

GENERAL

Spotting

- **Touch & Assist**
 - deduct .5 for spot (touch)
 - element is Void
 - no credit for ER
- **Touch w/ No Assist**
 - deduct .5 for spot (touch)
 - give credit for element
 - give credit for ER
- **Catch Falling Gymnast**
 - if fall and spot occur simultaneously, deduct only for the fall

Difficulty Required

1 HS/BHS @	.3
3 S @	.5
4 M @	.3
Total	3.0

• Higher value elements may be used to replace missing lower value elements on a one-to-one basis

Range of Scores

9.5 - 10.0	.2
8.5 - 9.475	.3
7.0 - 8.475	.5
Below 7.0	1.0

• Range of Scores is determined by CJ score

Equipment Failure

- Includes broken/torn handgrip (not incl. bandages or footwear)
- **If Gymnast Stops**
 - repeat entire routine after reasonable amount of rest (CJ determines time)
 - **If Routine is Completed**
 - gymnast is given score then decides whether to repeat her routine
 - if repeated, second score is final

VAULT

GENERAL

- Height of table = 100 cm - 135 cm
- Spotting block or folded panel mat may be used.
- One **hand placement mat** may be placed on runway for any vault
- Pistons/pedestal (vertical uprights) must be padded

APPROACHES

- Balk (no touch) is an attempt; with touch is a void vault
- 3 attempts to complete one or both vaults—

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

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.
- Must announce vault or -.2 from average of vault performed.
(No penalty for wrong vault announced)
- Vault w/o signal from Chief Judge -.5 from next vault performed

ROUND-OFF ENTRY VAULTS

- Coach must be present as a spotter
- Safety mat must be around front and sides of board
- Judging begins with takeoff from board

MISCELLANEOUS

- Run with touch of board/table but no vault - VOID
- Touch of only one hand - 1.0 CJ
- No touch on table - VOID
- Spotting that does not facilitate or spot on landing - 0.5
- Spotting assistance/facilitating vault - VOID (ex: handspring)
- Not to soles of feet first landing on **any** vault - VOID
(if hands/feet land simultaneously - do not void)

LANDING DEDUCTIONS

Extra arm swings	up to .1
Add'l trunk movements	up to .2
Body posture on landing	up to .2
Slight hop/adjustment	up to .1
Extra steps (up to .4)	.1 each
Large step/jump	.2
Deep squat	up to .3
Brush/touch w/hand(s) (no support)	.3
Support on mat w/hand(s)	.5
Fall to knees/hips	.5
Fall against apparatus	.5
Land in sit/lie/stand on table	VOID

2010-2012

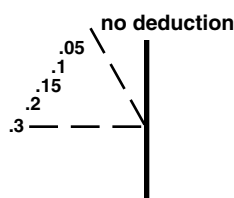
Evaluating Distance

- Consider:
- size of athlete
 - type of vault
 - amplitude of 2nd flight
 - hand placement
- ** not just distance from table

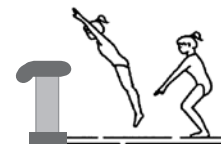
Over/Under Rotated Turn on Landing

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

Insufficient Extension / Opening



No Opening Deduction



Maximum Opening Deduction (0.3)



(deduction should reflect body shape prior to landing)

VAULT DEDUCTIONS

First Flight

Legs crossed	.1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Hip angle	up to .2
Arched Body	up to .2
Incomplete Twist	up to .3

Repulsion Phase

Bent arms	up to .5
Shoulder angle/Arch	up to .2
Staggered/alt hands (fwd entry vaults)	up to .1
Add'l hand placements	up to .3
Twist too soon	up to .3
One hand vault (CJ)	1.0

Second Flight

Twisting too late	up to .5
Legs crossed	.1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Insuf. tuck/pike/stretch	up to .3
Insuf. exactness of twist	up to .1
Late completion of twist	up to .3
Height	up to .5
Length	up to .3

Second Flight (cont)

Extension (str. vaults)	up to .3
Insuf/Late ext (U,V)	up to .2
No extension (U,V)	.3
Brush/hit on table	up to .2
Landing	
Incomplete/Over Twist	up to .3
Direction	up to .3
Dynamics	up to .3
Landing—	(see above)