



## Boys Program 2018-19

### ☆ VAULT ☆

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## LEVEL 2

<b>VAULT #1: Run, Straight jump off the board</b>	Start Value 5.0
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<b>VAULT #2: Handstand flat fall</b>	Start Value 5.0
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**SAFETY** - Mat Height: Minimum of 12 inches – The athlete will not be allowed to compete his vault if the mat height is not at the minimum mat height.

- Hands are to be placed on the mat for the handstand flat fall.
- Feet are required to be in front of the shoulders – see judges guidelines for deductions
- Incomplete or failed attempts to either vault = 0.5 deduction
- Any type of professional manufactured springboard or registered Air-O boards may be used for all age group level vaults

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## LEVEL 3

<b>VAULT: Forward Handspring, with no repulsion, to back</b>	Start Value 10.0
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**SAFETY**-Mat height: Minimum of 20 inches - The athlete will not be allowed to compete his vault if the mat height is not at the minimum mat height.

- Any type of professional manufactured springboard or registered Air-boards may be used for all age group level vaults
- Repulsion is required – See judging guidelines for deductions
- Judging will conclude when the gymnast has contact with mat
- Feet are required to be in front of the feet – see judges guidelines for deductions

**Definition of Hollow Body Landing** – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow body position should not have any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

# LEVEL **AK GOLD**

<b>VAULT: Forward Handspring with repulsion to flat back</b>	Start Value 10.0
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- Repulsion is required – See judging guidelines for deductions
- Any type of professional manufactured springboard or registered Air-O boards may be used for all age group level vaults
- Feet are required to be in front of the shoulders

RUN DEDUCTIONS		
• One balk run is allowed	No deduction	
• Second balk run	Zero vault	

HURDLE AND BOARD DEDUCTIONS		
• One foot or alternate foot takeoff	-0.10	
• Feet in front of the shoulders (15° bkwd lean)	No deduction	
• Vertical, shoulders directly over feet (no lean)	-0.20	
• Vert. to shoulders 15° ahead of feet (fwd lean)	-0.50	
• 15° or more (forward lean)	-0.70	

PRE FLIGHT BODY POSITIONS		
• Straight body and slight hollow	No deduction	<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)
• Slight Pike to 90° of pike or more	Up to -0.20	• Slight bend, separation, or flexion to 90° or more Up to 0.2

SUPPORT PHASE		
• Straight body and slight hollow	No deduction	<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)
• Slight pike to 90° degrees of pike or more	Up to 0.2	• Slight bend/separation/flexion to 90° or more Up to 0.2

REPULSION POSITION			
• Straight body block off of the table or mats PRIOR to vertical handstand position	No deduction	Pike-Arch/Tuck-Kick/or Bent arm-Push passing through the vertical handstand position = no repulsion	Up to 0.50 + execution deductions

POST FLIGHT BODY POSITION		
• Straight body and slight hollow	No deduction	<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)
• Slight pike to 90° pike or more; Large arch	Up to 0.20	• Slight bend/separation/flexion to 90° or more Up to 0.2

<b>HEIGHT &amp; DISTANCE</b>		
• Less than one arm length in height	Up to 0.50	
• Less than one body length in distance	Up to 1.0	

<b>LANDING DEDUCTIONS</b>			
• Small step or hop, touching hands down	-0.10	• Three or more steps	-0.30
• Medium step or hop, two steps Large step or hop	-0.20	• Hands down with support	-0.30
		• Fall	-0.50

## **LEVEL 4**

<b>VAULT #1: Run, Straight jump off the board</b>	<b>Start Value</b> <b>10.0</b>
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**Updated September 2018**