

VAULT ~ Chapter 1 ~ Values and Deductions

SILVER DIVISION

Silver: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured “Jr.” vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault.
- Performance of an unallowable vault will result in an event score of “0” (VOID).
- Spotting deductions apply to all phases of Silver vaults 1 & 2.

Vault 1A: STRETCH JUMP onto Vault Table; (SV = 5.00). THEN

Vault 1B: KICK TO HANDSTAND (hands may be placed on vault table or mat stack); fall to flat back landing on mats stacked 8” (±2”) above Table (SV = 4.5).

Each part of the vault is evaluated separately. Add the two scores from 1A and 1B to arrive at the final vault score (Max. 9.50)

Vault 2: HANDSPRING onto the Vault Table; Repulsion to flat back landing on mats stacked 8” (±2”) above Table, (SV = 10.0).

Vault 1A: STRETCH JUMP ONTO VAULT TABLE (SV = 5.00)

Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u>	Running on the board and stepping up onto Vault Table or performing a squat-on onto the Vault Table
Stretch Jump from Board onto Vault Table	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	
	Up to 0.30	
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plie, with control and proper body position
	Up to 0.10	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
	Up to 0.10	Landing with feet staggered (one in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
General Faults	Up to 0.30	Insufficient dynamics (speed/power)
	No deduction Void	Run-approach without executing the vault (Balk) Touching the springboard or mat stack, when balking.

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)

Gymnast may place hands on the vault table or on the mat stack.

Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the Handstand
	Up to 0.30	
	Up to 0.50	
Up to 0.30		
Up to 2.00	• Failure to show an inverted position from hands to hips (performing a forward rolling action)	
	Each <u>0.10</u>	Additional hand placements (taking steps on the hands)
	Up to 0.10	Incorrect foot form
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back