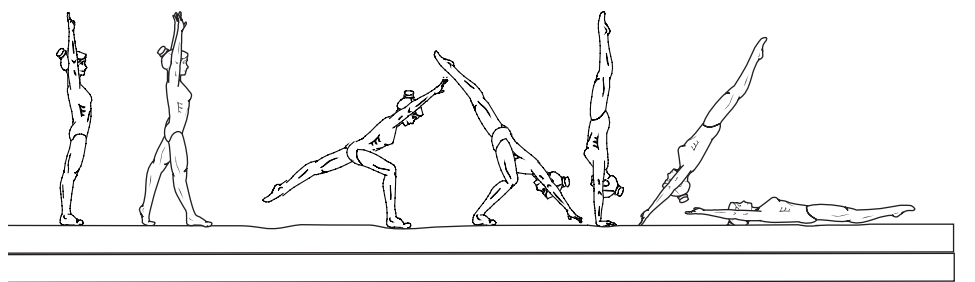
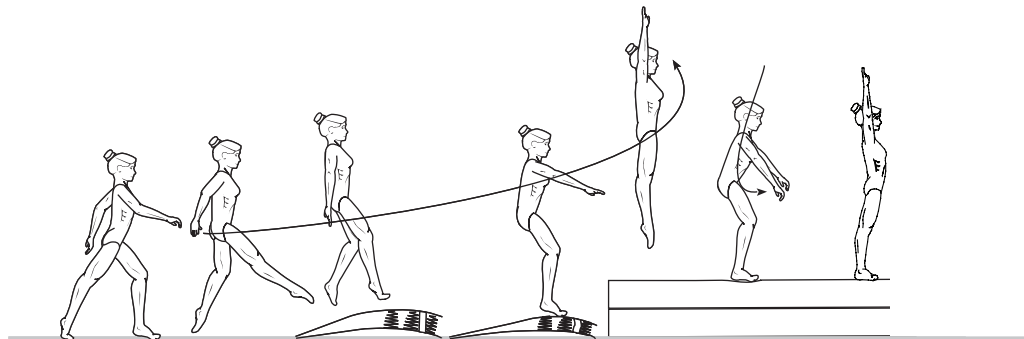


LEVEL 1 VAULT

The gymnast may perform the vault (both skills) two times. Each phase of the vault is worth 5.0 points with the score of each phase added together. The highest total score of the two vaults will count.

Three running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A fourth approach is not permitted.

STRETCH JUMP ONTO A RAISED MAT SURFACE (A MINIMUM OF 16") AND THEN HANDSTAND FALL TO STRAIGHT LYING POSITION ON THE BACK



STRETCH JUMP

The suggested number of running steps is approximately seven to nine steps before executing a hurdle and rebound from the board. There is NO deduction for more or less steps. The body should be tight, with the abdominals in, to execute a **STRETCH JUMP** while maintaining a straight-hollow body position.

Land in demi-plié.

ARMS: Lift to high on the **JUMP**. The landing position of the arms is optional.

Extend the legs to finish in a straight stand.

ARMS: Move to high position.

HANDSTAND FALL TO STRAIGHT LYING POSITION

The gymnast may step backward onto the board or remain on the mat prior to the kick up to handstand. **The hands may be placed on the mat or the board.**

Step forward through the ball of the Right foot and execute a Right lunge. Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the skill cushion. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the skill cushion while pushing off with the Right leg to arrive in a **HANDSTAND** with legs together, head neutral with focus on the hands, with a straight, tight body position. Overbalance the **HANDSTAND**, maintaining a straight, tight body position and land in a **STRAIGHT LYING POSITION ON THE BACK**.

Note: In the event the athlete lands the **STRETCH JUMP** too far down the skill cushion, they may take steps backward to allow adequate space for the **HANDSTAND TO STRAIGHT LYING POSITION**.

CARTWHEEL TO SIDE HANDSTAND, ¼ (90°) TURN DISMOUNT (CONTINUED)

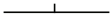
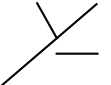


ARMS: Reversing the direction of the previous circle, circle both arms upward-backward-downward-forward-upward to high.

Step forward through the ball of the Right foot and execute a Right lunge (straight leg entrance is also acceptable). Lift the Left leg backward-upward, maintaining a straight line from the hands, torso, and Left leg while reaching for the beam. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Reach forward to place the Right hand sideways on the beam as the body turns 90° Left. Place the Left hand on the beam sideways (hands shoulder-width apart) as the Right leg pushes off the beam to execute a **SIDE HANDSTAND** with legs together, shoulders extended, hip angle open, head neutral and focus on the hands. **Hold two seconds.** Slightly over-balance the **HANDSTAND** while shifting the weight to the Right arm. Lift the Left hand off the beam and execute a ¼ (90°) **TURN** Right on the Right arm. Raise the upper body, maintaining a straight body position as the legs lower in preparation for landing. Demi-plié as the feet contact the mat in a balanced and controlled position (“stick”), pressing through the balls of the feet to lower the heels onto the mat.

ARMS: The Right hand must remain on the beam at least until the body passes by the horizontal plane of the beam. Extend the legs to finish in a straight stand, with the Right side of the body at the side of the beam.

ARMS: Lift forward-upward to sideward-diagonally-upward.

<u>0.10</u>	Incorrect (simultaneous) hand placement
Up to 0.30	Failure to attain vertical
Up to 0.20	Failure to hold two seconds
<u>0.20</u>	Failure to perform ¼ (90°) turn
Up to 0.10	¼ (90°) turn incomplete or overturned
Up to 0.10	Failure to maintain hand contact on beam until body passes by the horizontal plane
Up to 0.60	<p>Failure to complete dismount (these deductions do not include possible body position faults):</p> <p>When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed:</p> <p>Example: Attempts dismount, does not attain vertical, then falls <i>and does not repeat</i>:</p> <p>Deduct Up to 0.30 (failure to attain vertical)</p> <p> <u>0.20</u> (not held two seconds)</p> <p> <u>0.20</u> (<i>failure to perform 90° turn</i>)</p> <p> = 0.70 Max. of 0.60 for incomplete element + <u>0.50</u> (fall) for a TOTAL OF 1.10</p>
Points of emphasis: Body and head alignment; hold at vertical	

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	SPLIT JUMP (150°) (0.40)	Up to 0.10	Failure to land with feet closed
		<u>0.10</u>	Failure to land on both feet simultaneously
	SISSONNE (0.20)	Up to 0.20	Insufficient continuity between jumps
		Up to 0.10	Insufficient lift of the front leg (less than 45°)
		Up to 0.10	Insufficient lift of the back leg (less than horizontal)
		<u>0.05</u>	Failure to pause in low arabesque position on landing
	SEQUENTIAL WAVE	Max. of 0.10	Failure to contract and/or extend
	1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	* CARTWHEEL TO SIDE HANDSTAND, * ¼ (90°) TURN DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.20	Failure to hold two seconds
		<u>0.20</u>	Failure to perform the ¼ (90°) turn
		Up to 0.10	¼ (90°) turn incomplete or overturned
		Up to 0.10	Failure to maintain hand contact on beam until body passes by the horizontal plane
		Up to 0.60	Failure to complete dismount (these deductions do not include possible body position faults): When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed: Example: Attempts dismount, does not attain vertical, then falls and does not repeat . Deduct Up to 0.30 (failure to attain vertical) <u>0.20</u> (not held two seconds) <u>0.20</u> (failure to perform 90° turn) = 0.70 Max. of 0.60 for incomplete element + <u>0.50</u> (fall) for a TOTAL OF 1.10