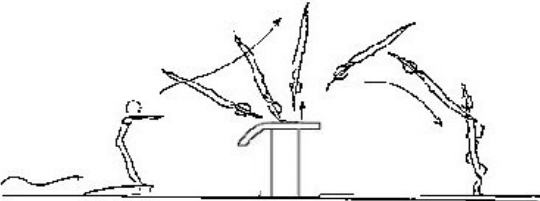


## VAULT – LEVEL 8 (01 January 2008)

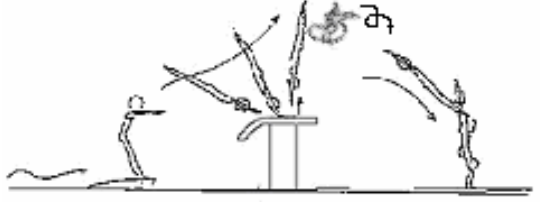
### BASE Vault – Handspring

**Minimum Height 125cm**

Skill Description	Value	Typical deductions	Range
<p><b>Handspring</b></p> 	<b>10.0</b>	<ul style="list-style-type: none"> <li>a) Overarm action shown on takeoff</li> <li>b) Bent Legs in preflight</li> <li>c) Poor body position in pre flight or support</li> <li>d) Bent arms or legs in preflight or support</li> <li>e) Insufficient height</li> <li>f) Body not stretched before landing</li> <li>g) Insufficient distance, ie less than 1.0m.</li> <li>h) Fall on landing</li> </ul>	<ul style="list-style-type: none"> <li>0.3</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.5</li> <li>0.8</li> </ul>

### OR Bonus Vault - Handspring Front salto

**Minimum Height 125cm**

<p><b>Handspring Front Salto</b></p> 	<b>11.0</b>	<ul style="list-style-type: none"> <li>a) Overarm action shown on takeoff</li> <li>b) Bent Legs in preflight</li> <li>c) Poor body position in pre flight or support</li> <li>d) Bent arms or legs in preflight or support</li> <li>e) Poor tuck position in front salto</li> <li>f) Insufficient height</li> <li>g) Body not stretched before landing</li> <li>h) Insufficient distance, ie less than 1.0m.</li> <li>i) Fall on landing</li> </ul>	<ul style="list-style-type: none"> <li>0.3</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.1 - 0.5</li> <li>0.5</li> <li>0.8</li> </ul>
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