

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.

NINE/TEN (9/10) YEARS OLD TESTING SKILLS

Equipment needed:

- Vault Runway
- Vaulting Table (115 - 125 cm.)
- Mat stack to the height of the Vault Table
- Hand placement mat
- Springboard
- Safety zone
- Minimum of one (1) 8" skill cushion is required behind the mat stack.

RUN, HURDLE, ROUND-OFF FLIC-FLAC ONTO THE TABLE TO STAND or BACK ON MAT STACK



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 FLIC-FLAC ONTO THE TABLE, TO STAND or BACK ON 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).

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.

Immediately rebound (punch) backward onto the hands in an inverted tight-arched body position to execute a **FLIC-FLAC** onto the **TABLE**.

ARMS: Maintain tight by the ears on contact with the table.

Focus: Head neutral throughout.

As the hands make contact with the **TABLE**, maintain tension in the shoulders, block off the **TABLE** and immediately snap the body up pressing arms forward, and straightening out the body to finish:

A. In a straight stand on both feet in a hollow-body position on the **Mat Stack**.

OR

B. On the back in a hollow-body position on the **Mat Stack**.

Deductions	Please refer to the most current rules listed in the DP Code of Points for the Level 7 Vault.
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