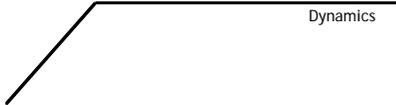


ASPIRE ONE VAULT

CDN WARM UP: 2 min./athlete minimum 10 min. FIG WARM UP: touch warm up - 4 vaults	Vault 1: Handspring to feet onto stacked mats SV = 10.0 Vault 2: Tsukahara to feet (stacked mats at table height) OR SV = 10.0 Yurchenko to feet (stacked mats at table height SV = 10.0 Final Score = average of both vault scores Two attempts permitted PER VAULT (even if gymnast touches board) *if 3rd attempt required, deduct 1.00	Table Height = 115 cm or 125 cm; stacked mats to table height (+5 or 10 cm on top OK) Hand mat may <u>only</u> be used for Yurchenko vaults Safety collar mandatory for Yurchenko vaults; allowed for other vaults Adjustable springboards, FIG Soft/Hard springboards permitted; no trampoline boards No tape or excessive chalk on vault table Tape or velcro on runway OK
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	FIRST FLIGHT	SUPPORT PHASE	SECOND FLIGHT	LANDING	GENERAL
ALL	incorrect foot form †0.1 incorrect head alignment †0.1 legs separated †0.2 legs bent †0.3 excessive arch †0.3 pike †0.5	add'l hand place. (ea., max. 0.3) 0.1 alternate repulsion/hand place. †0.2 shoulder angle (<180°) †0.3 too long in support †0.5 arms bent †0.5 completely bent arms (head touch) 2.00	incorrect foot form †0.1 incorrect head alignment †0.1 legs separated †0.2 legs bent †0.3 insufficient distance †0.5 insufficient height †0.5 brush/touch/hit body on table 0.3	steps or straight body fall †0.1 away from table 0.0 (demonstrates power and dynamics) steps toward table (max 0.4) 0.1 (demonstrates under rotation) deep squat on landing †0.3 brush, touch or hit 0.3 fall <u>under rotated</u> , support on hand(s), against table 0.5	deviation from straight †0.3 insufficient dynamics †0.3 (speed and power) performing vault w/o signal from D1 0.5 aid of coach on landing 0.5 touch with one hand on table (D1) 1.00 balk (deduct for 3rd attempt) 1.00 assistance of coach during 1st flight, support, or 2nd flight 2.00 no hand support on table VOID performing incorrect vault VOID landing on vault table surface VOID *another attempt not permitted
HSP		Angle of Repulsion (angle from hands to body part furthest past vertical) • vertical 0.0 • 1° - 45° past vertical †0.5 • 46° - 89° past vertical †1.00			
TSUK	missing degrees of turn †0.2 (¼ to ½ required)	* slight bend of leading arm is OK Body does not pass thru vertical †0.3			

#	NAME	VT1	+ VT2	÷ 2 =	FINAL SCORE
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VT 1 	MY DED'N SV 10.0 AVG DED'N SCORE ND VT1 SCORE	VT 2 	MY DED'N SV 10.0 AVG DED'N SCORE ND VT2 SCORE
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#	NAME	VT1	+ VT2	÷ 2 =	FINAL SCORE
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VT 1 	MY DED'N SV 10.0 AVG DED'N SCORE ND VT1 SCORE	VT 2 	MY DED'N SV 10.0 AVG DED'N SCORE ND VT2 SCORE
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#	NAME	VT1	+ VT2	÷ 2 =	FINAL SCORE
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VT 1 	MY DED'N SV 10.0 AVG DED'N SCORE ND VT1 SCORE	VT 2 	MY DED'N SV 10.0 AVG DED'N SCORE ND VT2 SCORE
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