

Beginner Vault Rules

VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5

8 YEARS Preparation 1 Jump from springboard onto 60cm Block. Handspring to lie flat on mats to same height of block	Deductions as per Preparation 1	4.00
9 YEARS Preparation 2 Handspring to lie flat. 90 cm (+/- 10cm)	Deductions as per Preparation 2	4.00
10 and 11 YEARS Preparation 2 Handspring to lie flat. 110 cm (+/- 10cm)	Deductions as per Preparation 2	4.00
12/13 and 14+ YEARS – Vault Table 105, 115, 125 cm Squat on immediate Jump off (max 12m run)	Jump not immediate -0.5	3.00
Handspring (max 25m run as per FIG)		4.00

MERIT SCORE

Ages 8, 9, 10 and 11 years = 24.00; Ages 12+ Years = 25.00

All gymnasts achieving the above scores will move to Intermediate Level Competition

Intermediate Vault Rules

VAULT – 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5

9 YEARS – SET VAULT Preparation 2 Handspring to lie flat. 90 cm (+/- 10cm)	Deductions as per Preparation 2	4.00
10 and 11 YEARS – SET VAULT Preparation 2 Handspring to lie flat. 110 cm (+/- 10cm)	Deductions as per Preparation 2	4.00
12/13 and 14+ YEARS – Vault Table @ 105/115/125 cm <i>Choose from the vaults below</i>		
Squat on immediate Jump off	Jump not immediate 0.5 deduction	2.50
Handspring		3.60
Handspring with ½ turn off		4.00
Handspring with 1/1 off		4.60
½ turn on push off		3.60
½ turn on ½ turn off		4.20
RO Flic with push off		4.00

RO Flic with 1/2 turn off	4.20
MERIT SCORE Age 10 and 11 years = 24.50; Ages 12/13 and 14+ Years =25.50 All gymnasts achieving the above scores will move to Advanced Level Competition	
Advanced Vault Rules	
VAULT - 2 vaults (Best Score to Count) Penalties to include dynamics 0.1/0.3/0.5	
All Age Groups Vault Table @105/115/125cm <i>Choose from the vaults below</i>	Tariff
Handspring	3.60
Handspring with ½ turn off	4.00
Handspring with 1/1 turn off	4.60
½ turn on push off	3.60
½ turn on ½ turn off	4.20
½ turn on 1/1 turn off	4.40
RO Flic push off	4.00
RO Flic with 1/2 turn off	4.20
RO Flic with 1/1 turn off	4.60
MERIT SCORE Age 10 and 11 years-25.00 Ages 12/13 and 14+ Years-26.00	