

# **CT PREP OPTIONAL VAULT VALUES 2011-2012**

TWO warm-up vaults for PO Nov & Int. THREE warm-up vaults for PO Adv.

## **NOVICE – Level 4 Vault      Start Value = 10.0**

No vault table & judged with Level 4 compulsory deductions.

## **INTERMEDIATE – Level 7 Vaults in Group I    Start Value = 10.0**

Note: these are the only vaults allowed at PO Intermediate. All other vaults are not permitted & if performed, VOID the event

<b>1.101</b>	<b>Handspring</b>
<b>1.102</b>	<b>Handspring – ½ twist off</b>
<b>1.103</b>	<b>Yamashita</b>
<b>1.104</b>	<b>Yamashita – ½ twist off</b>
<b>1.105</b>	<b>¼ - ½ twist on – ¾ - ½ twist off</b>
<b>1.106</b>	<b>¼ - ½ twist on – repulsion (with flight to feet) off</b>
<b>1.201</b>	<b>Handspring 1/1 twist</b>
<b>1.204</b>	<b>Yamashita 1/1 twist</b>
<b>1.205</b>	<b>¼ - ½ on – 1 ¼ - 1/1 twist off</b>
<b>1.207</b>	<b>1/1 twist on – Handspring or Yamashita off</b>
<b>1.208</b>	<b>1/1 twist on – ½ twist off</b>

## **ADVANCED – Level 8 Vaults in Group I**

(.5 is added to the level 8 values, start values not to exceed 10.0)

Note: these are the only vaults allowed at PO Advanced. All other vaults are not permitted & if performed, VOID the event

<b>Listed in JO COP as #</b>	<b>Name of specific Allowable Vault</b>	<b>Value</b>
<b>1.101</b>	<b>Handspring</b>	<b>9.5</b>
<b>1.102</b>	<b>Handspring – ½ twist off</b>	<b>9.6</b>
<b>1.103</b>	<b>Yamashita</b>	<b>9.5</b>
<b>1.104</b>	<b>Yamashita – ½ twist off</b>	<b>9.6</b>
<b>1.105</b>	<b>¼ - ½ twist on – ¾ - ½ twist off</b>	<b>9.7</b>
<b>1.106</b>	<b>¼ - ½ twist on – repulsion (with flight to feet off)</b>	<b>7.5</b>
<b>1.201</b>	<b>Handspring 1/1</b>	<b>10.0</b>
<b>1.202</b>	<b>Handspring – 1 ½ twist</b>	<b>10.0</b>
<b>1.204</b>	<b>Yamashita – 1/1</b>	<b>10.0</b>
<b>1.205</b>	<b>¼ - ½ twist on – 1 ¼ - 1/1 twist off</b>	<b>9.9</b>
<b>1.206</b>	<b>¼ - ½ twist on – 1 ¾ - 1 ½ twist off</b>	<b>10.0</b>
<b>1.207</b>	<b>1/1 twist on – HSP/YAMI off</b>	<b>10.0</b>
<b>1.208</b>	<b>1/1 twist on – ½ twist off</b>	<b>10.0</b>
<b>1.301</b>	<b>Handspring - 2/1 twist off</b>	<b>10.0</b>
<b>1.305</b>	<b>¼ - ½ twist on – 2 ¼ - 2/1 twist off</b>	<b>10.0</b>