



## VAULT | Level C

The video is the official version. This written text is merely an additional teaching tool.

**\*Spotter Required**

### Straight Jump Onto 8" Stacked Mats

#### OPTION 1 – Walk or Run Onto Springboard

##### **Value Element**

- 1.0 Salute to judge
- 1.0 Run or walk onto springboard
- 1.0 Put feet together on springboard
- 2.0 Straight jump onto 8" mat
- 1.0 Stick landing
- 1.0 Salute to judge

Difficulty	7.0
Execution	2.0
Max. score	9.0

#### OPTION 2 – Hurdle Onto Springboard

##### **Value Element**

- 1.0 Salute to judge
- 1.0 Run
- 2.0 Hurdle onto springboard
- 2.0 Straight jump onto 8" mat
- 1.0 Stick landing
- 1.0 Salute to judge

Difficulty	8.0
Execution	2.0
Max. score	10.0