

VAULT ~ Chapter 1 ~ Values and Deductions

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

Minimum of 16", maximum 48" (+1") mat stack, no repulsion required.

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
	(CJ) <u>0.50</u>	Vaults without signal from Chief Judge (CJ deduct <u>0.50</u> from Average of next Vault)
	<u>1.00</u>	Spot during any phase of Vault (Maximum spot deduction = 1.50)
	*VOID	Run approach which results in gymnast coming to rest or support on top of the mat stack without execution of the vault (<u>example</u> : Rebounds from board, jumps to place hands on mat, does not pass through the vertical plane 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	1st Balk Performing a 2nd or 3rd Balk	
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)
	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) Max. 0.30
	<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 <u>1.00</u> <u>0.50</u> <u>0.50</u>	Failure to land on flat back Examples for applying this deduction: <ul style="list-style-type: none"> • Gymnast lands on her feet, salutes, & steps off mat. • Gymnast lands on her seat (90° hip angle), salutes & steps off mat. • 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.
		<i>If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall. She does not get back on the mat stack to complete the vault.</i>

- * If a gymnast attempts Bronze Vault Option #2: Jump to Handstand - Fall to Flat Back,
- but performs an incomplete or incorrect vault:
 - instead of taking a 0 score (VOID) on Bronze Vault option #2
 - use that attempt as a VOID for Bronze Vault Option 1A (deduction of 4.50) and
 - perform Vault 1B to achieve a Score.

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SILVER DIVISION

SILVER VAULT 1: HANDSPRING over mat stack,

Min. 24" (± 1 "), max. 48" (± 1 ") mat stack sideways.

A mat, minimum 6'x12'x4", must be placed on the floor behind the mat stack.

SILVER VAULT 2: $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.

Min. 24" (± 1 "), max. 48" (± 1 ") mat stack sideways.

A mat, minimum 6'x12'x4", must be placed on the floor behind the mat stack.

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 0.10 Up to 0.20 Up to 0.20	Poor technique <ul style="list-style-type: none"> • Failure to maintain neutral head position • Hip angle • Arched body
	Up to 0.30 Up to 0.30	Incomplete LA turn (Option 2 Vault) Failure to pass through vertical on Option 2 Vault
Support/ Repulsion Phase	Up to 0.10 Up to 0.10 Up to 0.20 Up to 0.20 Up to 0.20	Poor technique <ul style="list-style-type: none"> • Staggered/alternate hand placement on the handspring vault (option 1) • Failure to maintain neutral head position • Shoulder angle • Arched body • Alternate repulsion from hands on the handspring vault (option 1)
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) Maximum 0.30
	Up to 0.30	Prescribed LA turn begun too early (Option 2 Vault)
	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 the $\frac{1}{4}$ - $\frac{1}{2}$ on vault (option 2)
	Up to 0.30	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack <ul style="list-style-type: none"> • Chief Judge deduction, if at least $\frac{1}{2}$ of panel sees only ONE hand touch
	VOID <u>2.00</u>	No hand contact on the mat stack Head contacting the mat stack in support phase (includes 0.50 deduction for extreme arm bend)
Second Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Failure to maintain neutral head position
	Up to 0.10	Insufficient exactness of LA turn (Option 2 Vault)
	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 mat stack table during post-flight
	Up to 0.30	Late completion of the twist (Option 2 Vault)
	Up to 0.30	Failure to maintain stretched body (arch or pike)

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SILVER DIVISION deductions (continued)

Landing	Up to 0.10	Slight hop, small adjustments of feet or staggered feet
	Up to 0.10	Extra arm swings
	Each <u>0.10</u>	Extra steps (maximum of 0.40)
	<u>0.05</u>	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart
	<u>0.10</u>	Landing with feet further than hip-width apart
	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	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics
	Up to 0.30	Prescribed LA turn incomplete (Option 2 Vault)
	<u>0.50</u>	Support on the landing mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
VOID	Landing in a sitting, lying or standing position on top of the mat stack	
General	<u>0.50</u>	Spotting assistance on landing
	<u>0.50</u>	Fall after spot assist additional <u>0.50</u>
	(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)
	No deduction VOID	1st Balk Performing 2nd or 3rd Balk
	VOID	Run approach which results in the gymnast coming to rest or support on top of the mat stack without execution of the vault. <ul style="list-style-type: none"> • Also includes handstand forward roll. <u>Example:</u> Rebounds from board, places hands on mat stack, arrives in 3/4 handstand position, loses momentum and steps down on mat stack or falls back onto board.
VOID	Any vault with more than ¼ twist in 2 nd flight phase	

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GOLD DIVISION and PLATINUM DIVISION

The Vaults listed below are allowed.

Start Values: All Vaults for Gold Division are Valued at 10.0. See Platinum Vault Chart for Platinum Start Values.

Use of Alternative Trampoline-like Springboard Apparatus:

- **Gold Division:** Start Value will be 9.50.
- **Platinum Division:** NOT ALLOWED. If used, the vault will be VOID.

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

1. 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.
2. If EITHER of the two Vaults performed are Vaults that are not allowed at the gymnast's division, the gymnast receives a Final Score of "0" (VOID) for that event, because a Restricted Vault was performed.

GOLD DIVISION VAULT CHART

Xcel 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 OR ¼ twist on → ¾ twist off
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off
1.109	¼ twist on → ¼ twist off - to land facing away from the table
1.201	Handspring → 1/1 twist
1.203	Yamashita → 1/1 twist
1.206	½ twist on → 1/1 twist off OR 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

PLATINUM DIVISION VAULT CHART

Xcel/ Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	9.8
1.102	Handspring → ½ twist off	10.0
1.103	Yamashita	9.8
1.104	Yamashita → ½ twist off	10.0
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	10.0
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off	9.8
1.109	¼ twist on → ¼ twist off - to land facing away from the table	9.8
1.201	Handspring → 1/1 twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.206	½ twist on → 1/1 twist off OR 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

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GOLD, PLATINUM, and DIAMOND DIVISION DEDUCTIONS (continued)

Landing	Up to 0.10	Slight hop, small adjustments of feet or staggered feet
	Up to 0.10	Extra arm swings
	Each <u>0.10</u>	Extra steps (maximum of 0.40)
	<u>0.05</u>	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart
	<u>0.10</u>	Landing with feet further than hip-width apart
	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 0.10 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	
General	<u>0.50</u>	Spotting assistance on landing
	<u>0.50</u>	Fall after spotting assistance - additional <u>0.50</u>
	(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)
	No deduction VOID	1st Balk Performing 2nd or 3rd Balk
	VOID	Run approach which results in the gymnast coming to rest or support on top of the vault table without execution of the vault. <u>Example:</u> Rebounds from board, places hands on table, arrives in 3/4 handstand position, loses momentum and steps down onto table or falls back onto board.
	VOID	Failure to use the safety zone mat for RO entry vaults
VOID	Use of alternative springboard for Platinum and Diamond Divisions (If an alternative springboard is used in the Gold Division, the Start Value is 9.50.)	

I. GENERAL INFORMATION

- A. Final Score: Determination for all divisions
1. The gymnast has the right to perform two (2) Vaults.
 2. For ALL Divisions, the Vaults may be the same or different.
 3. Each Vault is scored and averaged separately.
 4. The better score is counted.
- B. Supplemental Approaches: The gymnast is allowed three (3) attempts (running approaches) to successfully complete one or both Vaults.
1. A Balk: a running approach that results in a fall during the run, stopping mid-run, running off the runway, or making contact with the springboard or vault apparatus without coming to rest or support on top of the mat stack or vault table.
 - a. One balk is allowed in the three attempts without penalty. Any additional balk will be considered a Void vault.
 2. Contact with Hand Placement Mat, Safety Zone Mat, Springboard and/or Mat Stack or Vault Table
 - If the gymnast runs over or touches the Hand Placement Mat, the Safety Zone Mat, or the springboard or runs into the front of the Mat Stack or Vault Table WITHOUT coming to rest or support on top of the Mat Stack or Vault Table, it is considered one of the three Vault approaches (a balk) but is NOT considered a Void Vault.
 3. If the gymnast falls during her running approach to the vault, it is considered a balk and is counted as one of the three Vault approaches.
 4. Performance of an Incorrect / Incomplete Vault = VOID
 - a. Vault #2 for Bronze Division: If the gymnast rebounds from the springboard and comes to rest or support on her hands on the top of the mat stack without passing through the vertical plane, it is considered a Void Vault. Example of Void Vault:
 - 1) Gymnast jumps from board to arrive in support on hands on top of mat, then either places her feet on the mat (or Table) or falls back onto board or runway.
 - 2) Refer to asterisk at bottom of **page 11, III. E. 2.** for an option to perform Bronze Vault 1B, instead of taking a zero score (Void) on Bronze Vault 2.
 - b. Silver, Gold, Platinum and Diamond Divisions: If the gymnast rebounds from the springboard and comes to rest or support on her hands but does not go over the Mat Stack or Vault Table to complete the vault, it is considered VOID. Examples of Void vault:
 - 1) Gymnast jumps from the board to arrive in support on her hands on the Mat Stack or Vault Table but fails to invert resulting in her stepping down onto the table or falling down onto the board or the floor.
 - 2) Gymnast's steps are off on the run and she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the Mat Stack or Vault Table.
 5. Fourth Attempt is not allowed: Examples:
 - a. Gymnast runs and Balks.
Gymnast runs and Balks - Considered as first Vault with "0" (VOID).
Gymnast runs and completes a Vault.
Gymnast receives score for the one Vault performed.
 - b. Gymnast runs and completes first Vault Gymnast runs and Balks.
Gymnast runs and completes second Vault. Gymnast receives score of the higher scoring Vault.
 - c. Gymnast runs, rebounds from board, comes to support on top of Vault table or Mat Stack without going over Table and completing the Vault - Score of "0" (VOID) on first Vault.
Gymnast runs and Balks.
Gymnast runs and Balks - Considered as second Vault with a "0" (VOID) score.
Gymnast receives a final score of "0" (VOID). No Fourth Attempt is allowed.
- C. Announcement of Intended Vault and Performance of the Wrong Vault:
1. Designate the Vault: Before beginning the approach, the gymnast or coach must announce the name of the vault or flash the Vault Number on the XCEL Vault Chart for the Specific Division.
 - a. At meets below State Championships, the coach may announce the vault to be performed instead of flashing the number.
 - b. For Gold, Platinum and Diamond Divisions, the Vault Number must be flashed at all State level and above competitions.
 - c. The Chief Judge will signal the gymnast to vault as soon as the intended vault has been flashed or announced by the coach.