

TEXAS HIGH SCHOOL GYMNASTICS COACHES ASSOCIATION
MEN'S RULES 2009-2010
VAULT VALUES

*YURCHENKO VAULTS NOT ALLOWED

7.80

Straddle or squat with or without ½ turn
Round Off

8.40

Stoop
Handsprings Sideways ¼ twist [¼ on ¼ off]
Handsprings/Yamashita

8.80

Hecht
Handsprings Sideways ¾ twist [¼ on ¾ off]
Handsprings or Yamashita ½ twist

9.00

Stoop or Hecht with ½ twist

9.20

Handsprings, Yamashita, Hecht, or Stoop
with full twist
½ on full twist off
Handsprings Sideways 1¼ twist [¼ on 1 ¼
off]
Tsukahara Tuck

9.40

Handsprings or Yamashita with 1 ½ twist
Handsprings Sideways ¼ twist tuck front
Tsukahara Pike or Tsukahara Tuck with ½
twist

9.50

Handsprings tuck front

9.60

Handsprings or Yamashita with 2/1 twist
Handsprings Sideways ¼ twist pike front
Kasamatsu Tuck
Tsukahara tuck with full twist
Tsukahara Pike with ½ twist
Tsukahara Layout

Cuervo Tuck

9.70

Handsprings pike front
Handsprings tuck front with ½ twist

9.80

Cuervo pike
Kasamatsu pike
Kasamatsu tuck with ½ twist
Tsukahara pike with full twist
Tsukahara tuck with 1 ½ twist

9.90

Handsprings layout front
Handsprings pike front with ½ twist

10.00

Tsukahara layout with full twist or more
Kasamatsu layout or with full twist or more
Handsprings layout front with ½ twist or
more