

2019 TOPS NATIONAL TESTING

VAULT

Please note:

- Vault is given a value of Ten (10) points.
- Coaches are allowed to stand near the gymnast (without blocking the view of the tester).
- Spotting / assisting a skill or sequence of skills will result in the gymnast only receiving half the value for the skill / sequence.
- The figures are a GUIDELINE to assist with learning the Vault.
- The evaluation emphasis will be on technique, form, execution, and body shape throughout the major elements.
- Gymnasts are ONLY allowed One (1) Vault.
- If the gymnast runs and does NOT touch the board, it is considered a BALK and she is allowed another attempt WITHOUT deduction.
- If the gymnast runs and DOES touch the board but does NOT perform the remainder of the vault, she is allowed one more attempt to complete the vault. However, she will receive a .50 deduction taken from her final score.
- The gymnast is allowed 3 attempts (running approaches) to successfully complete One (1) vault.
- A one-time re-test will be allowed if the vault receives a zero score. A 0.50 deduction is taken on the second attempt.

Equipment needed 8 – 9 years old:

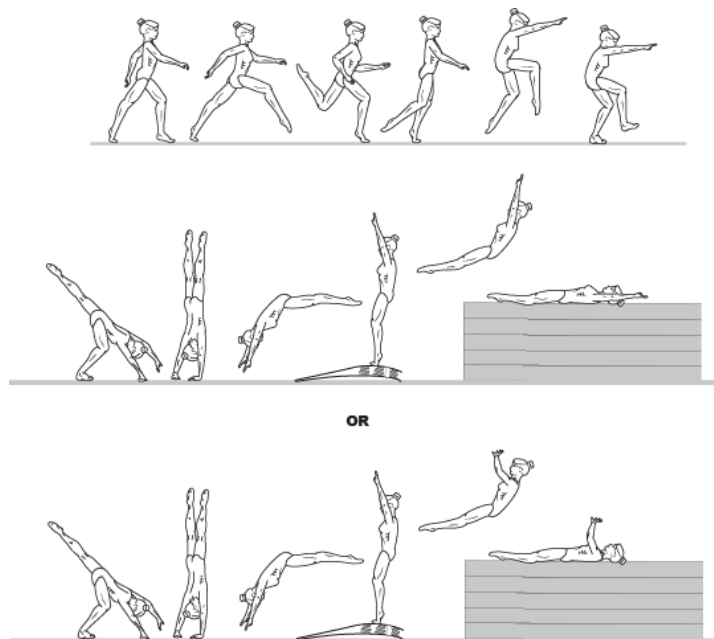
- Vault Runway
- Hand placement mat
- Spring board
- Safety zone
- Mat stack (115 - 125 cm.)
- Additional mats placed behind the Mat stack is recommended.

Equipment needed 10 years old:

- Vault Runway
- Vaulting Table with Mat stack to the height of the Vault Table
- Hand placement mat (Containing a 12-inch corridor for hand placement)
- Spring board
- Safety zone
- Sting mat to place on top of table (optional)
- Mat stack (115 - 125 cm.)
- Additional mats placed behind the Mat stack is recommended.

EIGHT (8) YEARS OLD NATIONAL TESTING SKILLS- VAULT

RUN, HURDLE, ROUND-OFF, REBOUND BACKWARD TO MAT STACK



The Figures above do NOT include the Hand placement mat or Safety Zone. These are both **REQUIRED**.

RUN

The number of running steps is optional.

The run should be even and strong, accelerating to the hurdle onto the board with emphasis on the following technique:

- The head should be neutral.
- The arms should be bent and tight to the side coming up with a slight cross to the midline.
- The knees should be lifted to the waist.

HURDLE

On the last running step, execute a **HURDLE** with both arms diagonally-forward-upward showing a slightly closed shoulder angle.

ROUND-OFF, REBOUND BACKWARD TO MAT STACK

Maintaining acceleration through the hurdle execute a mountain climber entrance (BOTH legs bent with body in a “C” rounded shape.) The head remains neutral as the arms come down fast. Place both hands in a straight line down the center of the Hand Placement Mat. The hands should contact the mat in a definite one-two (1-2) rhythm, **NOT** at the same time. Turn the second hand to be facing the runway (opposite direction from the spring board) or place the second hand on the Hand Placement Mat sideways as in a Side Cartwheel.

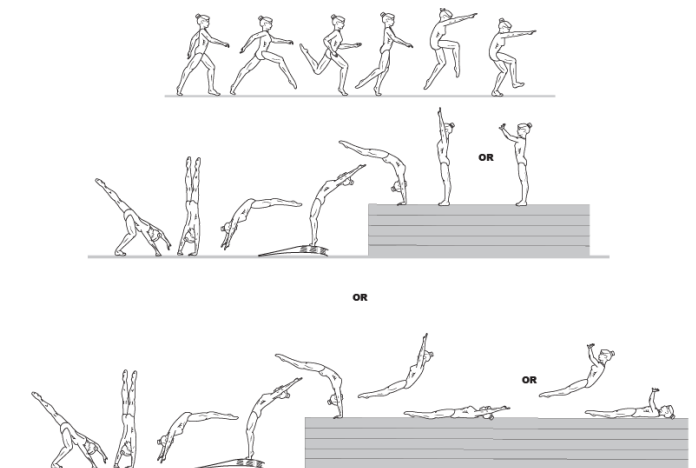
Push off the floor explosively with the arms and shoulders while simultaneously snapping the legs down and under to land on both feet in an upright hollow-body position on the spring board.

Immediately rebound (punch) with the body hollow and travel backward to arrive in a straight body position flat on the mat stack.

ARMS: During the flight backward, maintain high position, OR it is also acceptable to have the arms bent with a closed shoulder angle.

NINE (9) YEARS OLD NATIONAL TESTING SKILLS- VAULT

RUN, HURDLE, ROUND-OFF FLIC-FLAC TO STAND or BACK ONTO THE MAT STACK (115 - 125 cm.)



The Figures above do NOT include the Hand placement mat or Safety Zone. This additional equipment IS REQUIRED.

RUN

The number of running steps is optional.

The run should be even and strong, accelerating to the hurdle onto the board with emphasis on the following technique:

- The head should be neutral.
- The arms should be bent and tight to the side coming up with a slight cross to the midline.
- The knees should be lifted to the waist.

HURDLE

On the last running step, execute a **HURDLE** with both arms diagonally-forward-upward showing a slightly closed shoulder angle.

ROUND-OFF FLIC-FLAC TO STAND or BACK ON MAT STACK

Maintaining acceleration through the hurdle execute a mountain climber entrance (BOTH legs bent with body in a "C" rounded shape.) The head remains neutral as the arms come down fast. Place both hands in a straight line down the center of the Hand Placement Mat. The hands should make contact with the Mat in a definite one-two (1-2) rhythm, **NOT** at the same time. Turn the second hand to be facing the runway (opposite direction from the spring board) or place the second hand on the Hand Placement Mat sideways as in a Side Cartwheel.

Push off the floor explosively with the arms and shoulders while simultaneously snapping the legs down and under to land on both feet in an upright hollow-body position on the spring board.

Immediately rebound (punch) backward onto the hands in an inverted tight-arched body position to execute a **FLIC-FLAC** onto the **Mat stack**. The hips should be higher than the mat stack upon hand contact.

ARMS: Maintain tight by the ears.

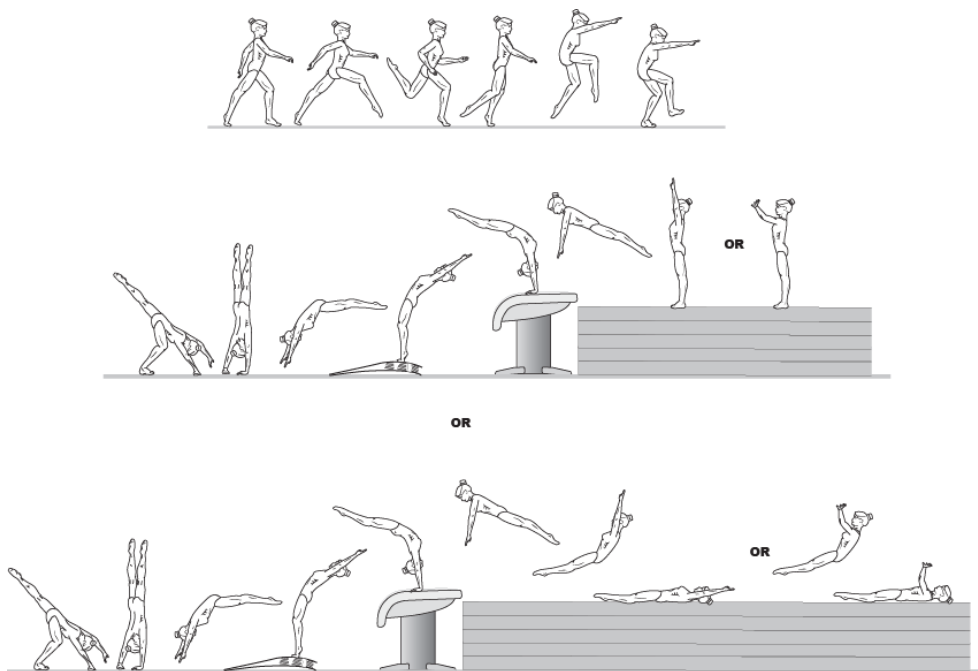
Focus: Head neutral throughout.

As the hands contact the **Mat stack**, immediately snap the body up to finish:

- A. In a straight stand on both feet in a hollow-body position on the **Mat stack**.
- OR**
- B. On the back in a hollow-body position on the **Mat stack**.

TEN (10) YEARS OLD NATIONAL TESTING SKILLS- VAULT

RUN, HURDLE, ROUND-OFF FLIC-FLAC ONTO THE TABLE TO STAND or BACK ON MAT STACK (115 - 125 cm.)



The Figures above do NOT include the Hand placement mat, sting mat on top of table (optional) or Safety Zone. This additional equipment IS REQUIRED.

RUN

The number of running steps is optional.

The run should be even and strong, accelerating to the hurdle onto the board with emphasis on the following technique:

- The head should be neutral.
- The arms should be bent and tight to the side coming up with a slight cross to the midline.
- The knees should be lifted to the waist.

HURDLE

On the last running step, execute a **HURDLE** with both arms diagonally-forward-upward showing a slightly closed shoulder angle.

RUN, HURDLE, ROUND-OFF FLIC-FLAC ONTO THE TABLE TO STAND or BACK ON MAT STACK

Maintaining acceleration through the hurdle execute a mountain climber entrance (BOTH legs bent with body in a “C” rounded shape.) The head remains neutral as the arms come down fast. Place both hands in a straight line down the center of the Hand Placement Mat. The hands should make contact with the Mat in a definite one-two (1-2) rhythm, **NOT** at the same time. Turn the second hand to be facing the runway (opposite direction from the spring board) or place the second hand on the Hand Placement Mat sideways as in a Side Cartwheel.

Push off the floor explosively with the arms and shoulders while simultaneously snapping the legs down and under to land on both feet in an upright hollow-body position on the spring board.

Immediately rebound (punch) backward onto the hands in an inverted tight-arched body position to execute a **FLIC-FLAC** onto the **TABLE**. The hips should be higher than the mat stack upon hand contact.

ARMS: Maintain tight by the ears. Focus: Head neutral throughout.

As the hands contact the **TABLE**, immediately snap the body up to finish:

- A. In a straight stand on both feet in a hollow-body position on the **TABLE**.
- B. **OR** On the back in a hollow-body position on the **TABLE**.