

2022 TOPS TESTING VAULT

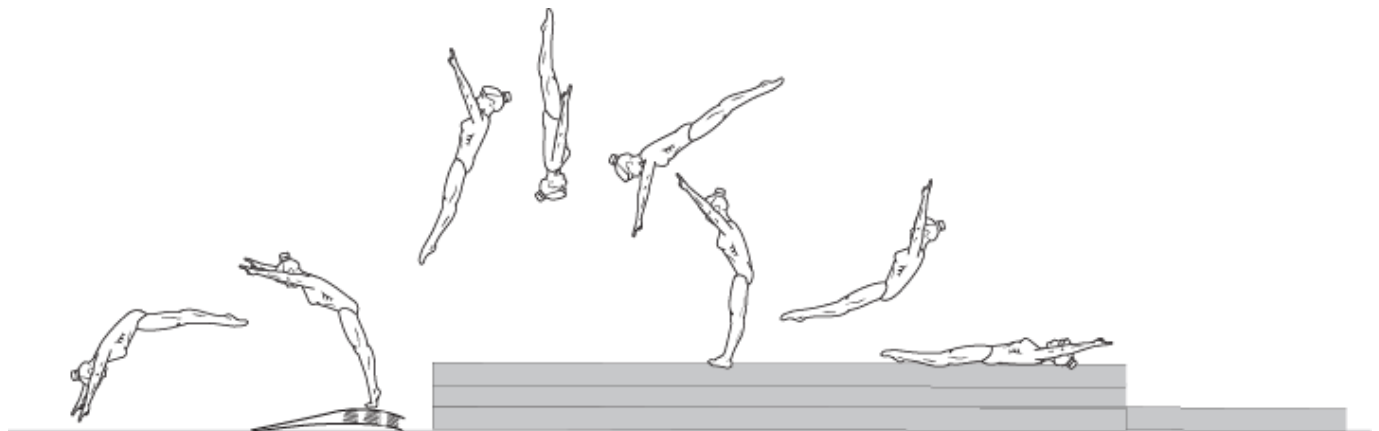
- Physical Abilities will be done via Zoom from September - November 2022.
- Skills testing will take place at invitational competitions, Elite national Qualifiers, and selected Nastia Liukin Cup qualifiers across the country. Each state will have the opportunity to host a TOPS qualifier at an invitational competition in their state. The process to determine the invitational will be the responsibility of the State Administrative Committee (SAC).
- No AWARDS for TOPS competitions.
- There is no longer testing for SEVEN (7) year old gymnasts.
- Vault is given a value of Ten (10) points.
- The figures are a GUIDELINE to assist with learning the routines.
- The evaluation emphasis will be on technique, form, execution, body shape and body tension throughout the vault.
- Gymnasts are ONLY allowed One (1) Vault.

EIGHT (8) YEARS OLD TESTING SKILL

Equipment needed:

- Vault Runway
- Hand placement mat
- Springboard
- Safety zone
- Mat stack--Three (3) 8" mats
- Minimum of one (1) 8" skill cushion is required behind the mat stack.

RUN, HURDLE, ROUND-OFF BACKWARD LAYOUT SALTO TO STAND, FALL BACKWARD ONTO MAT STACK (Three (3) 8" mats)



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 forward.

HURDLE

On the last running step, execute a **HURDLE** with both arms diagonally-forward-upward.

ROUND-OFF BACKWARD LAYOUT SALTO TO STAND, FALL BACKWARD ONTO 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 springboard) 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 a hollow-body position on the springboard, with buttocks tucked under and tension in the entire body.

Immediately rebound (punch) backward and invert the body to execute a **BACKWARD LAYOUT SALTO TO STAND** onto the **Mat stack**.

ARMS: Optional.

Focus: Head neutral throughout.

As the feet make contact with the **Mat stack**, immediately fall backward to finish on the back in a hollow-body position on the **Mat stack**.

ROUND-OFF BACKWARD LAYOUT SALTO TO STAND, FALL BACKWARD ONTO MAT STACK		
General Faults	Each 1.00	Balk If the gymnast runs and does not complete the vault, it is considered a balk and she is allowed up to two (2) more attempts/ running approaches to successfully complete her one (1) vault.
	No deduction	Coach standing between board and Mat stack (Not allowed to block the judges' view.)
	Up to 1.00	Assistance of coach (deduct for the amount of assistance given to the gymnast.)
	VOID	Use of alternative springboard (trampoline-like / junior board)
	VOID	Performing incorrect vault (i.e. Round-off flic flac)
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge,

		Chief Judge deducts from average of next completed vault
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Salto Phase	Up to 0.10	Failure to maintain neutral head position
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.50	Insufficient height
	Failure to maintain stretched body position	
	Up to 0.30 Up to 0.50	<ul style="list-style-type: none"> ● Arch ● Pike

Landing	<u>0.10</u>	Lands with feet further than hip-width apart
	Up to 0.20	Incorrect body posture on landing
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall forward on mat to knee(s) or hips