

**FIG WTC COP 2013 – 2016 VAULT (SECTION 10) WTC March 2015 (read with NL 34, 35 & 36)**

**10.1 Run up maximum 25 metres**

**Warm up team & individual groups** C1 C11 C1V 1 vault 2 attempts only, qualification for C111 max 3 attempts

Line judge to count attempts in warm up

Faults		0.10	0.30	0.50 or more
<b>10.2 RUN APPROACHES - D PANEL</b>				
Additional run approach without touch on springboard / table or collar				1.00 from FS of Vault performed
<ul style="list-style-type: none"> <li>when 1 vault required, 2<sup>nd</sup> run approach permitted with deduction, 3<sup>rd</sup> not allowed</li> <li>when 2 vaults required, 3<sup>rd</sup> run approach permitted with deduction, 4<sup>th</sup> not allowed</li> </ul>				
<b>10.4.1 CORRIDOR MARKINGS - D PANEL</b>				
- Land or step outside with 1 foot/hand (part of foot/hand)		X		from FS
- Land or step outside with 2 feet/hands (part of feet/hands) or body part			X	from FS
<b>10.4.2 SPECIFIC APPARATUS DEDUCTIONS - D PANEL</b>				
- More than 25m run distance				0.50 from FS
<b>10.4.3 INVALID VAULTS</b>				
<ul style="list-style-type: none"> <li>Run approach with touch on board or table, without execution of vault</li> <li>No touch on vault table</li> <li>Failure to use the safety collar for round-off entry vaults</li> <li>Spotting assistance during the vault</li> <li>Failure to land on feet first</li> <li>Vault so poorly executed it cannot be recognised, or gymnast pushes from table with feet</li> <li>Gymnast performs a prohibited vault (straddled legs, prohibited pre-element before board, intentionally lands in side position)</li> <li>First vault is repeated for second vault in Qualification (CI) or in Finals (CIII)</li> </ul>				0.00 score recorded by D panel No evaluation by E panel Video review to 0.00 vaults
<b>10.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>				
<b>First flight phase</b>	<ul style="list-style-type: none"> <li>For missing degrees of the LA turn during flight phase                             <ul style="list-style-type: none"> <li>Gr 1 or 5 with ½ turns and Gr 4 with ¾ turns</li> <li>Gr 1 or 2 with full turn</li> </ul> </li> <li>Poor technique                             <ul style="list-style-type: none"> <li>Hip angle</li> <li>Arch</li> <li>Bent knees</li> <li>Leg or knee separations</li> </ul> </li> </ul>	≤45° ≤45°	≤90° ≤90°	>90°  X
<b>Repulsion phase</b>	<ul style="list-style-type: none"> <li>Poor technique                             <ul style="list-style-type: none"> <li>Staggered/alternate hand placement on forward entry vaults Gr 1,2 &amp; 5 (<i>not applicable for salto fwd stretched with LA turn</i>)</li> <li>Shoulder angle</li> <li>Failure to pass through vertical</li> <li>Prescribed LA turn begun too early (<i>on the table</i>)</li> </ul> </li> <li>Bent arms</li> </ul>	X  X X X X	X  X  X	X
<b>Second flight phase</b>	<ul style="list-style-type: none"> <li>Excessive snap</li> <li>Height</li> <li>Exactness of LA turn (includes Cuervo)</li> <li>Body position                             <ul style="list-style-type: none"> <li>Failure to maintain stretched body</li> <li>Insufficient and or late extension (tucked/piked vaults)</li> <li>Bent knees</li> </ul> </li> <li>Leg or knee separations</li> <li>Under-rotation of salto                             <ul style="list-style-type: none"> <li>No fall</li> <li>With a fall</li> </ul> </li> <li>Distance                             <ul style="list-style-type: none"> <li>Insufficient length</li> </ul> </li> </ul>	X X X  X X X X  X  X	X X  X X X  X	X  X
<b>Landing Faults - See Section 8</b>				

The intended vault number must be flashed. The performed vault is judged according to its number. No deduction for performing wrong vault.

NL 34 clarification - No attempt to vault means:

- No appearance on the runway
- Stand touch the table or springboard and present to the judges

NL 35 clarification -

- “Empty run” when there is an increase in speed; not when there is one or two steps
- Violation of warm up rules (10.2 NL 35). Deduction for flagrant exceeding of touch warm-up time (0.30) after warning will be incurred

No changes since August 2014 version