JUDGING begins with takeoff from board

SAFETY zone mat

ROUND-OFF ENTRY VAULTS

Coach between board and table = -.5

Vault w/o signal does

Vault w/o signal from Chief Judge = -.5 from next vault performed

No penalty for not announcing vault or for performing a different vault than announced

Body position for majority of vault determines vault performed.

Vault value determined by vault performed.

2 vaults, same or different; average each, better score counts

Performance

Tape, excessive chalk, or other substances are not permitted on table.

and must be removed at the end of the rotation.

Tape or velcro (max. 2"x3'), (no chalk), may be placed on runway

Pistons/pedestal (vertical uprights) must be padded

Spotting - Spotting block or folded panel mat may be used.

GENERAL

Incomplete Twist up to .3

Arched Body up to .2

Hip angle (pike) up to .2

Bent knees up to .3

Leg separations up to .2

Incorrect foot form up to .1

Legs crossed up to .1

Extra steps (max .4) .1 each

Extra arm swings up to .1

Add'l trunk movements up to .2

Body posture on landing up to .2

Squat on landing up to .3

Brush/touch w/hand(s) up to .3

on mat (no support)

Fall/support on mat w/ hand(s) .5

Fall to knees/hips .5

Fall against apparatus .5

Land in sit/lie/stand on table VOID

Not to feet first landing VOID

VAULT

BALKS

• Balk is an attempt w/wo touch of board, table, hand placement mat, or safety zone mat that does not result in rest or support on top of vault table (fall on runway is considered a balk)

• 3 attempts to complete one or both vaults

• No 4th attempt allowed

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