

OPTIONAL VAULT

Flight Vault	Vertical Vaults	General		
<p>PREFLIGHT</p> <p>a. Execution faults (each time) up to 0.4 b. Lack of stretch between board and vault table up to 1.0</p> <p>CONTACT PHASE</p> <p>a. Execution faults (each time) up to 0.4 b. Insufficient rotation up to 0.5 c. Feet resting on the table Void d. Feet touching table up to 0.5</p> <p>AFTERFLIGHT</p> <p>a. Execution faults (each time) up to 0.4 b. Insufficient height up to 0.5 c. Insufficient extension (opening) up to 0.5 d. Insufficient distance up to 0.5 e. Landing</p> <p>Step(s) (D1 each time)</p> <p>(steps + fall = 0.5 max) up to 0.5 Too heavy up to 0.2 Out-of-balance up to 0.5 Deep squat up to 0.5 Not feet first Void</p>	<p>PREFLIGHT</p> <p>a. Execution faults (each time) up to 0.4 b. Twisting too soon up to 0.5 c. Twist not complete before hand contact up to 0.5</p> <p>CONTACT PHASE</p> <p>a. Execution faults (each time) up to 0.4 b. Insufficient rotation up to 0.5 c. Arms remain bent in support phase up to 1.0 d. Walk/hop on hands (D1 each) up to 0.5 e. Head touching vault table 2.0 f. Not passing through vertical up to 0.5 g. Twisting too soon up to 0.5</p> <p>AFTERFLIGHT</p> <p>a. Execution faults (each time) up to 0.4 b. Insufficient height up to 0.5 c. Insufficient extension (opening) up to 0.5 d. Twist incomplete before feet contact mat up to 0.5 e. Insufficient distance up to 0.5 f. Landing</p> <p>Step(s) (D1 each time)(steps + fall = 0.5 max) up to 0.5 Too heavy up to 0.2 Out-of-balance up to 0.5 Deep squat up to 0.5 Not feet first Void</p>	<p>GENERAL AND EXECUTION CRITERIA</p> <p>a. Direction error on any portion of the vault up to 0.5 b. Insufficient dynamics (speed and force) up to 0.5 c. Form (each time) up to 0.4</p> <p>Arms bent in support Arms, shoulders, body not in line Body stretched off board Insufficient back, pike or layout Body bent on contact Right vaults - legs tucking, straddling, stooping too soon Legs bent or apart Yarni/Vaults - late pike (back not parallel to floor)</p> <p>d. Falls</p> <p>Hand(s)/knee(s) touching floor 0.5 Hand(s)/knee(s) support on floor 0.5 Fall to hips or stomach 0.5 Fall against apparatus 0.5</p> <p>GENERAL</p> <p>a. Three are permitted.</p> <p>b. When first vault is void for the following, a score of zero is given and coach/gymnast notified: vault not designated, incomplete attempt with contact of apparatus, gymnast vaults prior to GI signal, gymnast performs round off entry vault without a spotters and/or a manufactured safety mat around the board, gymnast does not touch vault table or vault is not completed to feet-first landing.</p> <p>c. When first vault is void because of the following, a score of zero is given, coach/gymnast is notified and the vault cannot be repeated on the second vault: gymnast performs a round off-entry vault with both a salto and a twist in the after flight, gymnast performs a one-arm vault, gymnast does not touch the vault table, vault is hollowed (except a handspring vault) or the vault is not completed to a feet-first landing on the matting.</p> <p>NOTE: Step, the fall, maximum deductive 0.5</p>		
GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5
7.0	8.6	8.8	8.8	8.2
<p>Squat Straddle</p>	<p>½ - ½ Handspring Round off - rotation off</p>	<p>Yamashita Handspring - ½ ½ on - Handspring ½ on - ½ off Round off ½ - handspring Round off ½ - ½ Round off entry - handspring N</p>	<p>Yamashita - ½ ½ - ½ Round off N - ½</p>	<p>½ - 1/1 Round off ½ - 1/1 ½ - 1/1 Round off ½ - 1/1</p>
GROUP 6	GROUP 7	GROUP 8	GROUP 9	GROUP 10
8.4	8.6	8.8	8.0	10.0
<p>Yamashita - 1/1 Handspring - 1/1 Round off - 1/1 1/1 - Handspring Round off 1/1 - Handspring</p>	<p>Tsukahara (back) Round off - back salto (back) 1/1 - ½ Round off 1/1 - ½ ½ - 1/1 Round off N - 1/1 ½ - 1/1 Round off ½ - 1/1</p>	<p>Tsukahara (pike) Round off Tsukahara (pike) 1/1 - 1/1 Round off 1/1 - 1/1</p>	<p>Tsukahara (back) ½ 1/1 - 1/1 Round off 1/1 - 1/1</p>	<p>Tsukahara (layout) Round off Tsukahara (layout) Tsukahara 1/1 Tsukahara (pike) ½ Handspring - front salto CURLY (handspring - ½ to back salto) Pheps (½ - ½ front salto) Any vault with at least a double twist in either flight phase</p>

FLOOR EXERCISE

Event Requirements - 1.4	Composition - 0.8	E/A - 4.0
<p>(I) Tumbling</p> <p>a. Twisting salto/salto (at least 180°) b. Aerial vault is a tumbling pass c. At least 3 tumbling passes in 2 of 3 directions d. Last tumbling pass includes a superior difficulty</p> <p>(II) Dance</p> <p>a. One jump/leap at least superior difficulty b. At least one dance series of 3 directly connected dance skills of difficulty</p> <p>(III) One dance-tumbling-dance-tumbling-dance-tumbling series of difficulty</p>	<p>(1) Up to 0.2 Variety in combining difficulties from different structure groups.</p> <p>(2) Up to 0.2 Rhythm and Connections Up to 0.1 Variety of connections Up to 0.1 Tempo changes and/or continuity and flow of routine</p> <p>(3) Up to 0.2 Artistry and Choreography Up to 0.1 Creative skill/combination of skills Up to 0.1 Artistic presentation</p> <p>(4) Up to 0.2 Spring Up to 0.1 Use of all space, levels and directions Up to 0.1 Progressive distribution of difficulties throughout the routine.</p> <p>*STRUCTURE GROUPS Dance: Tumbling/leap/salto Tumbling: inverted balances, flexibility, rolls/wheels/handsprings, salto/saltos</p>	<p>EXECUTION AND AMPITUDE (E/A) 4.0</p> <p>a. Falls (each time)</p> <p>small falls up to 0.1 medium falls 0.2-0.3 serious falls 0.4</p> <p>b. Falls</p> <p>Hand(s)/knee(s) touching floor 0.5 Hand(s)/knee(s) support on floor 0.5 Fall to hips or stomach 0.5 Projection (FRD) up to 0.5</p> <p>To be deducted each time it occurs within a routine</p> <p>(1) Awkwardness of performance up to 0.1 (2) Audible expression of strain (3) Visible signs of chestnut/strain</p> <p>(4) Poor carriage up to 0.1 (5) Lack of elegance up to 0.1 (6) Poor appearance up to 0.1</p> <p>d. Incomplete bailouts up to 0.2</p> <p>e. Dynamics: energy of performance up to 0.5 f. Preparation (runs) too long before tumbling skills up to 0.2 g. Music and movement not in harmony (each time) up to 0.2 h. Poor head position up to 0.2</p> <p>i. Landings</p> <p>Step (D1 each)(steps + fall = 0.5 max) up to 0.2 Too heavy 0.2 Directional error up to 0.2 Out of balance up to 0.2 Deep Squat up to 0.2 Salto not performed to a feet-first landing Void Skill</p>

