

Australian Preliminary and Pre-Novice Compulsories effective 2024

Description and Guidelines Incorporating relevant extracts from FEI 2024 Vaulting Guidelines. In future please refer to current FEI Vaulting guidelines.

This document will only be changed if there is a change in approach specifically for Australian Vaulting circumstances.

Preliminary compulsories are performed in walk – Static exercises to be held for a Count of 1-2-3-4

Pre-novice compulsories are performed in canter - Static exercises to be held for a minimum of 4 Canter strides.

1.1.1. Vault-on – Requires a “leg-up” in walk. “Boost” assistance in Canter does not attract any penalties at these levels of competition.

Essence:

Harmony with the Horse
Quality of Movement
Body Control & Posture

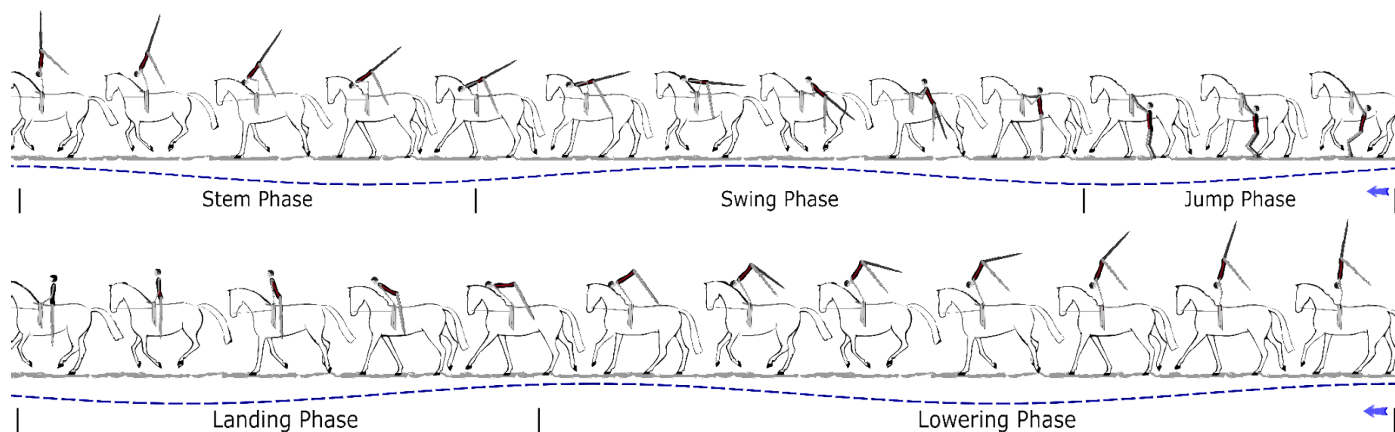
Mechanics:

The Vault-on is a dynamic exercise and comprises 5 biomechanical phases:

- | | | |
|----|----------------|--|
| 1. | Jump phase | starts when touching the surcingle |
| 2. | Swing phase | starts when feet lose contact with ground |
| 3. | Stem phase | starts when pushing with arms |
| 4. | Lowering phase | starts when lowering the Center of Gravity |
| 5. | Landing Phase | starts when touching Horse (with legs, pelvis), ends with seat astride |

1. With both hands touching any part of the surcingle the vaulter jumps off with both feet side by side, close to the Horse, at Canter and a jump off one foot in walk. The upper body is upright.
2. The right leg is in line with the upper body and swings up as high as possible. On the way up (Swing & Stem) the left leg bends at the hip to remain pointing down.
3. At the beginning of the Stem phase, the Vaulter changes from pulling to pushing with their arms. The right leg remains in line with the upper body, as the Vaulter reaches a balanced, vertical handstand position with a straight body axis. Pelvis and shoulders are parallel to the shoulder axis of the Horse.
4. Following a momentary handstand position, the Vaulter moves the shoulders forward to keep the Center of Gravity above the middle of the supporting area (hands) while absorbing the canter movement with the arms and maintaining the arm extension. The right leg and body are lowered slowly in a controlled, fluid and well balanced movement, with a constant speed.
5. Soft erect and centred Landing in the seat astride with the upper body vertical.

The whole movement needs to be performed fluently.



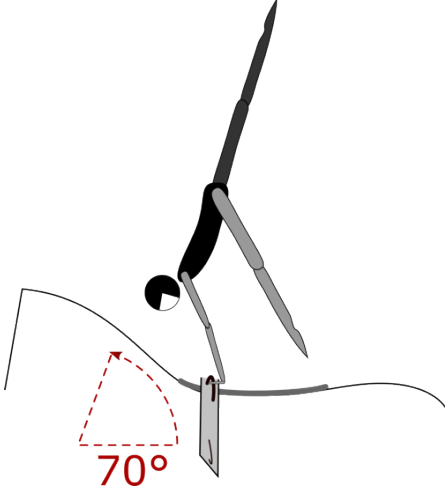
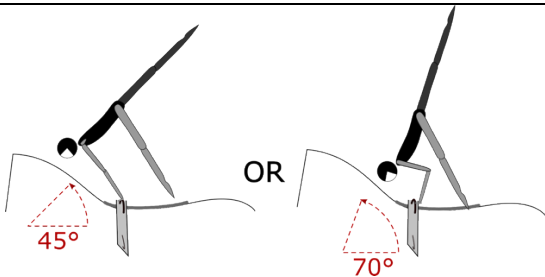
Reference Scores:


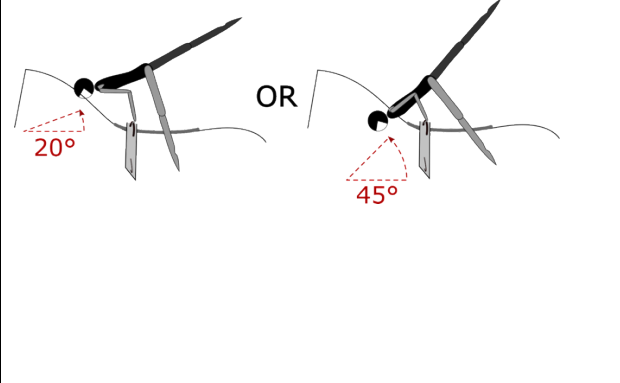
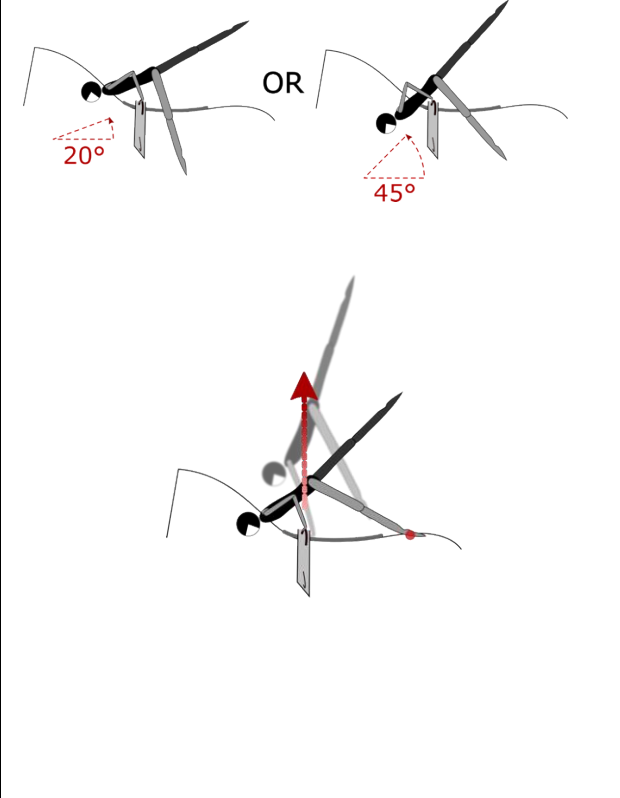
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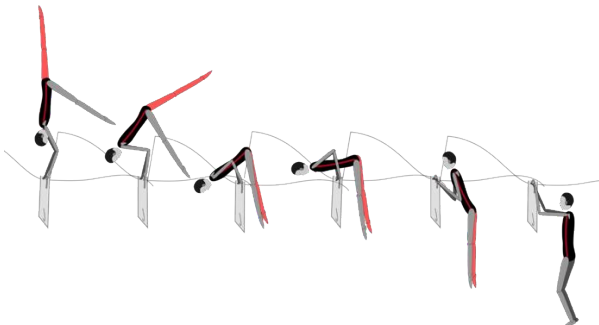
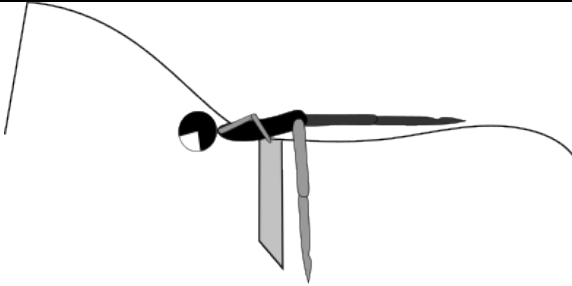
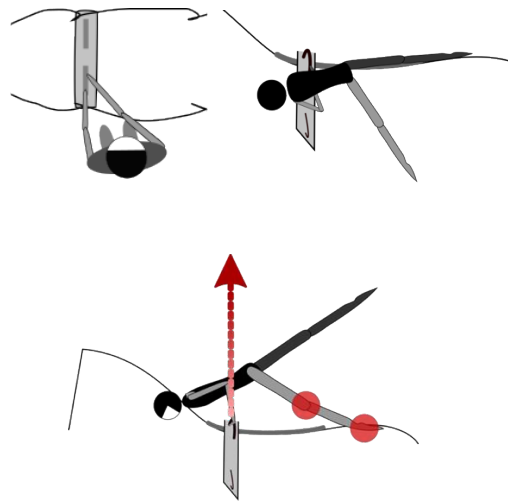
— deviation entailing maximum for the corresponding Reference Score

⋮ note describing additional deviations that are also included in the corresponding Reference Score (and do not entail additional deductions)

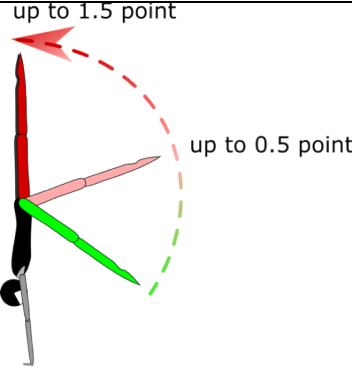
10		<ul style="list-style-type: none"> ✓ Correct Jump phase ✓ At the highest point, angle between upper body and horizontal 90° (vertical) ✓ At the highest point, maximum arm and shoulder extension ✓ At the highest point, the Center of Gravity is above the middle of the supporting area (hands) ✓ At the highest point, the shoulders are parallel and the pelvis is nearly parallel to the shoulder axis of the Horse; the body axis is straight. ✓ The angle between the left leg and the pelvis/upper body is maximal 45° ✓ Right leg is in line with the upper body throughout the swing and stem phase ✓ Correct lowering and landing ✓ Correct movement flow and balance
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9		<ul style="list-style-type: none"> ✓ Correct Jump phase ✓ At the highest point, the Center of Gravity is above the middle of the supporting area (hands) ✓ At the highest point, the shoulders are parallel and the pelvis is nearly parallel to the shoulder axis of the Horse; the body axis is straight. ✓ The right leg is in line with the upper body throughout the swing and stem phase ✓ Correct lowering and landing ⇒ Angle between upper body and horizontal 70° ⇒ At the highest point: Maximum arm extension (not including shoulders) ⇒ Slight irregularity in movement flow
8		<ul style="list-style-type: none"> ✓ Correct Jump phase ✓ At the highest point, center of gravity is above the middle of the supporting area and straight body axis ✓ At the highest point, the shoulders are parallel and the pelvis is nearly parallel to the shoulder axis of the Horse; the body axis is straight. ✓ Shoulders are higher than the handles ✓ Centred landing ⇒ Minor irregularity in movement flow ⇒ At the highest point: <ul style="list-style-type: none"> • Maximum arm extension AND angle between upper body and horizontal: 45° OR • Medium arm extension AND angle between upper body and horizontal: 70° ⇒ Swing phase: the right leg is not in line with the upper body (minor delay)

		<p>⇒ Touching the Horse/surcingle during the Swing and Stem phase with another part of the body than the hands (shoulder, foot...) without using this contact to push off.</p>
7		<p>⇒ Small deviation in landing</p> <p>⇒ Vaulter does not jump off with both feet simultaneously or side by side (step position...)</p> <p>⇒ At the highest point:</p> <ul style="list-style-type: none"> • medium arm extension AND angle between upper body and horizontal 20° <p>OR</p> <ul style="list-style-type: none"> • minimal arm extension AND angle between upper body and horizontal 45°
6		<p>⇒ Medium deviation in landing</p> <p>⇒ Medium irregularity in movement flow (short interruption)</p> <p>⇒ At the highest point:</p> <ul style="list-style-type: none"> • minimal arm extension AND angle between upper body and horizontal 20° <p>OR</p> <ul style="list-style-type: none"> • no arm extension AND angle between upper body and horizontal 45° <p>⇒ Stem phase: pushing off the Horse, with a part of the body other than hands/arms, with or without disruption of the movement (foot, shoulder...)</p>

		<p>⇒ Swing and Stem phase: during the Swing phase the Vaulter jumps to a support position, with the right leg pointing down. During the Stem phase, the Vaulter swings up the right leg (major delay)</p>
5		<p>⇒ The centre of gravity reaches the level of the Horse's back</p> <p>⇒ Uncentered landing</p> <p>⇒ Shoulders are higher than hips at the highest point</p> <p>⇒ No Stem and Lowering phase</p> <p>□ Body alignment may have deviations</p>
4		<p>⇒ Swing phase: pelvis and shoulders are turned completely facing the Horse.</p> <p>⇒ Major irregularity in movement flow (significant interruption, loss of body control...)</p> <p>⇒ Stem phase: Major pushing off the Horse, with a part of the body other than hands/arms, with or without disruption of the movement (foot, shoulder...)</p> <p>⇒ Swing phase : Mount without Stem phase, and Vaulter needs 3 canter strides to get to sitting position on the Horse.</p> <p>⇒ Severe collapse on the Horse, major disturbance of the comfort or balance of the Horse</p> <p>□ Body alignment may have significant deviations</p>
3		<p>⇒ Mount without Stem phase, and Vaulter needs 5 canter strides or more to get to sitting position on the Horse.</p>
0	See also Specific deductions	<p>⇒ Coming off the Horse during the Vault-on and losing contact with the Horse;</p> <p>OR</p> <p>coming off the Horse during the Vault-on more than once.</p>

Deductions :

Up to 1.5 point		<ul style="list-style-type: none"> deduction to be applied if the angle between the left leg and the upper body exceeds 45° (see picture)
2 points	See also Specific deductions	<ul style="list-style-type: none"> Repetition (letter R) : <ul style="list-style-type: none"> Incomplete attempt - coming off the Horse before having completed the mount, while remaining in contact with at least one grip; steps between the first and the second attempt allowed. Touching the grips and releasing them once, before the first attempt

1.1.2. Basic Seat

Essence:

Harmony with the Horse
Balance

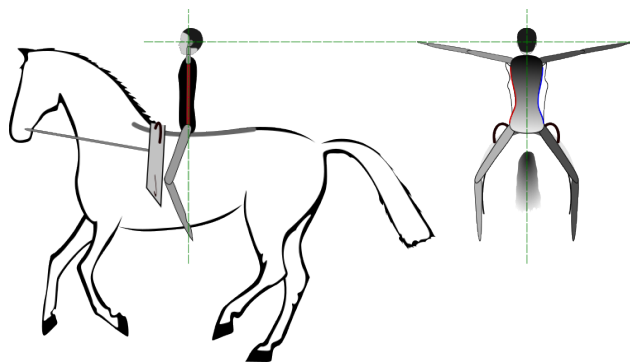
Body Control & Posture

Mechanics:

The Basic Seat is a static exercise and comprises 3 biomechanical phases:

- Build up phase starts from the seat astride
- Static phase starts when the static position is displayed
- Build down phase starts upon completion of the static phase

- From the seat astride, the Vaulteur takes the arms out to the side; head faces forward
- The upper body is in a physiologically correct posture (including shoulders, thorax, spine and pelvis). The ears, shoulders, hip joints and ankles form a vertical line along the Frontal plane. Most of the inside of the legs (including the knees and the middle of the lower leg (are in contact with the pad/Horse). The Vaulteur establishes a three-point seat, where 2/3 of the weight is distributed equally on the two sitting bones ischial) and 1/3 on the thighs. A strong core will hold the upper body in the neutral position while allowing the hips to remain relaxed as they absorb the movement of the Horse. The feet are pointed downwards. The arms are stretched to each side along the Frontal plane, with the fingertips at eye level. The body is supple and free from any tension other than the muscle action needed to absorb the canter and to maintain the described posture. The Vaulteur is in a stable, controlled and supple position.
- Upon completion of the static phase, the Vaulteur simultaneously brings their arms down, while continuing to fully absorb the canter, facing forward. The Vaulteur takes hold on the top of the handles.

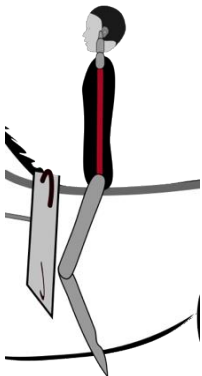
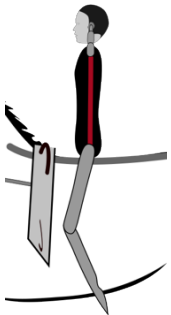


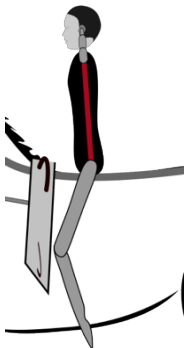
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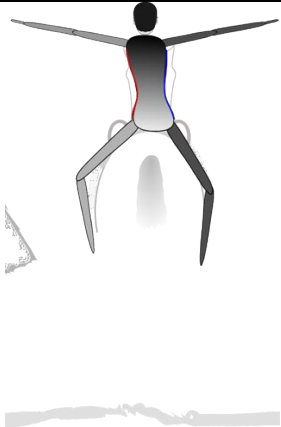
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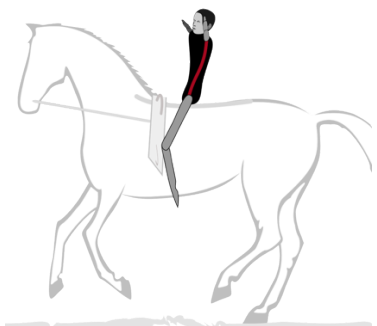
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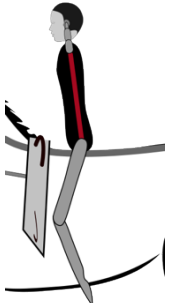
[...] note describing additional deviations that are also included in the corresponding Reference Score (and do not entail additional deductions)

10		<ul style="list-style-type: none"> ✓ Correct absorption ✓ Correct balance ✓ Correct posture upper body ✓ Correct position of the legs ✓ Correct build up and down
9		<ul style="list-style-type: none"> ✓ Correct absorption ✓ Correct balance ✓ Correct posture upper body ✓ Correct position of the legs — Slight deviations in build up and down
8		<ul style="list-style-type: none"> ✓ Correct absorption ✓ Correct balance ✓ Correct posture upper body — Minor deviations in position of the legs — Minor deviations in build up OR build down

7		<ul style="list-style-type: none"> ⇒ Fairly correct absorption ⇒ Loss of balance with small amplitude and duration (no more than one canter stride) ⇒ Small deviation from correct posture of the upper body or position of the legs ⇒ Small deviation in build up AND build down
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6		<ul style="list-style-type: none"> ⇒ Medium lack of absorption, ischial bones lifting off the Horse once ⇒ Medium deviation from correct posture upper body ⇒ Medium deviation from correct position of the legs
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5		<ul style="list-style-type: none"> ⇒ Lack of balance with significant amplitude ⇒ Significant deviation from correct posture upper body, leaning too far back AND medium deviation from correct position of the legs (e.g. chair seat)
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4		<ul style="list-style-type: none"> ⇒ Insufficient absorption, ischial bones lifting off the Horse more than once
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1.1.3. Flag without arm

Essence:

Harmony with the Horse

Body Control &
Posture Balance

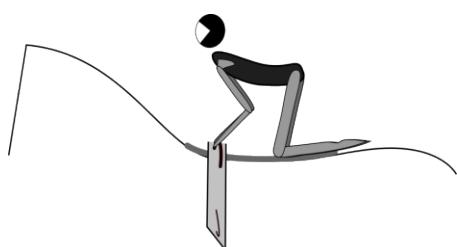
Mechanics:

The Flag is a static exercise and comprises 3 biomechanical phases:

- | | | |
|----|------------------|--|
| 1. | Build up phase | starts from the seat astride |
| 2. | Static phase | starts when the static position is displayed |
| 3. | Build down phase | starts upon completion of the static phase |

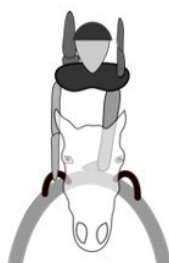
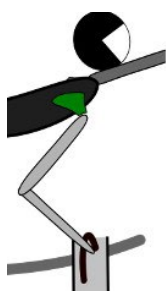
1. From the seat astride, the Vaulters comes to bench position (see picture) with both legs simultaneously, landing with the legs diagonally across the Horse's back. The left knee is slightly left of the Horse's spine and the left foot is slightly to the right of the Horse's spine.

Head faces forward. From a bench position the outside leg is raised and stretched to an evenly curved line above horizontal. The lower leg remains in permanent contact with the Horse's back, and the weight is spread equally across the lower leg.



2.

- The Static phase and the count of the strides starts when the static position is displayed.
- The right hand holds on top of the handle
- The shoulder blades are flat.
- The shoulder joints are at approximately the same height as the hip joint. To absorb the movement of the Horse, the Vaulters shoulders move (forward and backwards and up and down) relative to the surcingle throughout the exercise. The Vaulters shoulders are above the surcingle when there is the greatest distance between the Vaulters upper body and the horses back.
- The Vaulter faces forward and the head is centered with the chin is higher than the shoulders.
- The shoulders, thorax and pelvis are parallel to the back of the Horse. The spine links the lines of the shoulders and leg in a smooth regular and stabilized arc.
- The middle longitudinal line through the body follows the Horse's bending on the circle and the Vaulter's spine is in line with the median plane of the Horse.
- The right leg is not rotated in the hip joint.
- The toes are level with the highest point of the head.
- The weight is evenly spread over the left lower leg which is mostly flat on the pad; if a minor part of the lower leg and/or the foot is behind the pad, that part should be stretched but doesn't need to be in contact with the Horse's back.
- During the whole static phase the upper line maintains the same distance to ground and the movement is to be absorbed by the joints of the arms (the shoulders, elbows and wrists - not the shoulder blades and thorax) and by the legs (hips and knee - not pelvis or spine. The angle of the left thigh varies depending on the canter phase of Horse. In the canter phase When there is the greatest distance between the Vaulter's upper body and the Horse's back, the left hip joint is slightly behind the left knee.
- The Vaulter is in a stable, controlled and balanced position throughout the exercise.
- The counting of the strides ends when the Build Down phase starts



Build down phase: Upon completion of the Static phase, the vaulter lowers the outside leg to rest on the horse's hindquarters.

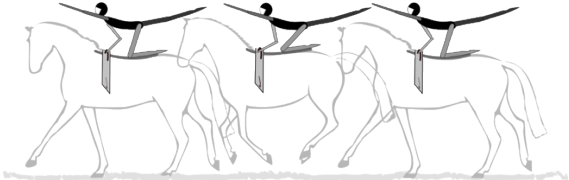
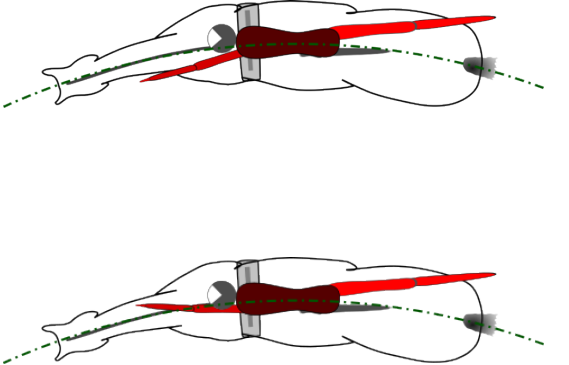
Reference Scores:

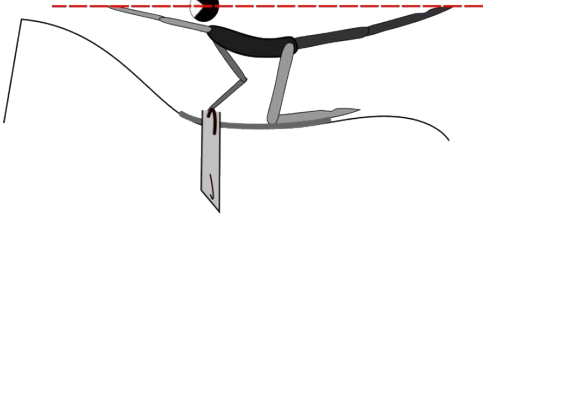
The Reference Scores and pictures for Flag apply, except for the position of the left arm, that is to be handled according to the above adjustments.

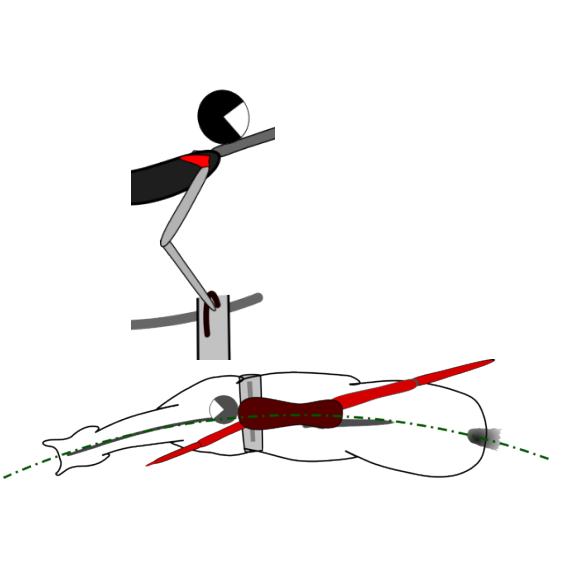
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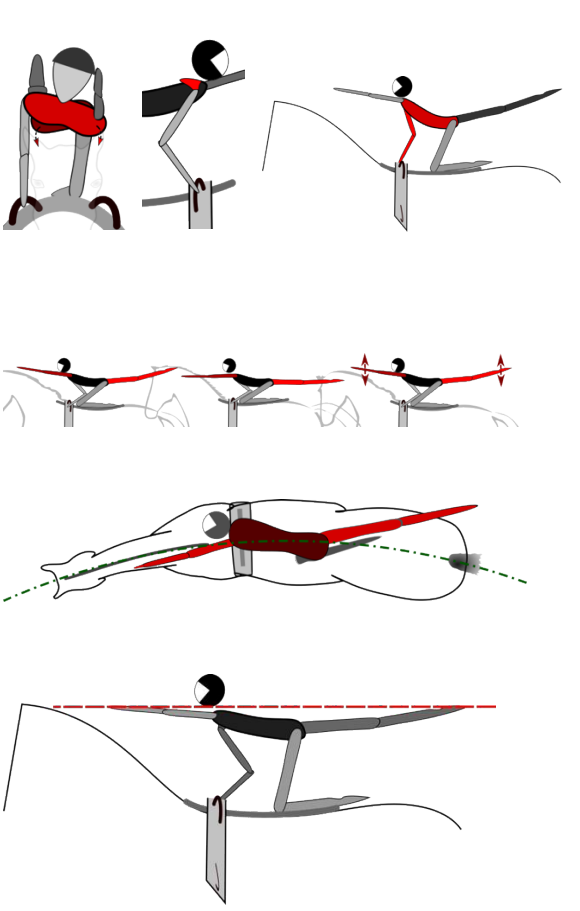
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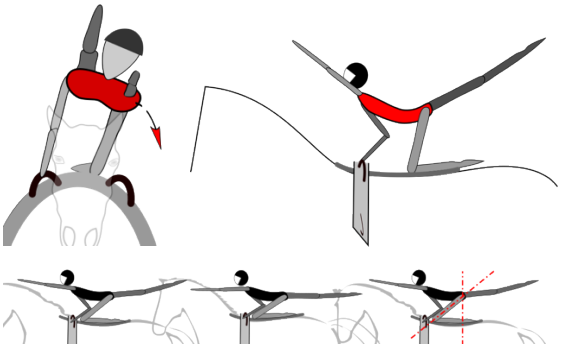
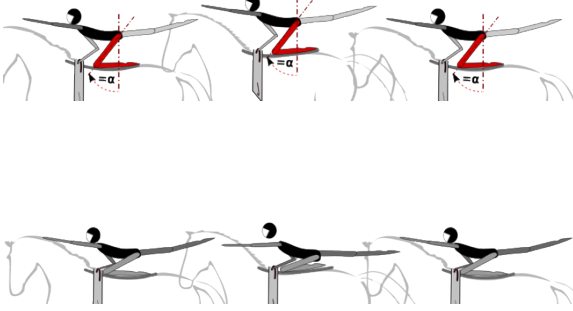
💬 note describing additional deviations that are also included in the corresponding Reference Score (and do not entail additional deductions)

10		<ul style="list-style-type: none"> ✓ Correct absorption ✓ Correct balance ✓ Correct posture in shoulders, thorax lumbar spine and pelvis ✓ Upper body and leg stable ✓ Correct alignment of body along the Horse's spine ✓ Elevation of toes at the level of the highest point of the head; the head is centered and the chin is higher than shoulders. ✓ Correct position of the shoulders (above or slightly behind the surcingle) ✓ Correct build up and down
9		<ul style="list-style-type: none"> ✓ Correct balance ✓ Correct posture in shoulders, thorax and pelvis ✓ Upper body and leg stable ✓ Correct position of the shoulders (above or slightly behind the surcingle) ✓ The chin is higher than the shoulders <p>⇒ Slight deviation in absorption</p> <p>⇒ Elevation of foot at the level of the highest point of the head,</p> <p>⇒ Outside leg slightly out of alignment compared to the Horse's spine.</p>

8		<ul style="list-style-type: none"> ✓ Correct balance ✓ Upper body and leg stable ✓ Correct position of the shoulders (above or slightly behind the surcingle) ✓ The chin is higher than the shoulders <ul style="list-style-type: none"> ⇒ Minor deviation in absorption ⇒ Minor deviation from correct posture in thorax, lumbar spine or pelvis ⇒ Elevation of foot at eye level
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7		<ul style="list-style-type: none"> ⇒ Weight unevenly spread over left lower leg ⇒ Loss of balance with small amplitude and duration (one canter stride) ⇒ Small deviation from correct posture in thorax, lumbar spine or pelvis ⇒ Upper body stable with small lack of stability in leg ⇒ Outside leg clearly out of alignment compared to the Horse's spine ⇒ Elevation of foot at eye level; the chin is higher than the shoulders ⇒ Shoulders clearly in front/behind surcingle <p>□ Build up and build down may have small deviations which are included in the Reference Score</p>
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6		<ul style="list-style-type: none"> ⇒ Medium deviations from correct posture in thorax, lumbar spine or pelvis turned out, too high, too low ... <ul style="list-style-type: none"> ⇒ Leg clearly unstable ⇒ Medium deviation in alignment of the body with the spine of the Horse <ul style="list-style-type: none"> ⇒ Elevation of toes at chin level, may be uneven; chin may be lower than shoulders. <ul style="list-style-type: none"> ⇒ lack of balance <p>□ Build up and build down may have medium deviations which are included in the Reference Score</p>
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5		<p>⇒ Significant lack of absorption in shoulders or leg (angle between thigh and vertical almost unchanged)</p> <p>⇒ Significant deviations from correct posture of upper body AND pelvis not in line: turned out, too high, too low, hollow back...</p> <p>⇒ Lack of stability/tension in body and leg</p> <p>⇒ Elevation of toes horizontal or just above and/or angle between the thigh and the vertical too wide</p>
4		<p>⇒ Major lack of absorption in shoulders or leg (angle between thigh and vertical unchanged throughout).</p> <p>⇒ Major lack of stability/tension</p> <p>⇒ Severe collapse / loss of balance</p> <p>⇒ Elevation of toes below horizontal and/or angle between the thigh and the vertical very wide (pelvis very close to left foot)</p> <p>□ Build up and build down may have major deviations which are included in the Reference Score</p>

Deductions FLAG and FLAG WITHOUT ARM:

Up to 1 point	<ul style="list-style-type: none"> • Deviations from correct build up and down, such as right leg is stretched down before it is raised,
1 point	<ul style="list-style-type: none"> • Failure to kneel before the Flag without Arm (Letter K)
2 points	<ul style="list-style-type: none"> • One or both hands on surcingle but not on top of the handles • Repeating the Flag without Arm (e.g incorrect gait); Flag without Arm can be repeated from a bench or seat astride position.

Plank

Essence: Harmony with the horse, straightness, tension and height of the hips.



Mechanics: (from flag without arm, outside raised leg lowered to horse's hindquarters)

The inside leg is placed parallel to the outside leg (legs closed). Both legs are extended and together. A straight line should run from the head in neutral position, through the body to the toes. Arms should be straight with the majority of the weight on the handles. Hands must be on the top of the handles. Position must be held for at least 4 strides. From this position the hips are pulled up and forward (pike position) so that the legs are almost vertical, aiming for the hips to be as high as possible, then sliding softly into supple seat astride.

Reference scores

10	<ul style="list-style-type: none">✓ Straight axis from the shoulders over the closed legs to the feet with maximally stretched arms.✓ Pulling the hips high above the shoulders and sliding softly into seat astride
7	<ul style="list-style-type: none">✓ Straight axis from the shoulders over the closed legs to the feet with maximally stretched arms.✓ Pulling the hips slightly to about shoulder level and sliding softly into seat astride
5	<ul style="list-style-type: none">⇒ Axis not straight; bent arms;⇒ Hands not on top of the handles⇒ No elevation of hips toward pike position

Inside Seat

Essence: Harmony with the horse, Seat, Balance, Posture, Scope and Timing

Mechanics: From seat astride, the vaulter performs a single phase of the mill by carrying the stretched outside leg over the handles to the inside, in a high wide arc to inside seat. This motion should take approximately four strides. Once facing the inside with the centre of gravity over the horse’s spine, the vaulter releases and extends the rear arm toward the rear of the horse, raised to approximately eye level. (Half the basic seat position). The vaulters body and both legs should be facing directly to the inside and resting closely to the horse’s side along the length of the vaulter’s legs. This final position should be held for four strides. The leg is carried back to seat astride (as for mill) and the rear hand then retakes the handles, once again using approximately four strides.

Mill Picture 1



Mill Picture 2



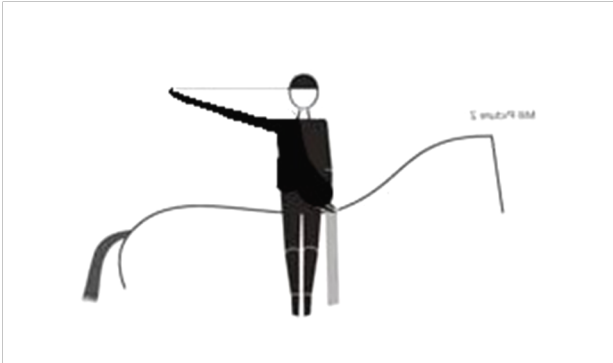
Deductions

Up to 2 points	<ul style="list-style-type: none">• Poor form in mill phase of exercise. This may take into account poor scope, loss of seat, loss of posture, and significant deviations from timing.• Not facing directly to inside• Unstable resting legs• Not centred over the horse’s spine• Upper body does not turn simultaneously with the leg
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Outside seat

Essence: Harmony with the horse, Seat, Balance, Posture, Scope and Timing

Mechanics: From seat astride, the vaulter performs a single phase of the mill by carrying the stretched inside leg over the handles to the outside, in a high wide arc to inside seat. This motion should take approximately four strides. Once facing the outside with the centre of gravity over the horse’s spine, the vaulter releases and extended the rear arm toward the rear of the horse, raised to approximately eye level. (Half the basic seat position). The vaulters body and both legs should be facing directly to the inside and resting closely to the horse’s side along the length of the vaulter’s legs. This position should be held for four strides. The leg is carried back to seat astride (as for mill) and the rear hand then retakes the handles, once again using approximately four strides.



Up to 2 points	<ul style="list-style-type: none">• Poor form in mill phase of exercise. This may take into account poor scope, loss of seat, loss of posture, and significant deviations from timing.• Not facing directly to outside• Unstable resting legs• Not centred over the horse’s spine• Upper body does not turn simultaneously with the leg
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1.1.4. Free Kneel

Essence:

Harmony with the
Horse Balance

Body Control & Posture

Mechanics:

The Free Kneel is a static exercise and comprises 3 biomechanical phases:

- | | | |
|----|------------------|--|
| 1. | Build up phase | starts from the seat astride |
| 2. | Static phase | starts when the static position is displayed |
| 3. | Build down phase | starts upon completion of the static phase |

1. From the seat astride, the Vaulteer comes to bench position with both legs simultaneously, while constantly absorbing the Horse's movement. The handles are simultaneously released, as the Vaulteer rises into an upright kneeling position and takes the stretched arms out to the side (while rising or once having reached the kneeling position). Head faces forward throughout.

2. The Static phase and the count of the strides starts when the static position is displayed. The horse's movement is absorbed by the Vaulteer, mainly through the joints from feet to hip. The joints of the legs are bent just as much as necessary for absorbing the changes to the elevation of the Horse's back.

The upper body remains in a physiologically correct posture. The shoulders and pelvis stay in a transversal plane parallel to the surcingle.

The lower legs are parallel to the median plane of the Horse. The knees are at hip width apart. The knees and feet remain stationary and the weight is evenly distributed over the lower legs throughout.

The arms are stretched to each side along the frontal plane, with the fingertips at eye level.

The body remains supple and free from any tension other than the muscle action needed to absorb the horse's movement and to keep the described posture. The Vaulteer is in a stable and controlled position.

The counting of the strides ends when the Build down phase starts.

3. Upon completion of the static phase, the Vaulteer simultaneously brings their arms down, while continuing to fully absorb the horse's movement, facing forward. The Vaulteer takes hold on the top of the handles, supports some of their weight on their arms, stretches the legs down and slides softly into the seat astride.



Reference Scores

10	<ul style="list-style-type: none"> ✓ Upright upper body forming a vertical line through shoulders and hips; ✓ Knees and hips absorbing the Horse's movement; ✓ Hands at eye level; ✓ weight evenly spread over lower legs which are parallel with Horse's spine
7	<ul style="list-style-type: none"> ✓ Knees and hips mainly absorbing the Horse's movement; ✓ weight evenly spread over lower legs which are parallel with Horse's spine ⇒ Upper body not forming a vertical line through shoulders and hips (leaning behind the vertical); ⇒ Hands lower or higher eye level;
5	<ul style="list-style-type: none"> ⇒ Upper body about 45° in front of the vertical: ⇒ Lower legs not parallel with the Horse's spine (Knees wider than hips: ⇒ Weight moderately unevenly spread over lower legs
4	<ul style="list-style-type: none"> ⇒ Upper body about 45° in front of the vertical: ⇒ Lower legs not parallel with the Horse's spine (Knees wider than hips: ⇒ Weight significantly unevenly spread over lower legs

Dismount to the inside

Essence:

Harmony with the horse

Scope and timing

Mechanics:

1. The vaulter performs a single phase of the mill by carrying the stretched outside leg over the handles to the inside, in a high wide arc to inside seat with the shoulder axis slightly turned forward, according to the criteria set for . With closed legs, the Vaulter simultaneously turns to facing forward and stretches the arms and hips, then pushes against the handle(s) upwards and off the Horse (maximum of one track to the inside). The Vaulter releases the handles and performs a correct Landing (as described).

Reference scores/deductions:

10	<ul style="list-style-type: none"> ✓ a high wide arc in the single phase of the mill with ischial bones in constant contact with the horse ✓ Correct inside seat ✓ Dismount Facing forwards with push up and off ✓ Handles released and correct landing as described in FEI Vaulting Guidelines "landing on the ground"
7	<ul style="list-style-type: none"> ✓ Correct inside seat ✓ Dismount Facing forwards with push up and off ✓ Handles released and correct landing as described in FEI Vaulting Guidelines "landing on the ground" — Small deviation in arc in the single phase of the mill with slight lifting of one ischial bone
5	<ul style="list-style-type: none"> ✓ Major deviation in arc in the single phase of the mill with lifting of ischial bone ✓ Handles released and correct landing as described in FEI Vaulting Guidelines "landing on the ground" — Held seat between mill and dismount phase — Dismount Facing forwards with no push up shown

3	✓ Major deviation in arc in the single phase of the mill with lifting of ischial bone —Landing not as described in FEI Vaulting Guidelines "landing on the ground" —Holding the handles till Landing —Sliding down the horse, no clearance demonstrated.

Specific Deductions in Compulsory

Up to 0,5 points

Comp&Tech

1 point

Comp

- Poor Landing (Letter L)

- Landing other than on both feet only after a dismount (Letter F)

1 point

Comp&Tech

- For each missing canter stride at the static exercises

2 points

Comp&Tech

- Repetition (Letter R) : repeating an exercise or parts of it immediately, without leaving the Horse.
- **In static exercises** a repetition is given any time after the build up has started
- E.g. in Stand: releasing the grips once, retaking them and releasing them again is repetition.
- E.g. in the Flag without arm can be repeated from bench or seat astride position.
- **In dynamic exercises** a repetition is given once the Energy phase has started
-
- The compulsory vault-on is scored with a deduction for repetition:
 - when the Vaulter loses contact with the Horse before the end of the jump phase. (taking and releasing the handles)
 - when the Vaulter comes off the Horse without losing contact during any phase of the exercise