

2012-2013 TeamGym Regulations Group Jump

Updated September 28, 2012

Vaulting

Level 1 Start Values (SV) Based on the height of the vaulting device.

Level 1 (and ADSN) squads may select to perform the Jump-on / Jump-off skill element utilizing a Standard Vaulting Table or other Mat Shapes or Vault Trainer devices that can be set at a height lower than 38" (± 1 inch), such as Trapezoid pieces.

The Difficulty SV will vary upon the height of the vault apparatus that is selected.

PLEASE REFER TO THE APPARATUS/EQUIPMENT CHART

SV = 2.0 - For all squads that select to utilize the Vault Table or similar Vault Training Device that permits a minimum height of 38" (± 1 inch).

SV = 1.5 - For all squads that utilize a Mat-shape or Vault Training Device that is Greater than is set between 14"-27" (i.e., Greater than 14" and Less than 37")

SV = 1.0 - For all squads that utilize a Mat-shape or Vault Training Device that is Less than 14" in height – such as a folded panel mat or the bottom piece of a trapezoid.

Level	USA GfA TeamGym
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L-1	Performs 1 Vault <ul style="list-style-type: none"> • Choices: Jump-on, Tuck-open off – OR – • Jump-on, Spread eagle off 	Training hints and other information: Run with acceleration, hurdle with arm circle onto vault board.
L-1 ADSN	(as above) – OR – • may do Straight jump off	The "opening" is not a requirement for the ADSN squads.

L-2	Performs 1 Vault onto a MAT STACK <ul style="list-style-type: none"> • Jump with stretched position in pre-flight to Dive roll 	Run with acceleration, hurdle w/ arm circle onto vault board and execute straight body dive roll onto Mat Stack.
L-2 ADSN	Performs 1 Vault onto a Standard landing mat (NOT a Mat Stack). May use the same set-up as in L1. Basic Jumps – Jump-on / Jump-off ... <ul style="list-style-type: none"> • Choices: Straight jump, Tuck jump, or Spread eagle. 	

L-3	Performs 1 Vault onto a MAT STACK Run, hurdle, jump from the board showing an extended body in the preflight to... <ul style="list-style-type: none"> • Handstand to flatback – OR – • Handspring to flatback 	
L-4	Performs 1 or 2 Vaults over Standard Vault Table – Height of Vault Table is at the coach's discretion Vault 1 – REQUIRED <ul style="list-style-type: none"> • Front Handspring vault (SV = 2.0) Vault 2 – VOLUNTARY (SV = 2.0) <ul style="list-style-type: none"> • Choice 1 - Jump-on / FHS-off • Choice 2 - Jump-on/Ft. Salto-off (T) 	Run, hurdle, jump from the board showing an extended body in the preflight to FHS vault to a controlled landing on both feet. <ul style="list-style-type: none"> • If the squad only performs the REQUIRED FHS vault, their Jump-VT score will be based solely on this one pass. • If the squad also performs 1 of the Voluntary vaults, the 2 scores will be averaged for their final Jump-VT score.

L-5	Level 5 Vault Height Vault Difficulty Start Value (SV) is determined by the height of the vault that the squads select to use. <ul style="list-style-type: none"> • SV = 2.0 – VT Height = 120 cm (47") • SV = 1.6 – VT Height = 115 cm (45") • SV = 1.2 – VT Height = 110 cm (43") • SV = 0.8 – VT Height = 105 cm (41")
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Performs 1 Vault over the Vault Table

- **Front Handspring Vault**

Intensification: The final 1, 2 or 3 vaulters may "intensify" their vault with the following choices:

NOTE: There is NO BONUS for intensification.

- **Handspring with 1/2 twist on**, and straight body in afterflight off the table.
- **Handspring onto the table and 1/2 twist off** with straight body in afterflight.
- **Handspring onto the table and 1/1 twist off** with straight body in afterflight.

L-6

Level 6 Vault Height

Vault Difficulty Start Value (SV) is determined by the height of the vault that the squads select to use.

- **SV = 2.0** – VT Height = 120 cm (47")
- **SV = 1.5** – VT Height = 115 cm (45")
- **SV = 1.2** – VT Height = 110 cm (43")
- **SV = 0.8** – VT Height = 105 cm (41")

Performs 2 Vaults over a Standard Vault Table

Vault 1 – Front Handspring vault (SV = 2.0)

Vault 2 – The choices below all have SV = 2.0

- Choice 1 - **Yamishita vault**
- Choice 2 - **Handspring 1/2 on, 1/2 off**
- Choice 3 - **Handspring on, 1/1 twist off**
- Choice 4 - **1/2 on, 1½ off**

Intensification for the 2nd vault: The preference is that all of the squad members perform the same vault, but there will be no "special deduction" for this. However, the order of performance must be in the following sequence:

- Yamishita
- 1/2-on, 1/2 off
- Handspring-on, 1/1 twist off
- 1/2-on, 1½ off

L-7

For Level 7, the TG squads may select to perform 1 Vault & 2 MT jumps – OR – 2 Vaults & 1 MT jump.

The Level 7 Vaults all have SV's of 2.0

The choices are yet to be determined! Information available soon!

- Handspring 1/1 twist off
- Yamishita 1/2 twist off
- Handspring 1/2 on, 1/1 off
- Handspring 1/2 on, 1½ off
- Other?

Intensification is at the discretion of the coach with the order of performance in the sequence as above.

- If it is necessary for any of the squad members to perform a vault from a lower Level list, they must go first in order and the deduction is -0.3 each time.
- **Should the squad select to perform two vault passes**, it is permissible repeat the 1st pass in the same sequence order, or to change it.
- The order of performance for both passes must be as submitted to the judge panel.