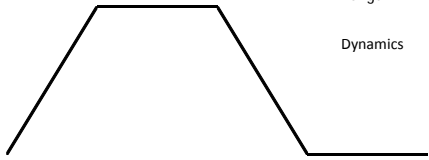
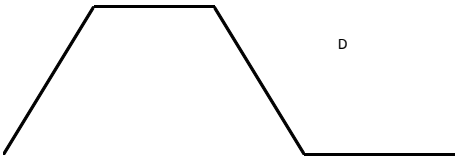


ASPIRE TWO VAULT

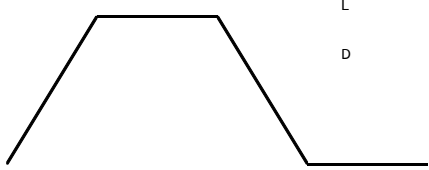
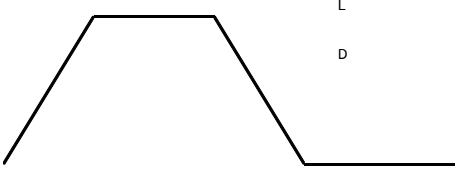
CDN WARM UP: 2 min./athlete minimum 10 min. FIG WARM UP: touch warm up - 4 vaults	Athlete competes two vaults - choice of any listed Same vault may be performed twice Final Score = score of best vault Two attempts permitted PER VAULT (even if gymnast touches board) •if 3rd attempt required, deduct <u>1.00</u> For Tsuk/Yurch, coach permitted to stand by vault table for safety	Table Height = 115 cm or 125 cm; mandatory 10 cm supplementary mat (15 or 20 cm 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 †0.3 legs bent †0.3 insufficient distance †0.3 insufficient height †0.5 brush/touch/hit body on table 0.3	steps away from table †0.1 (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		ALL VAULTS MUST BE PERFORMED TO FEET SV: 8.5 Handspring 8.5 Tsukahara Tuck 9.7 Tsukahara Pike 9.7 Tsukahara Open Tuck 10.0 Yurchenko Tuck 9.7 Yurchenko Pike 9.7 Yurchenko Open Tuck 10.0	
TSUK	missing degrees of turn (¼ to ½ required) †0.1	* slight bend of leading arm is OK Body does not pass thru vertical †0.3	insuf. exactness of tuck, pike, or open tuck position (90°) †0.3 insuf. extension before landing †0.3		
YURCH			insuf. exactness of tuck, pike, or open tuck position (90°) †0.3 insuf. extension before landing †0.3		

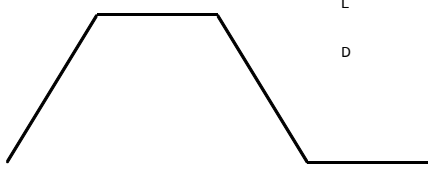
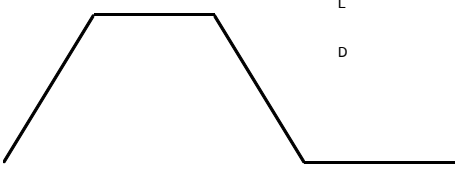
#	NAME	FINAL SCORE
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VT 1 	MY DED'N SV AVG DED'N SCORE ND VT1 SCORE	VT 2 	MY DED'N SV AVG DED'N SCORE ND VT2 SCORE
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#	NAME	FINAL SCORE
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VT 1 	MY DED'N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