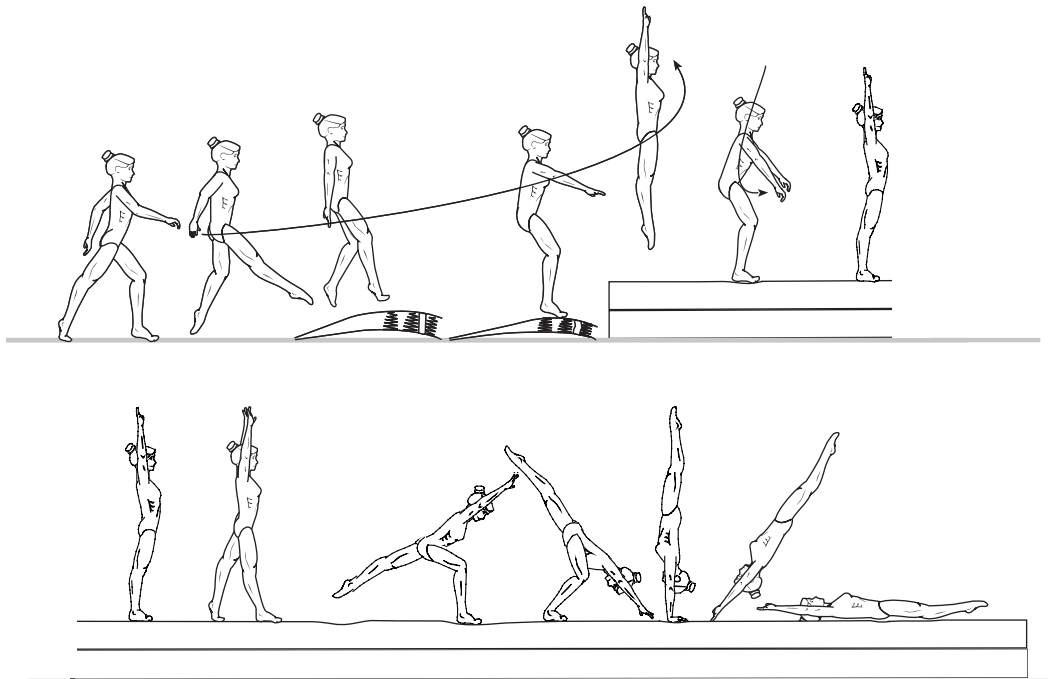


# LEVEL 1 VAULT

The gymnast may perform the vault (both skills) two times. Each phase of the vault is worth 5.0 points with the score of each phase added together. The highest total score of the two vaults will count.

*Three attempts are permitted to successfully complete one or two vaults. A balk (a running approach that does not result in touching the mat stack) is considered an attempt. A fourth attempt is not permitted.*

## STRETCH JUMP ONTO A RAISED MAT SURFACE (A MINIMUM OF 16") AND THEN HANDSTAND FALL TO STRAIGHT LYING POSITION ON THE BACK



### STRETCH JUMP

The suggested number of running steps is approximately seven to nine steps before executing a hurdle and rebound from the board. There is NO deduction for more or less steps. The body should be tight, with the abdominals in, to execute a **STRETCH JUMP** while maintaining a straight-hollow body position.

Land in demi-plié.

ARMS: Lift to high on the **JUMP**. The landing position of the arms is optional.

Extend the legs to finish in a straight stand.

ARMS: Move to high position.

### HANDSTAND FALL TO STRAIGHT LYING POSITION

The gymnast may step backward onto the board or remain on the mat prior to the kick up to handstand. The hands may be placed on the mat or the board.

Step forward through the ball of the Right foot and execute a Right lunge. Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the skill cushion. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the skill cushion while pushing off with the Right leg to arrive in a **HANDSTAND** with legs together, head neutral with focus on the hands, with a straight, tight body position. Overbalance the **HANDSTAND**, maintaining a straight, tight body position and land in a **STRAIGHT LYING POSITION ON THE BACK**.

Note: In the event the athlete lands the **STRETCH JUMP** too far down the skill cushion, they may take steps backward to allow adequate space for the **HANDSTAND TO STRAIGHT LYING POSITION**.

# LEVEL 1 VAULT EVALUATION POINTS

1. Run accelerates, shows good form and technique and maintains speed to the board for the **STRETCH JUMP**.
2. The arms swing forward to a completely extended shoulder position with the feet on the board in front of the body and show a tight straight body position during the **STRETCH JUMP**.
3. Achieves a vertical **HANDSTAND** position with the arms straight before and during the **FALL TO STRAIGHT LYING POSITION ON THE BACK**.
4. Maintains a straight-hollow body position from support in **HANDSTAND** to **BACK LYING POSITION** with the legs together and feet pointed throughout the **FALL TO STRAIGHT LYING POSITION ON THE BACK**.

# LEVEL 1 VAULT TABLE OF PENALTIES

## STRETCH JUMP ONTO A MINIMUM OF 16 INCHES OF MATTING (*value - 0.50*)

Approach	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u>	Running on the board and stepping up on the mat
Stretch Jump from Board to Mat <i>*See pg. 159 Landing Clarification</i>	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	• Pike
	Up to 0.50	• Tuck
	Up to 0.30	• Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	<u>0.05</u>	Lands with feet hip-width apart or closer but never joins feet
Up to 0.10	Lands with feet staggered (one in front of the other)	
<u>0.10</u>	Lands with feet further than hip-width apart	
General	Up to 0.30	Incorrect direction
	<i>No deduction Void</i>	<i>Run-approach without touching the mat stack (Balk)</i> • <i>Performing a 2nd or 3rd Balk</i>

## HANDSTAND, FALL TO STRAIGHT LYING POSITION (*value - 0.50*)

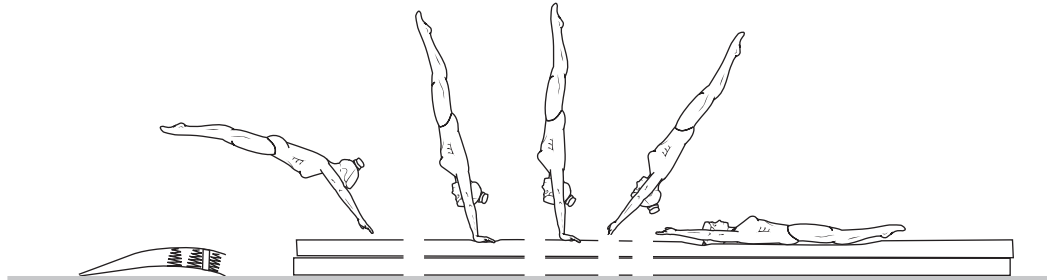
Approach	Each up to 0.20	Failure to maintain arms next to ears while reaching for the mat
	Up to 0.10	Failure to use levering action into the handstand.
	Each <u>0.50</u>	Extra kick up to handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the handstand
	Up to 0.30	• Showing a shoulder angle less than 180 degrees
	Up to 0.50	• Pike
Up to 0.30	• Arch	
Each <u>0.10</u>	Additional hand placements (taking steps on hands)	
Up to 0.10	Incorrect foot form	
Post-Hand-stand Landing	Up to 1.00	Failure to land in a straight lying position on the back

# LEVEL 2 VAULT

The gymnast may perform two vaults, with the better score to count.

**Three attempts are permitted to successfully complete one or two vaults. A balk (a running approach that does not result in touching the mat stack) is considered an attempt. A fourth attempt is not permitted.**

## JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 16”);



The suggested number of running steps is approximately seven to nine steps before executing a hurdle onto the board. There is NO deduction for more or less steps. The run should be even and strong, accelerating to the hurdle onto the board. Rebound (punch) off the board. As a continuation of the hurdle arm swing, reach for the mat stack. Keep the body extended, rotating to an inverted position by driving the legs/heels backward-upward, landing in a **HANDSTAND** position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Maintain a straight-hollow body position with legs together and hips extended. Land on the skill cushion in a **STRAIGHT LYING POSITION ON THE BACK**.

Note: Repulsion from the hands is not required. However, if there is repulsion resulting in the gymnast landing on the feet first, she must return to a **STRAIGHT LYING POSITION ON THE BACK** to receive no penalty.

ARMS: Remain high on jump and landing.

### MATTING REQUIREMENTS:

Mat stack – Minimum of 16 inches in height ( $\pm 1$  inch). Any combination of competition landing mats, skill cushions and/or inflatable mat may be used. One or two additional 8" skill cushions may be used to allow for 24" and 32" heights ( $\pm 1$  inch). The uppermost landing surface should be a minimum of a 4-inch skill cushion. An unfolded panel mat may be placed on top of the upper most surface of the mat stack/resi-pit if necessary to provide a more stable landing surface. (Refer to #3 below for the required tape line.)

1. All age divisions may use any of the three choices of heights.
2. The mat stack may be placed on top of a solid foam pit.
3. A tape line must be placed on the upper most surface of the mat stack/resi pit at 32" from the front edge of the landing surface (placed so that the far edge of the tape is at 32"). The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The hands should make contact with the mat within this zone. The tape line should also extend down the side of the mat.
4. An additional mat (minimum of 4" thickness) must be placed on the floor behind the mat stack.
5. All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.

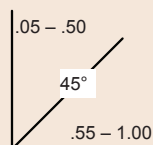
# LEVEL 2 VAULT EVALUATION POINTS

## JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 16"); FALL TO STRAIGHT LYING POSITION ON THE BACK

1. The run accelerates and maintains speed to contact the board with the feet in front of the body.
2. The arms swing forward to a completely extended shoulder position with the body extended in a straight-hollow position in pre-flight with the head neutral.
3. The body achieves a vertical **HANDSTAND** position with the arms straight in the support phase.
4. The body maintains a straight-hollow body position from support in **HANDSTAND** to the back lying position, with the legs together and feet pointed throughout the **FALL TO STRAIGHT LYING POSITION ON THE BACK**.

# LEVEL 2 VAULT TABLE OF PENALTIES

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as "incorrect vault")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No deduction VOID	<i>Run-approach without touching the mat stack (Balk)</i> <ul style="list-style-type: none"> <li>• Performing a 2nd or 3rd Balk</li> </ul>
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run
	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of the body upon board contact
First Flight		See Vault General Faults
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° to 45° past vertical</li> <li>• Contact from 46° - 89° past vertical</li> </ul>
	<u>0.50</u> <u>0.20</u>	Failure to place hands in the prescribed landing zone (between the edge of the mat and the tape line). <ul style="list-style-type: none"> <li>• If both hands land beyond the tape line</li> <li>• Staggered hand placement: one inside zone, one over the line</li> </ul>

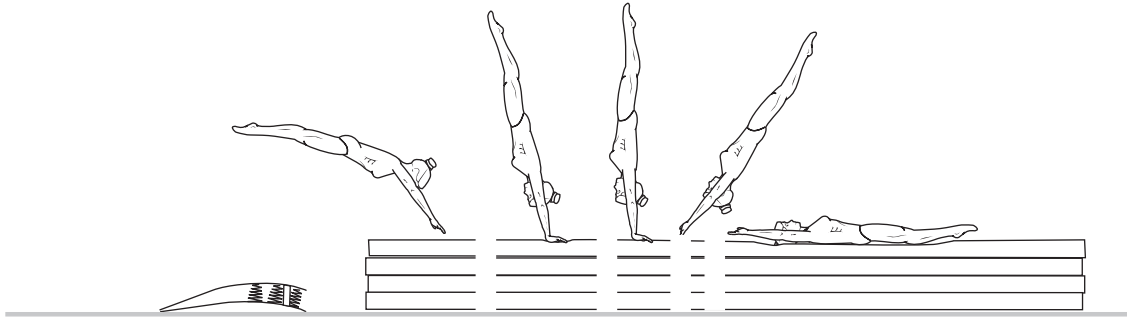


# LEVEL 3 VAULT

The gymnast may perform two vaults, with the better score to count.

*Three attempts are permitted to successfully complete one or two vaults. A balk (a running approach that does not result in touching the mat stack) is considered an attempt. A fourth attempt is not permitted.*

## JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 32");



The suggested number of running steps is approximately nine to eleven steps before executing a hurdle onto the board. There is NO deduction for more or less steps. The run should be even and strong, accelerating to the hurdle onto the board. Rebound (punch) off the board. As a continuation of the hurdle arm swing, reach for the mat stack. Keep the body extended, rotating to an inverted position by driving the legs/heels backward-upward, landing in a **HANDSTAND** position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Maintain a straight-hollow body position with legs together and hips extended. Land on the skill cushion in a **STRAIGHT LYING POSITION ON THE BACK**.

Note: Repulsion from the hands is not required; however, if there is repulsion resulting in the gymnast landing on the feet first, she must return to a **STRAIGHT LYING POSITION ON THE BACK** to receive no penalty.

ARMS: Remain high on jump and landing.

MATTING REQUIREMENTS:

Mat stack – Minimum of 32 inches in height ( $\pm 1$ inch). Any combination of competition landing mats, skill cushions and/or inflatable mat may be used. One or two additional 8" skill cushions may be used to allow for 40" and 48" heights ( $\pm 1$ inch). The uppermost landing surface should be a minimum of a 4 inch skill cushion. An unfolded panel mat may be placed on top of the upper most surface of the mat stack/resi-pit if necessary to provide a more stable landing surface. (Refer to #3 below for the required tape line.)

1. All age divisions may use any of the three choices of heights.
2. The mat stack may be placed on top of a solid foam pit.
3. A tape line must be placed on the upper most surface of the mat stack/resi pit at 32" from the front edge of the landing surface (placed so that the far edge of the tape is at 32"). The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The hands should make contact with the mat within this zone. The tape line should also extend down the side of the mat.
4. An additional mat (minimum of 4" thickness) must be placed on the floor behind the mat stack.
5. All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.

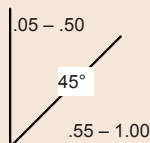
# LEVEL 3 VAULT EVALUATION POINTS

## JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 32"); FALL TO STRAIGHT LYING POSITION ON THE BACK

1. The run accelerates and maintains speed to contact the board with the feet in front of the body.
2. The arms swing forward to a completely extended shoulder position with the body extended in a straight-hollow position in pre-flight with the head neutral.
3. The body achieves a vertical **HANDSTAND** position with the arms straight in the support phase.
4. The body maintains a straight-hollow body position from support in **HANDSTAND** to the back lying position, with the legs together and feet pointed throughout the **STRAIGHT LYING POSITION ON THE BACK**.

# LEVEL 3 VAULT TABLE OF PENALTIES

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as "incorrect vault")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)	
No deduction VOID	<i>Run-approach without touching the mat stack (Balk)</i> <ul style="list-style-type: none"> <li>• Performing a 2nd or 3rd Balk</li> </ul>	
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run
	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of the body upon board contact
First Flight		See Vault General Faults
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° to 45° past vertical</li> <li>• Contact from 46° - 89° past vertical</li> </ul>
	<u>0.50</u> <u>0.20</u>	Failure to place hands in the prescribed landing zone (between the edge of the mat and the tape line). <ul style="list-style-type: none"> <li>• If both hands land beyond the tape line</li> <li>• Staggered hand placement: one inside zone, one over the line</li> </ul>

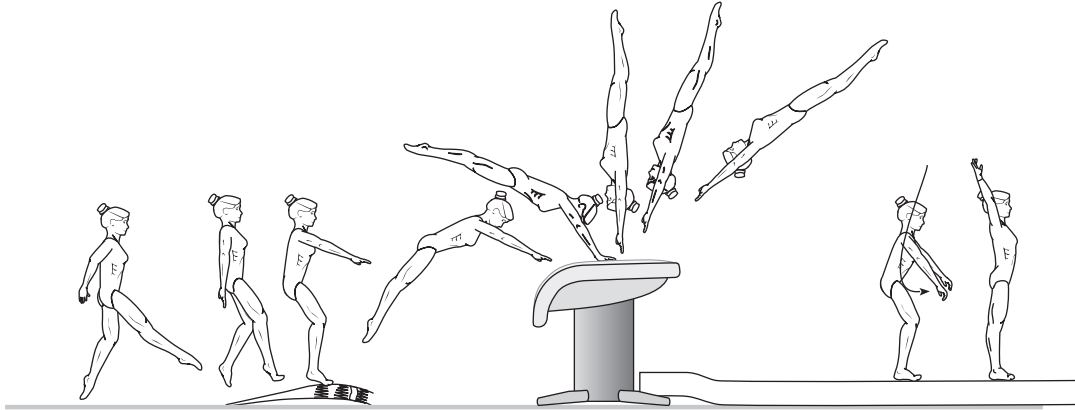


# LEVEL 4 VAULT

The gymnast may perform two vaults, with the better score to count.

**Three attempts are permitted to successfully complete one or two vaults. A balk (a running approach that does not result in going over the vault table) is considered an attempt. A fourth attempt is not permitted.**

## HANDSPRING VAULT



The number of running steps is optional. The run should be even and strong, accelerating to the hurdle onto the board. During the preflight (first flight), the arms swing forward to complete shoulder extension, keeping the head neutral, and the eyes focused toward the hands. Maintain a straight-hollow body position with the legs together and hips extended. The gymnast rotates to an inverted position by driving the legs/heels backward-upward. Upon hand contact, quickly and forcefully extend the shoulders to block against the vault table with straight arms, causing the body to leave the vault table near vertical.

During the after-flight, maintain a tight, straight-hollow body position with hips extended and the head neutral. The rotation continues until the landing in demi-plié.

ARMS: High throughout pre-flight, block and after-flight. The position of the arms on landing is optional.

Extend the legs to finish in a straight stand.

ARMS: Move to high position.

## LEVEL 4 VAULT TABLE OF PENALTIES

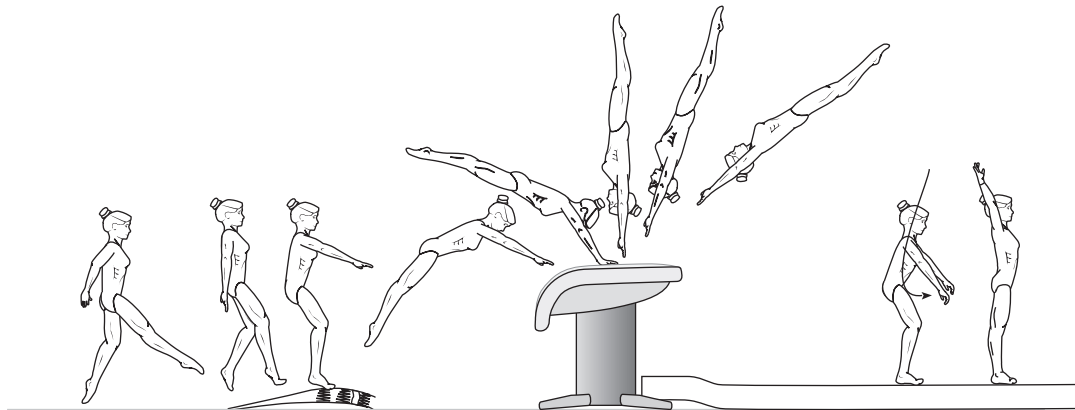
General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Aid of coach during first flight, support, or second flight phase
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	<u>0.50</u>	Aid of coach upon landing
No deduction VOID	Run-approach without going over the vault table (Balk) <ul style="list-style-type: none"> <li>• Performing a 2nd or 3rd Balk</li> </ul>	
First Flight		See Vault General Faults

# LEVEL 5 VAULT

The gymnast may perform two vaults, with the better score to count.

**Three attempts are permitted to successfully complete one or two vaults. A balk (a running approach that does not result in going over the vault table) is considered an attempt. A fourth attempt is not permitted.**

## HANDSPRING VAULT



The number of running steps is optional. The run should be even and strong, accelerating to the hurdle onto the board. During the preflight (first flight), the arms swing forward to complete shoulder extension, keeping the head neutral, and the eyes focused toward the hands. Maintain a straight-hollow body position with the legs together and hips extended. The gymnast rotates to an inverted position by driving the legs/heels backward-upward. Upon hand contact, quickly and forcefully extend the shoulders to block against the vault table with straight arms, causing the body to leave the vault table near vertical.

During the after-flight, maintain a tight, straight-hollow body position with hips extended and the head neutral. The rotation continues until the landing in demi-plié.

ARMS: High throughout pre-flight, block and after-flight. The position of the arms on landing is optional.

Extend the legs to finish in a straight stand.

ARMS: Move to high position.

## LEVEL 5 VAULT TABLE OF PENALTIES

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	VOID	Aid of coach during first flight, support, or second flight phase
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	<u>0.50</u>	Aid of coach upon landing
No deduction VOID	Run-approach without going over the vault table (Balk) <ul style="list-style-type: none"> <li>• Performing 2nd or 3rd Balk</li> </ul>	
First Flight		See Vault General Faults



# LEVEL 1 VAULT TABLE OF PENALTIES

STRETCH JUMP ONTO A MINIMUM OF 16 INCHES OF MATTING AND  
HANDSTAND, FALL TO STRAIGHT LYING POSITION

## STRETCH JUMP ONTO A MINIMUM OF 16 INCHES OF MATTING

Approach	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u>	Running on the board and stepping up on the mat
Stretch Jump from Board to Mat <i>*see pg. 159 Landing Clarification</i>	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	• Pike
	Up to 0.50	• Tuck
	Up to 0.30	• Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	<u>0.05</u>	Lands with feet hip-width or closer but never joins feet
	<u>0.10</u>	Lands with feet further than hip-width apart
Up to 0.10	Lands with feet staggered (one in front of the other)	
Up to 0.50	Failure to land in demi-plié with control and proper body position	
General	Up to 0.30	Incorrect direction
	<i>No deduction Void</i>	<i>Run-approach without touching the mat stack (Balk) Performing a 2nd or 3rd Balk</i>

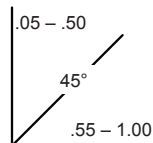
## HANDSTAND, FALL TO STRAIGHT LYING POSITION

Approach	Each up to 0.20	Failure to maintain arms next to ears while reaching for the mat
	Up to 0.10	Failure to use levering action into the handstand.
	Each <u>0.50</u>	Extra kick up to handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the handstand
	Up to 0.30	• Showing a shoulder angle less than 180 degrees
	Up to 0.50	• Pike
Up to 0.30	• Arch	
Each <u>0.10</u>	Additional hand placements (taking steps on hands)	
Up to 0.10	Incorrect foot form	
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

# LEVEL 2 VAULT TABLE OF PENALTIES

JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 16");  
FALL TO STRAIGHT LYING POSITION ON THE BACK

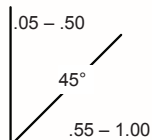
General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as "incorrect vault")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No deduction VOID	<i>Run-approach without touching the mat stack (Balk)</i> <ul style="list-style-type: none"> <li>• <i>Performing a 2nd or 3rd Balk</i></li> </ul>
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run
	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of the body upon board contact
First Flight		See Vault General Faults
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° to 45° past vertical</li> <li>• Contact from 46° - 89° past vertical</li> </ul>
	<u>0.50</u> <u>0.20</u>	Failure to place hands in the prescribed landing zone (between the edge of the mat and the tape line). <ul style="list-style-type: none"> <li>• If both hands land beyond the tape line</li> <li>• Staggered hand placement: one inside zone, one over the line</li> </ul>
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)



# LEVEL 3 VAULT TABLE OF PENALTIES

JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 32");  
FALL TO STRAIGHT LYING POSITION ON THE BACK

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as "incorrect vault")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No deduction VOID	<i>Run-approach without touching the vault stack (Balk)</i> <ul style="list-style-type: none"> <li>• <i>Performing a 2nd or 3rd Balk</i></li> </ul>
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run
	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of the body upon board contact
First Flight		See Vault General Faults
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° to 45° past vertical</li> <li>• Contact from 46° - 89° past vertical</li> </ul>
	<u>0.50</u> <u>0.20</u>	Failure to place hands in the prescribed landing zone (between the edge of the mat and the tape line). <ul style="list-style-type: none"> <li>• If both hands land beyond the tape line</li> <li>• Staggered hand placement: one inside zone, one over the line</li> </ul>
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)



# LEVEL 4 & 5 VAULT TABLE OF PENALTIES

## HANDSPRING VAULT

<b>General Faults</b>	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	Level 4 - <u>2.00</u> Level 5 - VOID	Aid of coach during first flight, support, or second flight phase
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	<u>0.50</u>	Aid of coach upon landing
	<i>No deduction</i> VOID	<i>Run-approach without going over the vault table (Balk)</i> <ul style="list-style-type: none"> <li>• <i>Performing a 2nd or 3rd Balk</i></li> </ul>
<b>First Flight</b>		See Vault General Faults
<b>Support Phase</b>	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact vault table
	Up to 0.30	Incorrect shoulder alignment (showing shoulder angle less than 180°)
	Up to 0.50	Too long in support
	Up to 0.20	Alternate repulsion
	Up to 1.00	Angle of repulsion (failure to leave vault table by vertical-The angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical) If the gymnast leaves the vault table by: <ul style="list-style-type: none"> <li>• Vertical</li> <li>• 1° to 45° past vertical</li> <li>• 46° - 89° past vertical</li> </ul>
	No deduction 0.05 - 0.50 0.55 - 1.00	
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands)
	Chief judge- <u>1.00</u>	Touch of only one hand on vault table
VOID	No hand support on vault table	
<b>Second Flight</b>	Up to 0.50	Insufficient height
	Up to 0.30	Insufficient distance
	<u>0.30</u>	Brush, touch, or hit of body on far end of vault table
<b>Landing- see p. 159 Landing Clarification</b>	0.05	Lands with feet hip-width apart or closer but never joins feet
	Up to 0.10	Slight hop/small adjustment of feet; or lands with feet staggered (one in front of the other)
	<u>0.10</u>	Lands with feet further than hip-width apart
	Up to 0.10	Extra arm swing(s)
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.20	Incorrect body posture on landing
	(Max. 0.40) Each <u>0.10</u>	Taking steps after landing
	(Max. 0.40) Each <u>0.20</u>	Very large step or jump
	Up to 0.30	Squat upon landing
	Up to 0.30 <u>0.50</u>	Contacts the mat/apparatus with one/both hands or with body after landing <ul style="list-style-type: none"> <li>• Brush, touch, or hit</li> <li>• Support on hand(s) or fall onto mat or against apparatus</li> </ul>
	(Includes the fall) <u>2.00</u> (Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Failure to land on the feet first on the mat Finishes in a sitting, lying or standing position on the vault table