



# NAWGJ NorCal

## Vault Balk clarification Sept. 2015

The following is a vault clarification from Connie (the bold print words are the clarifications)

*Can you please clarify balking at the compulsory levels?*

A level 3 gymnast did not go over twice but touched the mat stack; the judges thought she was done and should get a zero, the coaches thought (based on the new definition) that she should get another try. The judges were willing to let her go again but we thought this needed clarification for level 3 as well as level 4 and 5.

For Level 3 Vault, it says:

The gymnast may perform two vaults, with the better score to count. Three attempts are permitted to successfully complete one or two vaults. **A balk (a running approach that does not result in touching the mat stack) is considered an attempt. A fourth attempt is not permitted.**

*This seems to say that if she touches the mat stack at all it is a vault and it is a zero counting attempt which seems harsher than level 4/5...*

**Correct. If she balks on her first attempt (runs, doesn't touch mat stack), that counts as Attempt #1.**

**2nd attempt, she run and touches mat but doesn't perform the vault = VOID vault**

**She still has one more attempt to successfully complete the vault.**

**If she performs another Balk, it counts as a Void since she has used up her three approaches.**

**Final score is Zero.**

**If, on the first two approaches, she actually goes up on the mat but doesn't perform the vault, that would count as two Void Vaults.**

For Level 4 Vault, it says:

Three attempts are permitted to successfully complete one or two vaults. **A balk (a running approach that does not result in going over the vault table) is considered an attempt. A fourth attempt is not permitted.**

*So level 4's get to go up to a handstand on the table but if they don't go over, it is not a zero- just a balk? However, if they land on the other side of the vault table even if a front handspring isn't performed (they twist off, do a flying seal), it is a zero? **Yes, that is correct.***

Technical update-

**This was in the Joint Jr. Olympic/Technical Committee minutes, so it only refers to JO Program**

**(levels always refers to JO; divisions refer to Xcel. The Xcel Program Committee did not adopt these rules for 2015-16.)**

VAULT A. Recommendation for all levels: If a gymnast touches the board and/or table without going over the table, then this counts as one of the three attempts and is considered a balk. If two balks are performed in the three attempts, the gymnast receives the score for the one vault performed. Exception: Level 8 - If the athlete elects to perform a second vault and balks on both attempts, she will receive a 0.0.

Motion: Linda Johnson Second: Myra Elfenbein"

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