

VAULT ~ Chapter 1 ~ Values and Deductions

BRONZE DIVISION

Bronze: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured "Jr." vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault provided the mat stack does not have to be moved or changed in height by more than 8".
- Performance of an unallowable vault will result in an event score of "0" (VOID).
- Spotting deductions apply to all phases of Bronze vaults 1 & 2.

Vault 1A: STRETCH JUMP onto a minimum of 16" mat surface; (SV = 5.0). THEN

Vault 1B: KICK TO HANDSTAND, fall to flat back (SV = 5.0).

Each part of the vault is evaluated separately and is worth 5.0; total two scores to arrive at the final score.

Vault 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16"mat, no repulsion required

Vault 1A: STRETCH JUMP (SV = 5.0)

Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u>	Running on the board and stepping up on the mat
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump <ul style="list-style-type: none"> • Pike • Tuck • Arch
	Up to 0.50	
	Up to 0.30	
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
General Faults	Up to 0.50	Failure to land in demi-plie, with control and proper body position
	Up to 0.30	Insufficient dynamics (speed/power)
	No deduction Void	Run-approach without executing the vault (Balk) (up to 3 times) Touching the springboard or mat stack, when balking.

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 5.0)

Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the Handstand <ul style="list-style-type: none"> • Showing a shoulder angle less than 180° • Pike • Arch
	Up to 0.30	
	Up to 0.30	
Each <u>0.10</u>	Additional hand placements (taking steps on the hands)	
Up to 0.10	Incorrect foot form	
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

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Vault 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch • Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	<u>1.00</u>	Spot during any phase of Vault (Max. spot deduction = 1.50)
	Void	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement
	Void	Performing incorrect vault (i.e., squat on)
	No Deduction Void	Run-approach without executing the vault (balk) Touching the springboard or mat stack, when balking.
First Flight		See Vault General Faults above
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms, causing head to contact the mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touch with only one hand)
Post Handstand Phase	Up to 1.00	Failure to finish in a straight lying position on the back Examples for applying this deduction:
	<u>1.00</u>	• Gymnast lands on her feet, salutes, & steps off mat.
	<u>0.50</u>	• Gymnast lands on her seat (90° hip angle), salutes & steps off mat.
	<u>0.50</u>	• Gymnast lands on her back with an arch & bent legs, salutes, & steps off the mat.
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight lying position.

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SILVER DIVISION

HANDSPRING onto the Vault Table,

Repulsion to flat back landing on stacked mats (Equal to or up to 8" above Table), (SV = 10.0).

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch - Failure to maintain a straight body position • Pike - Failure to maintain a straight body position
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	<u>1.00</u>	Spot during any phase of vault (Max. spot deduction = 1.50)
	Void	Gymnast never achieves vertical and returns to the board or lands on the table between the board and hand placement.
	Void	Performing incorrect vault (i.e., squat on)
	No Deduction Void	Run-approach without executing the vault (balk) Touching the springboard or mat stack, when balking.
First Flight		See Vault General Faults above
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms, causing head to contact the table
	Up to 0.30	Incorrect shoulder alignment (shoulder angle less than 180°)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05-0.50 0.55-1.00	Contacting the table with the hands after vertical <ul style="list-style-type: none"> • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Up to 0.50	Too long in support (lack of repulsion)
	Each <u>0.10</u>	Additional hand placements (steps/hops on hands, max. 0.30)
	<u>1.00</u> VOID	Performing a one-handed vault Failure to touch the table with 2 hands (performs a front layout)
Post Handstand Phase	Up to 0.50 Up to 0.30	Insufficient height Insufficient distance
Landing Phase	Up to 0.20 Up to 1.00	Body part hitting/brushing table upon landing Failure to finish in a straight lying position on the back Examples or applying this deduction:
	<u>1.00</u>	• Gymnast lands on her feet, salutes, & steps off mat.
	<u>0.50</u>	• Gymnast lands on her seat (90° hip angle), salutes & steps off mat.
	<u>0.50</u>	• Gymnast lands on her back with an arch and bent legs, salutes, & steps off the mat.
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight lying position.
VOID	Gymnast lands standing or sitting on the table	

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GOLD DIVISION and PLATINUM DIVISION

The Vaults listed below are allowed.

Start Values: All Vaults are Valued at 10.0.

Alternative Springboard Apparatus:

- Gold Division: the Start Value will be 9.50.
- Platinum Division: NOT ALLOWED.

Performance of an Unallowable Vault will result in an EVENT score of "0" (VOID).

- If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored "0" (VOID).
- However, the Gymnast does NOT receive a "0" (VOID) as the Final Score for the event, if the other Vault is a legitimate Vault.
- If **EITHER** of the two Vaults performed are Vaults that are not allowed at the gymnast's division, the gymnast would receive a Final Score of "0" (VOID) for that event, because an Unallowable Vault was performed.

J.O. Code #	Name of Specific Allowable Vault
1.101	Handspring
1.102	Handspring → ½ twist off
1.103	Yamashita
1.104	Yamashita → ½ twist off
1.105	½ twist on → ½ twist off ¼ twist on → ¾ twist off
1.106	¼ or ½ twist on → Repulsion (with flight to feet) off
1.201	Handspring → 1/1 twist off
1.203	Yamashita → 1/1 twist off
1.206	½ twist on → 1/1 twist off ¼ twist on → 1-¼ twist off
1.207	1/1 twist on → Handspring or Yamashita off
1.208	1/1 twist on → ½ twist off

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DIAMOND DIVISION

Performance of an Unallowable Vault will result in an EVENT score of “0” (VOID).

- *If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored “0” (VOID).*
- *However, the Gymnast does NOT receive a “0” (VOID) as the Final Score for the event, if the other Vault is a legitimate Vault.*
- *If EITHER of the two Vaults performed are Vaults that are not allowed at the gymnast’s division, the gymnast would receive a Final Score of “0” (VOID) for that event, because an Unallowable Vault was performed.*

J.O. Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	9.6
1.102	Handspring → ½ twist off	9.6
1.103	Yamashita	9.6
1.104	Yamashita → ½ twist off	9.6
1.105	½ twist on → ½ twist off ¼ twist on → ¾ twist off	9.6
1.106	¼ twist on → Repulsion (with flight to feet) off ½ twist on → Repulsion (with flight to feet) off	9.6
1.201	Handspring → 1/1 twist	10.0
1.202	Handspring → 1-½ twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.205	½ twist on → 1-½ twist off ¼ twist on → 1-¾ twist off	10.0
1.206	½ twist on → 1/1 twist off ¼ twist on → 1-¼ twist off	10.0
1.207	1/1 twist on → Handspring or Yamashita off	10.0
1.208	1/1 twist on → ½ twist off	10.0
1.301	Handspring → 2/1 twist off	10.0
1.306	½ twist on → 2/1 twist off ¼ twist on → 2-¼ twist off	10.0
3.201	Tsukahara → Back Tuck	10.0
3.303	Tsukahara → Back Pike	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off	9.6
4.102	RO, FF on → Repulsion ½ off	9.6
4.201	RO, FF on → 1/1 twist off	10.0
4.202	RO, FF on → 1-½ twist off (Allen)	10.0
4.203	RO, FF on → Back Tuck	10.0
4.304	RO, FF on → Back Pike	10.0
5.101	RO, FF ½ on → Handspring	9.6
5.201	RO, FF ½ on → 1/1 twist off	10.0
5.202	RO, FF ½ on → 1-½ twist off	10.0
5.312	RO, FF ½ on → 2/1 twist off	10.0

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GOLD, PLATINUM, and DIAMOND DIVISION DEDUCTIONS

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 • Knees bent
	Up to 0.20 Up to 0.20	Poor technique <ul style="list-style-type: none"> • Hip angle • Arched body
	Up to 0.30	Incomplete LA turn
Support/ Repulsion Phase	Up to 0.10 Up to 0.20 Up to 0.20 Up to 0.30	Poor technique <ul style="list-style-type: none"> • Staggered/alternate hand placement on all vaults, except Diamond Tsukahara vaults • Shoulder angle • Arched body • Alternate repulsion from hands on all vaults, except Diamond Tsukahara vaults
	Up to 0.30	Prescribed LA turn begun too early
	Up to 0.30	Additional hand placements (taking steps/walking on hands)
	Up to 0.50	Bent arms (90° or more = max. deduction) <ul style="list-style-type: none"> • a slight arm bend of the lead arm is allowed on Tsukahara vaults
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table <ul style="list-style-type: none"> • Chief judge deduction, if at least ½ of panel sees only 1 hand touch
	VOID	No hand contact on the vault table
<u>2.00</u>	Head contacting the table, during support phase <ul style="list-style-type: none"> • Includes 0.50 deduction for extreme arm bend 	
Second Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Insufficient exactness of LA turn
	Up to 0.10	Under-rotation of salto vaults
	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 • Knees bent
	Up to 0.20	Brush or hit of body/head on vault table during post-flight
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the athlete, type of vault, where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.</i>
	Up to 0.30	Failure to maintain stretched body (pike down of stretched vaults to facilitate landing)
	Up to 0.30 Up to 0.30 Up to 0.30 Up to 0.30	Insufficient exactness of body position: <ul style="list-style-type: none"> • Insufficient tuck or pike (tuck = min. 90° bend in hip & knee; pike = min. 90° bend in hips) • Insufficient stretch (ideal = 180°, but > than 135° is considered stretched position) • Insufficient stretched position (hip angle 136° - 179°) • Arch
	Up to 0.30	Late completion of the twist
	Up to 0.25 <u>0.30</u>	Insufficient extension (open) of body before landing <ul style="list-style-type: none"> • Insufficient and/or late extension (tuck & pike vault) • Total absence of extension (tuck & pike vault)
	Up to 0.50	Insufficient height
	Up to 0.50	Prescribed LA turn begun too late

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Landing	Up to 0.10	Slight hop or small adjustments of feet
	Up to 0.10	Extra arm swings
	Each <u>0.10</u>	Extra steps (maximum of 0.40)
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	<u>0.20</u>	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 both hands on mat (no support)
	Up to 0.30 Up to 0.10 0.15 - 0.20 0.25 - 0.30 Award lower value	Prescribed LA turn incomplete <ul style="list-style-type: none"> • 1° - 30° missing • 31° - 60° missing • 61° - 89° missing • 90° or more missing
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics
	<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 apparatus
	VOID	Landing in a sitting, lying or standing position on top of the vault table
Support/ Repulsion Phase	<u>0.50</u>	Spotting assistance on landing
	(CJ) <u>0.50</u>	Vaults without signal from chief judge <ul style="list-style-type: none"> • CJ deducts 0.50 from average of next vault
	VOID	Failure to land on any part of the bottom of the feet first <ul style="list-style-type: none"> • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	<u>1.00</u>	Spotting assistance during the vault <ul style="list-style-type: none"> • (Maximum total Spot deduction not to exceed 1.50)
	VOID	Run approach without execution of the vault with touch on the springboard or vault table
	VOID	Failure to use the safety zone mat for RO entry vaults