

## Vaulting – The Basics

Either a horse or vaulting table may be used.

**Rule Change:** A table may be used in addition to/in place of a vaulting horse.

**Horse measurements:** Height from 47 ¼ to 49 ¼.

**Vaulting Tables measurements** 45 ¼ - 49 ¼ Measure from the floor to the center of the vault table.

**Maximum** setting should be marked in **red**, **minimum** in **black**.

**Landing area** must be a minimum of **base matting of 18 feet x 6 feet by 1 ¼ inches**.

And a **landing mat** that is at least **12 feet x 6 feet x 3 ¾ inches**. This mat must be secured to prevent it slipping. In addition a skill cushion of 4 or 8 inches and/or a sting mat of 1 ¾ inch can go on the base matting. Total matting is not to exceed 10 inches (excluding the sting mat.)

**Three runs** are permitted to execute **two vaults**. If the springboard or vault is touched it counts as one of the vaults.

**Reminder** -- If one vault is called and another executed. Judge the vault that is executed and there is no penalty.

If first vault is void, it's

- Okay to repeat if there was an incomplete attempt with contact of the apparatus or the gymnast vaults prior to the superior judges signal.
- Not okay to repeat if gymnast performs a one-arm vault, gymnast doesn't touch the horse with her hands, the vault is facilitated or the vault is not completed to a feet-first landing.

If a vaulter takes steps on a landing and then falls, the maximum deduction is .5 (same as a fall only.)

Flight vaults are your group 1 vaults

- Squat
- Straddle
- Stoop

Vertical Vaults are all other groups.

Phases of vaulting

- Preflight – position of the suspended gymnast before contact with the horse –  
**Rule Change deductions for pre-flight on vertical vaults has been eliminated.**
- Contact – contact and repulsion from the horse.  
**Rule Change – a deduction of 0.1 for each “step” on hands (up to 0.3) during contact phase**
- Afterflight – the position of the gymnast from when she leaves the horse up to and including the landing.

Deduction areas are on the score sheet.

Two methods of scoring

- Down deductions
- Draw the horse

To determine the best vault, you take all judges averages of the first versus all judges average of the second and give the higher or the two.