

Technical Reminders 2016

Linda Mulvihill, 12-27-2015

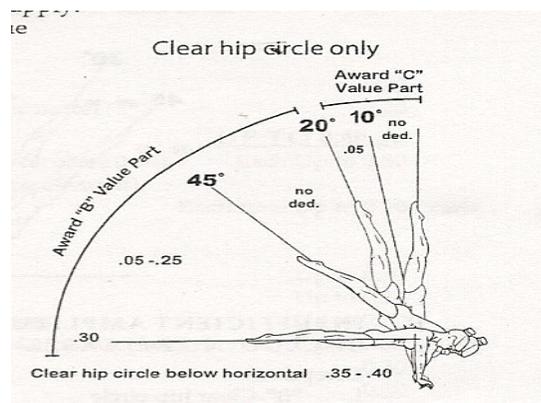
After several questions, a few reminders seem appropriate as we start a new optional season.

1. Clear Hip Circles

Since the beginning of this current cycle in 2013 there has been no "A" clear hip circle. The clear hip circle is given a "B" value part if it is 21° or lower from vertical as long as the hips do not touch the bar. Even if the clear hip is below horizontal it receives a "B" Value Part. Remember, we look to the lowest body part in determining this – usually the belly or the toes.

As judges we must apply the amplitude deduction of up to 0.40 along with form deductions for body shape, bent legs and bent arms....

Review the Amplitude of Circling Elements on page 81 of the code:



2. Leaps and Jumps with 180° Split Expectation

All leaps and jumps with/without a turn receive Value Part credit if they achieve 135° of split. Up to 45° may be missing and the gymnast will still get credit for the skill and special requirement. If the degree of split is less than 135° we credit another element listed in the code.

An example would be a split jump $\frac{3}{4}$ on beam "D" would be given a jump $\frac{3}{4}$ "B". A split leap on beam "A" with less than 135° split would be credited stretch jump with legs apart also "A" but the Special Requirement of 180° split would not be fulfilled by this skill.

A split leap on floor "A" that does not have a 135° split has no value because there is no stretch jump element on floor. However, a switch leap on floor "B" that does not achieve a 135° of split is awarded an "A" value part provided the swing leg reaches the required 45°. (See May 2015 Tech minutes)

REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS

1. SPLIT LEAPS/JUMPS

All split leaps and jumps require a 180° leg separation. If the split is insufficient, evaluate as follows:

- 1° - 20° missing deduct 0.05 - 0.10
- 21° - 45° missing deduct 0.15 - 0.20
- 46° or more missing award actual Value Part performed, if applicable



NOTE: Deductions for insufficient amplitude (height) and execution may be taken in addition to the insufficient split deduction.

3. Exactness of Body Position in Layout, Pike and Tuck Vaults

A vault that has 135° to 180 degree of open is credited as a layout. We have insufficient stretch as a deduction (180° = ideal), but greater than 135° is considered a stretch position. A hip angle of 136° - 179° = insufficient stretch position and is an up to 0.30 deduction.

A pike vault should have a minimum of 90° of pike for no deduction. For pike vaults 91° - 135° = insufficient pike and an up to 0.30 deduction.

A 90° bend in hip and knees is required for the tuck vaults to have no deduction. But remember the exception - twisting tuck vaults are allowed a more open “puck” position.

Review page 34 in the code of points. This page revised July 2015:



4. New Deductions and Rules on Vault

Check the errata changes for 2015-2016. They include additional deductions for vaults WITHOUT a SALTO levels 6-10 from ANY FAMILY. The angle of repulsion deduction and too long in support have been added. For Level 8 vault, if a second vault is done the score of the second vault is the score recorded whether or not it was the higher scoring vault. See page 33:



Be sure to review the new explanation of counting runs for Level 8 and Spotting deductions: see pages 31 – 34.

e. Spotting assistance during the vault (Levels 6, 7, 9 & 10) VOID

• **Level 8 ONLY: Spotting assistance in post-flight only 1.00** (note spotting the landing is a separate 0.5 deduction)

f. Run approach without going over the vault table = Balk. (May touch board and/or table) No deduction (all Levels) • 2nd or 3rd Balk VOID

II. GENERAL INFORMATION

A. Determining the Final Score for Levels 6, 7, 8, 9 and 10

- The gymnast has the right to perform one (1) or two (2) vaults.
- The vaults may be the same or different.
- Each vault is scored and averaged separately.
- The better score is counted. (Exception: If a Level 8 gymnast attempts/performs a second vault, the score for the second vault is the Final Score, regardless of the result.)

B. Supplemental Approaches

The gymnast is allowed three (3) attempts (running approaches) 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.
- If the gymnast either stops mid-run, runs off the runway, or makes contact with the hand placement mat, safety zone mat, board or vaulting table without going over the vault table, it is considered a balk and counts as one of the three approaches to complete one or two vaults.
 - If the gymnast balks two times, the second balk counts as a Void (0 score) result.
 - If the gymnast falls during her running approach to the vault, it is considered a balk and is counted as one of the three approaches.
- A fourth attempt is not allowed.

5. Examples for determining the Final Score

	Final Score for Levels 6, 7, 8 & 10	Final Score for Level 8 only
a. Approach #1: Run + Balks Approach #2: Run + Balks Approach #3: Completes Vault #1 No more attempts allowed	Count the score of the one vault performed (Vault #1)	Count the score of the one vault performed (Vault #1)
b. Approach #1: Completes Vault #1 Approach #2: Run + Balks Approach #3: Completes Vault #2	Count the result with the higher score	Must count Vault #2, even if score is lower than score of Vault #1
c. Approach #1: Run + Balks Approach #2: Run + Balks Approach #3: Run onto board/does not go over table (Balks)	2nd Balk + Void Vault #1 3rd Balk + Void Vault #2 Final Score = 0	2nd Balk + Void Vault #1 3rd Balk + Void Vault #2 Final Score = 0
d. Approach #1: Run into table (Balks) Approach #2: Completes Vault #1 Approach #3: Run + Balks	Count the score of the one vault performed	Final Score = 0 for unsuccessful attempt at Vault #1
e. Approach #1: Completes Vault #1 Approach #2: Run onto board/does not go over table (Balks) Approach #3: Run + Perform a vault but does not land on bottom of feet Final = Void	Count the score of the Vault #1	Final Score = 0 for unsuccessful attempt at Vault #2
f. Approach #1: Completes Vault #1 Approach #2: Run + Balks No 3rd Approach due to injury	Count the score of the Vault #1	Final Score = 0 for unsuccessful attempt at Vault #2

Revised July 2015 30