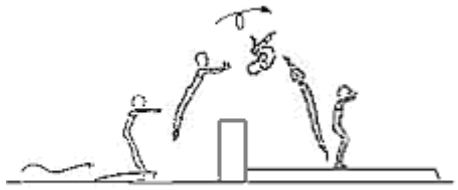
BASE VAULT - LEVEL 4

Tuck salto over 90cm box to 30cm crashmat

Skill Description	Value	Typical deductions	Range
Tucked front salto over 90cm high block to stand on mat.	**10.00**	a) Over arm action shown on takeoff	**0.3**
		b) Arms not moving upward on takeoff	**0.1 - 1.0**
		c) Salto not head height	**0.1 - 1.0**
		d) Poor tucked position	**0.1 - 1.0**
		e) Body not stretched before landing	**0.1 - 1.0**
		f) Toes not pointed	**0.1 – 0.3**



Tucked Front Salto Vaults

Take-Off to Vertical Phase		
Overarm action shown on take-off		0.3
Insufficient stretch off board / piked hips on take off		0.1 - 1.0
Rotation Phase		
Slow / inefficient rotation		0.1 - 0.5
Height:	Below Hip Height	1.0
	Below Chest Height	0.5
	Below Shoulder Height	0.3
	At Head Height	0.1
	Above Head Height	0.0
Insufficient tuck / stretch position shown		0.1 - 1.0

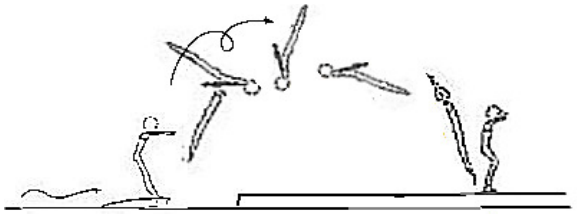
Landing	
Lack of extension prior to landing (tuck salto)	0.1 - 1.0
Distance less than 0.5m from the start of the landing mat	0.5
Off direction	0.1 - 0.5
Fall on landing	0.8
Other	
Legs apart	0.1 - 0.5
Toes not pointed	0.1 - 0.3
Coach assistance (spotting)	0.8

BONUS VAULT– Level 4

Layout salto to crashmat 30cm

To be performed onto a supersoft mat

	Skill Description	Value	Typical deductions	Range
	Stretched front salto from beatboard onto supersoft mat.	**10.50**	a) Over arm swing shown on takeoff	**0.3**
			b) Arms not moving upward on takeoff	**0.1 - 1.0**
			c) Salto not head height	**0.1 - 1.0**
			d) Poor stretched position (scooped instead of hollow)	**0.1 - 1.0**
			e) Body not stretched at landing	**0.1 - 1.0**



Layout Front Salto Vault

Take-Off to Vertical Phase		
Overarm action shown on take-off		0.3
Insufficient stretch off board / piked hips on take off		0.1 - 1.0
Rotation Phase		
Slow / inefficient rotation		0.1 - 0.5
Height:	Below Hip Height	1.0
	Below Chest Height	0.5
	Below Shoulder Height	0.3
	At Head Height	0.1
	Above Head Height	0.0
Insufficient stretch position shown		0.1 - 1.0

Landing	
Failure to maintain stretch before landing (layout salto)	0.1 - 1.0
Distance less than 1.0m from the start of the landing mat	0.5
Off direction	0.1 - 0.5
Fall on landing	0.8
Other	
Bent legs (layout salto)	0.1 - 0.5
Legs apart	0.1 - 0.5
Toes not pointed	0.1 - 0.3
Coach assistance (spotting)	0.8