


First Flight		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) If the gymnast leaves the vault table by:
	No deduction	• Vertical
	0.05 - 0.50	• 1° to 45° past vertical
	0.55 - 1.00	• 46° - 89° past vertical
	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 Phase</b>	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
	Up to 0.30 Up to 0.50	Contacting the mat or apparatus with one or both hands or with body after landing • Brush, touch, or hit • Support on hand(s) or fall onto mat or against apparatus
	(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 • Finishes in a sitting, lying or standing position on the vault table

## LEVEL 4 VAULT SUPPLEMENTARY SKILLS

### 1. Handspring over table onto stacked mats to back lying position

Stack mats behind the vault table to the height of the table. Execute a handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position. Land in a straight-lying position on the back, with arms extended overhead.

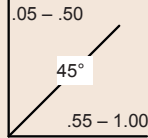
### 2. Handspring repulsion drill

Stack mats behind the vault table slightly higher than the table. Execute a handspring vault with the emphasis on the shoulder block (quick and explosive extension of the shoulders immediately upon contact with the table). The head remains neutral with focus on the hands. Arrive on the hands on the stacked mats. Maintaining a straight-hollow body position with legs together, continue past vertical to land on the skill cushion in a straight-lying position on the back.

### 3. Front Salto Stretched

From a controlled run approach and hurdle onto a springboard, immediately swing the arms explosively forward-upward while lifting the heels backward-upward to execute a Front Salto Stretched onto an 8-inch skill cushion or solid foam pit. Complete the rotation to land on the feet with the body upright.

<b>First Flight</b>		<b>See Vault General Faults</b>
<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) If the gymnast leaves the vault table by:
	No deduction	• Vertical
	0.05 - 0.50	• 1° to 45° past vertical
	0.55 - 1.00	• 46° - 89° past vertical
	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 Phase</b>	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
	<u>0.20</u>	Very large step or jump
	Up to 0.30	Squat upon landing
	Up to 0.30 Up to 0.50	Contacting the mat or apparatus with one or both hands or with body after landing • Brush, touch, or hit • Support on hand(s) or fall onto mat or against apparatus
	(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



## LEVEL 5 VAULT SUPPLEMENTARY SKILLS

### 1. Handspring over table onto stacked mats to back lying position

Stack mats behind the vault table to the height of the table. Execute a handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position. Land in a straight lying position on the back, with arms extended overhead.

### 2. Handspring repulsion drill

Stack mats behind the vault table slightly higher than the table. Execute a handspring vault with the emphasis on the shoulder block (quick and explosive extension of the shoulders immediately upon contact with the table). The head remains neutral with focus on the hands. Arrive on the hands on the stacked mats. Maintaining a straight-hollow body position with legs together, continue past vertical to land on the skill cushion in a straight lying position on the back.

### 3. Front Salto Stretched

From a controlled run approach and hurdle onto a springboard, immediately swing the arms explosively forward-upward while lifting the heels backward-upward to execute a Front Salto Stretched onto an 8-inch skill cushion or solid foam pit. Complete the rotation to land on the feet with the body upright.

# 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	
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	<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	<ul style="list-style-type: none"> <li>• Vertical</li> </ul>
	0.05 - 0.50	<ul style="list-style-type: none"> <li>• 1° to 45° past vertical</li> </ul>
	0.55 - 1.00	<ul style="list-style-type: none"> <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)
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	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 Up to 0.50	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>

