

There has been much discussion this fall in regards to the two NCAA vaults devalued for the upcoming season. Here is a list comparing the vaults with similar amount of twist along with the important technical differentiations plus pertinent deductions that can be used to differentiate.

Coaches and judges are also encouraged to use the Video Review tool, which now can be used in slow motion to evaluate a vault/timing of the twist/body position when there is a discrepancy in start value.

Please review both Sheet-Table 1 and Sheet 1-Table 2 on the tabs below

NEW VAULT VALUE - 9.95 SV	SIMILAR VAULTS (same amount of twist) - 10.0 SV	
3.20 RO FF - Back LAYOUT 1/1 (9.95)	3.15 RO FF - Back PIKE 1/1 (10.0)	3.21 RO FF - 1/2 FRONT Layout 1/2 (10.0)
Requires STRETCH of 180 degrees thru majority of 2nd Flight Phase.	Requires PIKE of 90 degrees minimum thru majority of 2nd Flight Phase.	Requires 1/2 twist off table prior to vertical followed by FRONT layout (180 degree stretch) with 1/2 twist prior to land
Applicable deductions:	Applicable deductions:	Applicable deductions:
* Prescribed LA Turn begun too early (Support Phase) Up to 0.30	Prescribed LA Turn begun too early (Support Phase) Up to 0.30	* Prescribed LA Turn begun too early (Support Phase) Up to 0.30
*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10	*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10	* INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10
* Failure to maintain stretched body (pike down to facilitate landing) Up to .30	* Insufficient extension(open) of body before landing: Insufficient &/or late extension Up to .25 Total absence of extension .30	Failure to maintain stretched body (pike down to facilitate landing) Up to .30 ?
* Insufficient STRETCH position (hip angle 135- 179) Up to .30	* Insufficient PIKE (91-135 degree bend in hips) Up to .30	* Insufficient STRETCH position (hip angle 135-179) Up to .30
* Arch Up to .30		* Arch Up to .30
*Prescribed LA turn begun too late Up to .50	*Prescribed LA turn begun too late Up to .50	*Prescribed LA turn begun too late Up to .50
*Prescribed LA turn incomplete Up to .30	*Prescribed LA turn incomplete Up to .30	*Prescribed LA turn incomplete Up to .30

Table 2

NEW VAULT VALUE - 9.95 SV	SIMILAR VAULT - 10.0 SV
3.18 RO FF - BACK Layout 1/2 (9.95)	3.19 RO FF - 1/2 FRONT Layout (10.0)
Requires BACK Layout (180 degree stretch) off table & thru vertical with 1/2 twist before landing	Requires 1/2 twist off table prior to vertical followed by FRONT layout (180 degree stretch).
Applicable deductions:	Applicable deductions:
* Prescribed LA Turn begun too early (Support Phase) Up to 0.30	* Prescribed LA Turn begun too early (Support Phase) Up to 0.30
*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10	*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10
* Failure to maintain stretched body Up to 0.30	* Failure to maintain stretched body Up to 0.30
*Insufficient STRETCH position (hip angle 135-179) Up to .30	*Insufficient STRETCH position (hip angle 135-179) Up to .30
*Arch Up to .30	*Arch Up to .30
*Prescribed LA turn begun too late Up to .50	*Prescribed LA turn begun too late Up to .50
*Prescribed LA turn incomplete Up to .30	*Prescribed LA turn incomplete Up to .30