

New York State High School Vault Table

Rev. 8/08

Group I Handsprings, Yamashitas	Group II Handsprings (w/wo 1/1 turn) – Saltos Forward or Backward	Group III TSUKAHARA on – Salto Fwd. Or Bwd. – (w/wo turn)	Groups IV & V *** ROUND OFF *** Entry Vaults (w/wo turns on)
<p>*Note: ½ on vaults may be performed with a ¼ turn on.</p> <p>1.101 Handspring 8.60</p> <p>1.102 Handspring – ½ 8.70</p> <p>1.103 Yamashita 8.60</p> <p>1.104 Yamashita – ½ 8.70</p> <p>1.105 * ½ on – ½ off 8.70</p> <p>1.106 ½ on – Rep. off 6.80</p>	<p>2.301 H.Sp. – Front Tuck 9.70</p> <p>2.302 H.Sp – Front Tuck ½ 9.90</p> <p>2.303 H.Sp – Front Pike 9.80</p> <p>2.304 H.Sp – ½ Back Tuck 9.90 (Cuervo)</p>	<p>NOTE: All Group 3- Tsukahara vaults – may be performed with a 90° to 180° (¼ or ½) LA turn in the first flight. In order to change direction to a forward salto in post flight, a ½ or ¾ turn may be performed.</p>	<p>4.101 RO – Rep. off 7.50</p> <p>4.102 RO – Rep. ½ off 8.70</p> <p>4.201 RO – Back Tuck 9.40</p> <p>4.301 RO – Back Pike 9.50</p> <p>4.302 RO – L.O. 9.70</p> <p>4.303 RO – ½ Fr. Tuck or Bk.Tuck w ½ 9.70</p> <p>4.304 RO – ½ Fr. Tuck ½ 9.80</p> <p>4.305 RO – ½ Fr. Pike 9.80 or Bk. Pike with ½</p>
<p>1.201 Handspring – 1/1 9.00</p> <p>1.202 Yamashita – 1/1 9.00</p> <p>1.203 * ½ on – 1/1 off 8.90</p> <p>1.204 * ½ on – 1½ off 9.30</p> <p>1.205 Handspring – 1 ½ 9.40</p> <p>1.206 1/1 on – H/Y off 9.00</p> <p>1.207 1/1 on – ½ off 9.30</p>	<p>2.410 Fr. H.Sp. onto board, H.Sp. – Fr. Tuck 9.80</p> <p>2.411 Fr. H.Sp. onto board, H.Sp. – Fr. Pike 9.90</p> <p>2.510 Fr. H.Sp. onto board, H.Sp. – Fr. Tuck ½ 10.0</p>	<p>3.201 Tsukahara - Bk.Tuck 9.40</p> <p>3.301 Tsuk – Bk. Pike 9.50</p> <p>3.302 Tsuk – Bk. Layout 9.70</p> <p>3.303 Tsuk – Bk. Tuck ½ 9.70</p> <p>3.304 Tsuk – Bk. Pike ½ 9.80</p>	<p>4.306 RO – ½ Fr. Pike ½ 10.0</p> <p>4.307 RO – ½ Fr. LO or Bk. LO with ½ 10.0</p> <p>4.401 RO – Back Tuck 1/1 9.80</p> <p>4.402 RO – Back Tuck 1½ 10.0</p> <p>4.403 RO – Back Tuck 2/1 10.0</p> <p>4.404 RO – Bk. LO 1/1 10.0</p> <p>4.405 RO – Bk. LO 1½ 10.0</p> <p>4.406 RO – Bk. LO 2/1, also w 2 ½ 10.0</p>
<p>1.301 Handspring – 2/1 9.80</p> <p>1.302 * ½ on – 2/1 off 9.70</p> <p>1.303 1/1 on – 1/1 off 9.60</p> <p>1.304 1/1 on – 1½ off 9.80</p> <p>1.401 Handspring – 2½ 10.0</p> <p>1.501 Yamashita – 2 ½ 10.0</p>	<p>2.501 H.Sp – Front Pike ½ 10.0</p> <p>2.502 H.Sp – Front Pike 1/1 10.0</p> <p>2.503 H.Sp – Front Tuck 1/1 10.0</p> <p>2.504 H.Sp – Front Tuck 1½ 10.0</p> <p>2.505 H.Sp – ½ Bk.Tuck ½ 10.0</p> <p>2.506 H.Sp – ½ Back Pike 10.0</p> <p>2.507 H.Sp – ½ Back L.O 10.0</p>	<p><u>3.303 & 3.304 – can also be done:</u></p> <p>Tsuk – ½ + off, Fr. Tuck OR Tsuk – ¼ off, Fr. Tuck (facing out) 9.70</p> <p>Tsuk – ½ + off, Fr. Pike OR Tsuk – ¼ off, Fr. Pike (facing out) 9.80</p>	<p>4.312 RO – 1/1 tw.off 9.10</p> <p>4.313 RO – 1½ tw. off 9.30</p> <p>4.412 RO – 2/1 tw. off 9.70</p> <p>5.307 RO 1/1 – 1/1 tw off 9.30</p> <p>5.308 RO ½ on – 1/1 tw off 9.90</p>
<p><u>Stretched Body Vaults</u></p> <p>1.01 Squat 7.00</p> <p>1.02 Straddle 7.50</p>	<p>2.508 H.Sp – Front LO 10.0</p> <p>2.509 H.Sp – Front LO ½ 10.0</p> <p>2.510 H.Sp – Front LO 1/1 10.0</p> <p>2.511 H.Sp – Front LO 1½ 10.0</p> <p>2.512 H.Sp – Front LO 2/1 10.0</p>	<p>3.401 Tsuk – Bk. Tuck 1/1 9.80</p> <p>3.402 Tsuk – Bk. Tuck 1½ 10.0</p> <p>3.404 Tsuk – ½ + off Fr.Tuck ½ 9.80</p> <p>3.405 Tsuk – ½ + off Fr.Tuck 1/1 10.0</p>	<p>5.101 RO ½ on – H.Sp. off 8.90</p> <p>5.201 RO ½ on – 1/1 tw .off 9.20</p> <p>5.202 RO ½ on – 1½ tw. off 9.40</p> <p>5.203 RO ½ on – 2/1 tw. off 9.80</p> <p>5.301 RO ½ on - Fr. Tuck 9.90</p>
<p>*****</p> <p>Round Off entry vaults in Groups IV & V are allowed on the TABLE ONLY! The safety collar MUST be used. There is NO deduction for a coach standing between the board and the Table.</p>	<p>2.513 1/1 on – Front Tuck 10.0</p> <p>2.514 1/1 on – Front Pike 10.0</p> <p>2.515 1/1 on – Front LO 10.0</p> <p>2.516 H.Sp – 2 Front Tuck 10.0</p>	<p>3.403 Tsuk – Bk. LO ½ or ½ + Fr. LO or ¼ off Fr. LO 10.0</p> <p>3.501 Tsuk – LO 1/1 10.0</p> <p>3.502 Tsuk – LO 1 ½ 10.0</p> <p>3.503 Tsuk – LO .2/1 10.0</p> <p>3.504 Tsuk – LO 2 ½ 10.0</p> <p>3.505 Tsuk – ½ + off Fr. LO 10.0</p> <p>3.506 Tsuk – ½ Fr. LO ½ 10.0</p>	<p>5.401 RO ½ on – Fr. Tuck ½ 10.0</p> <p>5.402 RO ½ on – Fr. Pike 10.0</p> <p>5.403 RO ½ on – Fr. Pike ½ 10.0</p> <p>5.404 RO ½ on – Fr. LO 10.0</p> <p>5.405 RO ½ on – Fr. Tuck 1½ 10.0</p> <p>5.406 RO ½ on – ½ Bk. Tuck 10.0</p> <p>5.407 RO ½ on – ½ Bk. Pike 10.0</p> <p>5.502 RO 1/1 on – Bk. Tuck- also w 1/1 10.0</p> <p>5.503 RO 1/1 on – Bk. Pike 10.0</p> <p>5.504 RO 1/1 on – Bk. LO – also w 1/1 10.0</p> <p>5.505 RO 1/1 on – ½ Fr. Tuck 10.0</p>