

LEVEL 6-7 TIMER VAULT DEDUCTIONS

D. Hanford

FOOT & LEG FORM	1st Flight	Support	2nd Flight	Landing
Feet Flexed/Sickled	↑ 0.10		↑ 0.10	
Legs Crossed	↑ 0.10		↑ 0.10	
Legs Separated	↑ 0.20		↑ 0.20	
Legs Bent	↑ 0.30	↑ 0.30	↑ 0.30	
POOR TECHNIQUE	1st Flight	Support	2nd Flight	Landing
Angle of Arrival - <i>Failure to arrive on the table before approx. 45° from vertical</i>	↑ 0.30			
Failure to Maintain Neutral Head Position	↑ 0.10	↑ 0.10	↑ 0.10	
Hip Angle	↑ 0.20			
Excessive Arch	↑ 0.20	↑ 0.20		
Shoulder Angle		↑ 0.20		
Bent Arms - <i>Tsuk Timer slight lead arm bend OK</i>		↑ 0.50		
HAND PLACEMENT	1st Flight	Support	2nd Flight	Landing
Staggered/Alternate Hand Placement <i>Except Tsuk Timer</i>		↑ 0.10		
Alternate Repulsion from Hands - <i>Except Tsuk Timer</i>		↑ 0.20		
Additional Hand Placements - <i>Steps / hops on hands</i>		<u>0.10</u> (0.30 max)		
POSITION & VAULT DYNAMICS	1st Flight	Support	2nd Flight	Landing
Too Long in Support <i>(Like compulsory vault)</i>		↑ 0.50		
Angle of Repulsion <i>(Like compulsory vault)</i>		↑ 1.00		
Failure to Maintain Prescribed Body Position			↑ 0.50	
Insufficient Height			↑ 0.50	
Insufficient Length			↑ 0.30	
Insufficient Dynamics				↑ 0.30
LANDING				Landing
Incorrect Body Posture upon landing				↑ 0.50
Deviation from straight direction on landing <i>(at initial contact)</i>				↑ 0.30
Lands on feet Alternatively <i>(one and then the other)</i>				<u>0.20</u>
STEPS - ONLY TOWARD THE TABLE				Landing
Slight hop, small adjustment of feet toward the table				↑ 0.10
Steps toward the table <i>(each step)</i> Max = <u>0.40</u>				<u>0.1</u>
Large Step or Jump toward the table <i>(Approx. 3 feet or more)</i> Max = <u>0.40</u>				<u>0.2</u>
Lands and falls against the Table				<u>0.5</u>
HITS, SPOTS & VOIDS	1st Flight	Support	2nd Flight	Landing
Head Contacts Table <i>(includes 0.5 for arms)</i>		<u>2.00</u>		
Brush or Hit of Body on Table			↑ 0.20	
Landing on Top of Table <i>(Sit, Stand, lying)</i>				VOID
Coach standing between Board and Table <i>(except Yurchenko entry vaults)</i>				<u>0.50</u>
Spotting assistance Upon Landing Vault <i>(no deduction for spotting after landing)</i>				<u>0.50</u>
Spotting assistance During Vault				VOID
Failure to land on Bottom of Feet first				VOID
No Hand Contact on Table				VOID
Salto Performed after Landing				VOID
Vault Performed is not one of the allowable choices				VOID
Failure to use Safety Zone mat for Round-off Entry Vaults				VOID
Use of Alternative Springboard <i>(trampoline-like junior board)</i>				VOID