

The Future of Level 6 and 7 Vault



LEVEL 6 AND 7 VAULT CHANGES TO GO INTO
EFFECT AUG. 1, 2018



USA GYMNASTICS®

WOMEN'S PROGRAM

The purpose/philosophy for considering change...



○ SAFETY

- LEVEL 8 VAULTING TENDS TO BE INCONSISTENT
- TIMERS ARE NOT TRAINED ENOUGH IN PRACTICE DUE TO DRIVE TO WIN L7. THIS WILL MAKE TIMER TRAINING INCREASE

○ EDUCATION

- POSSIBLY LEAD TO BETTER UNDERSTANDING OF WHERE A GOOD VAULT COMES FROM
- TECHNIQUE COULD IMPROVE

○ THE GROWING LEVEL OF VAULTING IN OUR COUNTRY

- EARLIER PREPARATION COULD LEAD TO REACHING TOP END SOONER AND BETTER PREPARED

Level 6 and 7 Vault



**Choose from the following
(2 vaults, may be
same or different)**

Front handspring over table

Roundoff over table

**Roundoff onto springboard,
back handspring over table**

Equipment:

Vault runway

Springboard

**Hand mat (Yurchenko
timer)**

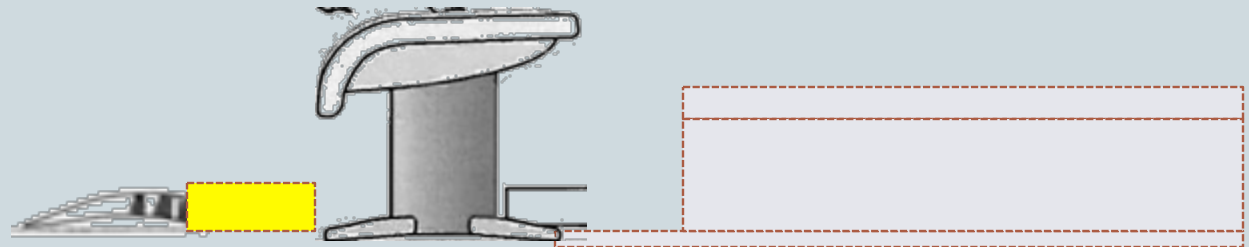
Safety Zone

Vault table

Stacked mats:

Base Mat (min 4")

Resi plus 1-2 8" mats



Focus

**Developing power for safe flipping vaults
Improving internal and external amplitude**

All vaults will land on a mat stack

Points of Emphasis: Level 6 and 7 Vault



Execute a Tsukahara or Yurchenko Timer to arrive on the feet in a straight hollow body position

Or

Execute a Front Handspring timer to arrive on the feet in a straight body position with a tight arch position, arms finishing high

Points of Emphasis: Level 6 and 7 Vault



The evaluation will end when the foot or feet make contact with the mat stack*

*exception is if the gymnast steps forward after a Tsuk or Yurchenko timer or backward on Handspring Timer

Points of Emphasis: Level 6 and 7 Vault



Coaches may stand between the board and table/mat stack for Yurchenko timers with no penalty

No deduction will be taken if a coach assists the athlete after contact with the mat with the feet

Void Vaults



- If the athlete comes to a rest or support on top of the vault apparatus (table or mat stack)
- No safety zone used for a Yurchenko entry
- Spotting assistance during vault
- No hand contact on the mat stack/table
- Lands sitting, standing or lying on vault table
- Flipping in any phase of the vault, including after feet contact mat

2.00 Deduction includes



Head contacting mat stack or table during support phase

Athlete's feet do not contact mat stack on landing of timer

Sample Points of Evaluation: Pre-Flight



Leg Form

Foot Form

Head Position

Shoulder Angle

Hip Angle

Arched body (Front Handspring, Tsuk)

Sample Points of Evaluation: Support and Repulsion Phase



- Angle of arrival
- Staggered Hand Placement (Front Handspring or Yurchenko entry)
 - Head Position
 - Shoulder Angle
 - Hip Angle
 - Alternate Repulsion
- Additional Hand Placements
 - Leg Form
 - Arm Form
- Too long in Support

Sample Points of Evaluation: 2nd Flight Phase



- Leg Form
- Foot Form
- Head Position
- Failure to maintain stretched body
 - Insufficient Height
 - Insufficient Length
 - Under-rotation of vault
- Deviation from straight direction
 - Insufficient Dynamics

Sample Unusual Judging Situations



Not all judges see feet make contact with mat: average scores (as per current rules with seeing feet contact landing mat)

Landing on base mat area (between table and resi stack): .5 deduction

Doing skills other than “flips” after making contact with mat (example, rolls): no deduction

Implementation



Changes to Level 6 and 7 will go into effect **AUGUST 1, 2018**

Look for details in the 2018-2022 Code of Points, available for purchase in spring 2018.