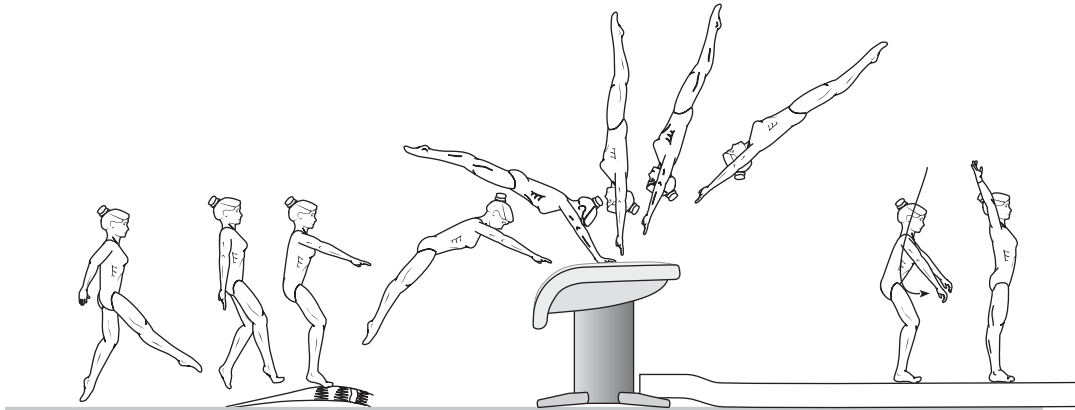


# LEVEL 4 VAULT

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

Three running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A fourth approach 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

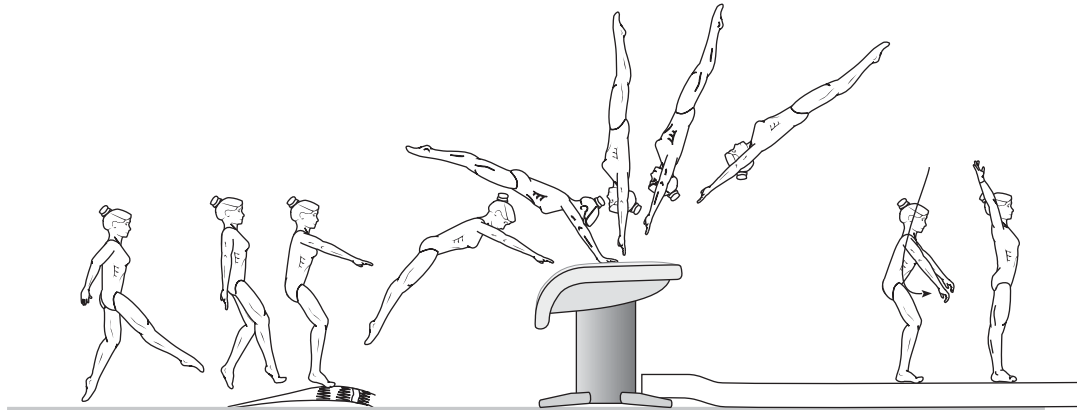
General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase 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 executing the vault (Balk) <ul style="list-style-type: none"> <li>• Touching the springboard or vault table</li> </ul>

# LEVEL 5 VAULT

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

Three running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A fourth approach 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 executing the vault (Balk) <ul style="list-style-type: none"> <li>• Touching the springboard or vault table</li> </ul>

# LEVEL 4 & 5 VAULT TABLE OF PENALTIES

## HANDSPRING VAULT

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)
	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
	No deduction VOID	Run-approach without executing the vault (Balk) <ul style="list-style-type: none"> <li>• Touching the springboard or vault table</li> </ul>
	First Flight	
Support Phase	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) If the gymnast leaves the vault table by:
	No deduction 0.05 - 0.50 0.55 - 1.00	<ul style="list-style-type: none"> <li>• Vertical</li> <li>• 1° to 45° past vertical</li> <li>• 46° - 89° past vertical</li> </ul>
	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
Second Flight	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
Landing Phase	Up to 0.10	Slight hop or small adjustment of feet
	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
	<u>0.30</u> <u>0.50</u>	Contacting the mat or apparatus with one or 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 + 2.00 = 2.50</u>	Failure to land on the feet first on the mat <ul style="list-style-type: none"> <li>• Finishes in a sitting, lying or standing position on the vault table</li> </ul>

