

# AVA RULE CHANGES

Approved by the AVA Board of Directors

February 5, 2012

## How will the basic rule changes affect coaches & vaulters?

### In General

- **Approved 2012 AVA Vaulting Rules take effect as of Feb. 5, 2012.**
- At all team levels, all compulsories are done in ONE block. One person gets on, does all of their compulsories, and then the second person goes on, etc. Each person gets on the horse only once in the team compulsory section.

### A Team/Gold Individual Compulsories Changes

- The scissors are now judged as two separate exercises and given two separate scores. The first part of scissors gets one score, and the second part gets another score. As far as the vaulter and coach should be concerned, there is no change in how this exercise is performed or coached.
- What used to be the Flank has now been broken down into two separate exercises called the “First Part of Flank (back to seat astride)” and “Swing Off to the Outside from Seat Astride.” (Wow. That’s a mouthful!) These two new exercises differ from the original Flank in these two ways:
  - After the swing into handstand and pike down into inside side seat, the vaulter simply lifts their right leg over the horse’s neck to seat astride;
  - From seat astride (instead of the original position of inside side seat), the vaulter swings up into handstand and off to the outside as before.

### B Team/Open 2-Phase Team/ Individual Bronze & Individual Silver Changes

- The scissors are now judged as two separate exercises and given two separate scores. The first part of scissors gets one score, and the second part gets another score. As far as the vaulter and coach should be concerned, there is no change in how this exercise is performed or coached.
- The final exercise, instead of the old Flank, is called “Swing Off from Seat Astride to the Inside.” Here’s how it breaks down:
  - From seat astride, the vaulter swings up into a handstand and dismounts off to the inside. (For those of you who have been around vaulting for a long, long time, Sue Detol reports that this was the original half flank dismount from team compulsories after scissors and stand.)

### C Team, Trot Team, Prelim 2-Phase/Individual Copper, Individual Trot

- The new C Team compulsories are the original 1\* compulsories performed in a slightly different order.
- In addition, the swings with legs open and legs closed have switched. The swing frontways is now with legs closed and the swing rearways is now with legs open followed by a dismount to the inside; this is the same dismount we used in the old C Team compulsories, where we dismounted between the two compulsory blocks. (Why the change in the leg positions? The swing frontways with legs closed is preparation for training for the flank—where the legs must be closed. And the swing rearways with legs open is preparation for training second half of scissors—where the legs are open before the turn.)

## What are the basic changes?

<b>TEAM COMPULSORIES</b>	
<b>2011 AVA RULES</b>	<b>2012 AVA RULES</b>
<p><b>Compulsory Test – “A” Team</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill with Dismount</li> <li>5. Then each vaulter performs next three compulsories</li> <li>6. Scissors</li> <li>7. Stand</li> <li>8. Flank</li> </ol>	<p><b>Compulsory Test – “A” Team</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill</li> <li>5. Scissors 1<sup>st</sup> part</li> <li>6. Scissors 2<sup>nd</sup> part</li> <li>7. Stand</li> <li>8. First part of Flank (back to seat astride)</li> <li>9. Swing off to the outside from seat astride</li> </ol> <p><b>NOTE: Compulsories now performed in ONE block; no dismount after the Mill.</b></p>
<p><b>“B” Team &amp; Open 2-Phase</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill with Dismount</li> <li>5. Then each vaulter performs next three compulsories</li> <li>6. Scissors</li> <li>7. Stand</li> <li>8. Flank</li> </ol>	<p><b>“B” Team &amp; Open 2-Phase</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill</li> <li>5. Scissors 1<sup>st</sup> part</li> <li>6. Scissors 2<sup>nd</sup> part</li> <li>7. Stand</li> <li>8. Swing off to inside from seat astride</li> </ol> <p><b>NOTE: Compulsories now performed in ONE block; no dismount after the Mill.</b></p>

<b>TEAM COMPULSORIES</b>	
<b>2011 AVA RULES</b>	<b>2012 AVA RULES</b>
<p style="text-align: center;"><b><i>“C” Team, Trot Team Preliminary 2-Phase Team</i></b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. ½ Half Mill</li> <li>4. Swing Rearways (closed legs) followed by dismount to inside</li> <li>5. Then each vaulter performs next four compulsories</li> <li>6. Flag (ends on bench)</li> <li>7. Stand (begins from bench)</li> <li>8. Swing (with open legs)</li> <li>9. Dismount, swing with closed legs to outside</li> </ol>	<p style="text-align: center;"><b><i>“C” Team, Trot Team Preliminary 2-Phase Team</i></b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Stand</li> <li>5. Swing Frontways legs closed</li> <li>6. Half Mill</li> <li>7. Swing Rearways legs open, followed by dismount to inside</li> </ol>

<b>INDIVIDUAL COMPULSORIES</b>	
<b>2011 AVA RULES</b>	<b>2012 AVA RULES</b>
<p style="text-align: center;"><b>Gold Individual</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill</li> <li>5. Scissors</li> <li>6. Stand</li> <li>7. Flank</li> </ol>	<p style="text-align: center;"><b>Gold Individual</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill</li> <li>5. Scissors 1<sup>st</sup> part</li> <li>6. Scissors 2<sup>nd</sup> part</li> <li>7. Stand</li> <li>8. First part of Flank (back to seat astride)</li> <li>9. Swing off to the outside from seat astride</li> </ol>
<p style="text-align: center;"><b>Silver &amp; Bronze Individual</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill</li> <li>5. Scissors</li> <li>6. Stand</li> <li>7. Flank</li> </ol>	<p style="text-align: center;"><b>Silver &amp; Bronze Individual</b></p> <ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Mill</li> <li>5. Scissors 1<sup>st</sup> part</li> <li>6. Scissors 2<sup>nd</sup> part</li> <li>7. Stand</li> <li>8. Swing off to the inside from seat astride</li> </ol>

<b>INDIVIDUAL COMPULSORIES</b>	
<b>2011 AVA RULES</b>	<b>2012 AVA RULES</b>
<b>Copper/Trot/Preliminary Individual</b>	<b>Copper/Trot/Preliminary Individual</b>
<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Half Mill</li> <li>4. Swing Rearways with Legs Together</li> <li>5. Flag</li> <li>6. Stand</li> <li>7. Swing Forward with Legs Apart</li> <li>8. Swing dismount to Outside</li> </ol>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Basic Seat</li> <li>3. Flag</li> <li>4. Stand</li> <li>5. Swing Frontways legs closed</li> <li>6. Half Mill</li> <li>7. Swing Rearways legs open, followed by dismount to inside</li> </ol>

<b>INDIVIDUAL FREESTLE</b>	
<b>2011 AVA RULES</b>	<b>2012 AVA RULES</b>
<b>SILVER Individual</b>	<b>SILVER Individual</b>
- No words or lyrics	- Words & lyrics allowed