0.20	BRUSH or HIT OF BODY ON TABLE <i>on far end of Vault Table</i>
	up to 0.30	INSUFFICIENT LENGTH - <i>consider size, type, contact, land, trajectory; not just distance</i>
	up to 0.50	INSUFFICIENT HEIGHT

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

LANDING	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	PREScribed LA TURN INCOMPLETE <ul style="list-style-type: none"> 1° – 30° missing 31° – 60° missing 61° – 89° missing
	up to 0.10	
	0.15 – 0.20	
	0.25 – 0.30	
	Lower Value	90° or more missing
	up to 0.30	DEVIATION FROM A STRAIGHT DIRECTION, determined by initial contact with the mat
	No Deduction	LAND WITH FEET max hip-width apart, heels close in control
	<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
		Land with feet apart or staggered, then step, deduct only for step(s).
	<u>0.10</u>	<i>Entire foot / feet are sliding or lifting off the floor to join = small step</i>
	up to 0.10	SLIGHT HOP, SMALL ADJUSTMENTS OF FEET or STAGGERED FEET
	each <u>0.10</u> max (0.40)	STEPS (per step) with maximum of 4 steps
	each <u>0.20</u> (max 0.40)	LARGE STEP OR JUMP (approximately 3 feet or more)
	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)
	<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
	VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position

SQUAT ON LANDING DEDUCTION GUIDELINE: (*see examples listed in the Code on page VT – 14*)

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