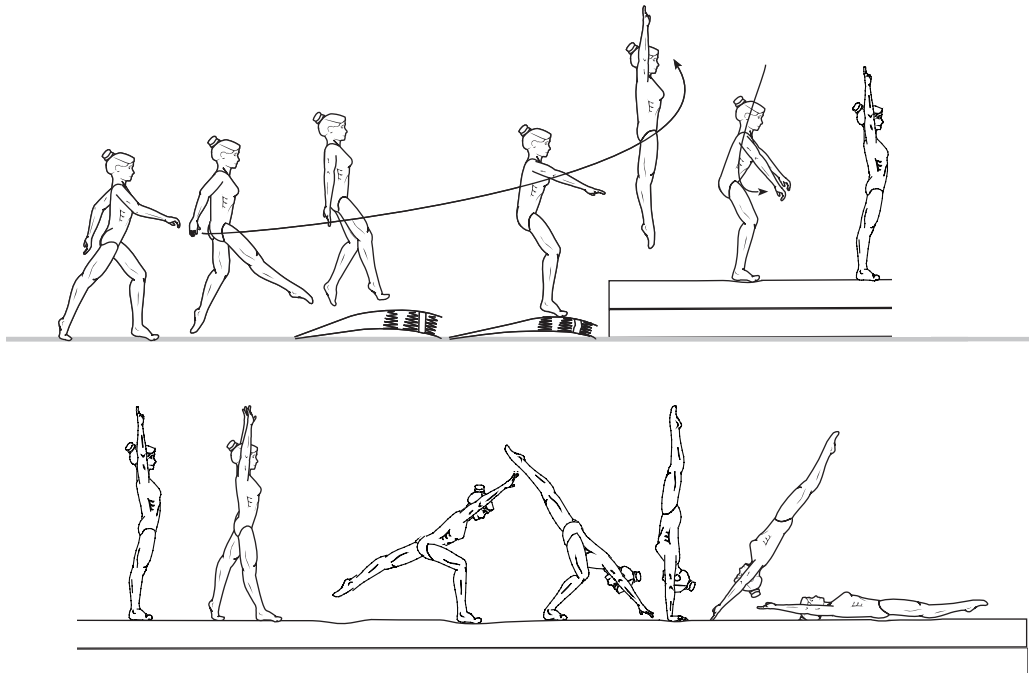


LEVEL 1 VAULT

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. **One balk is allowed in the three attempts without penalty. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or mat stack without coming to a rest or support on top of the mat.** 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 - 5.00)

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> (VOID 1st phase)	Runs onto board and steps up onto mat stack or <i>rebounds from board to come to rest or support on mat stack on body parts other than feet first</i>
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
	<u>0.50</u>	<i>Fall (onto hands, knees +/- or hips) after landing stretch jump on feet first</i>
	No deduction Void	<i>1st Balk</i> • Performing a 2nd or 3rd Balk

HANDSTAND, FALL TO STRAIGHT LYING POSITION (value - 5.00)

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) <i>Max. of 0.30</i>
	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

Support Phase	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)
Continued		
Post Handstand Phase		See Vault General Faults
Landing Phase	Up to 1.00	Failure to finish in a straight lying position on the back Examples for applying this deduction:
	<u>1.00</u> <u>0.50</u> <u>0.50</u>	<ul style="list-style-type: none"> • The gymnast lands on her feet, salutes, and steps off the mat. • The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat. • The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat.
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position.

LEVEL 2 VAULT SUPPLEMENTARY SKILLS

1. Running Form/Technique

The emphasis continues to be good technique, as well as showing acceleration and maintaining speed. Running drills are something that will need constant attention throughout the levels.

2. Handstand Holds

Kick to a tight, straight body handstand with legs together against a wall. Maintain extended shoulders and neutral head position. This skill may be done with or without the assistance of a spotter.

3. Handstand Hops onto a 4" Mat

From a long lunge, reach the arms from backward to forward. Block off the floor with enough amplitude to land in a tight straight body handstand on a 4" mat.

Support Phase (Continued)	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)
Post Hand-stand Phase		See Vault General Faults
Landing Phase	Up to 1.00 <u>1.00</u> <u>0.50</u> <u>0.50</u>	<p>Failure to finish in a straight lying position on the back Examples for applying this deduction:</p> <ul style="list-style-type: none"> • The gymnast lands on her feet, salutes, and steps off the mat. • The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat. • The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat.
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position.

LEVEL 3 VAULT SUPPLEMENTARY SKILLS

1. Handspring over stacked skill cushions turned sideward

Substitute the vault table with a Level 3 mat stack turned sideward. 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 heels backward-upward. Upon hand contact, quickly and forcefully extend the shoulders to block against the mat with straight arms, causing the body to leave the mat stack near vertical.

During the post-flight, maintain a tight straight-hollow body position, with 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: Lift upward to sideward-diagonally-upward position

2. Handspring from elevated surface

From a stand at the end of a stacked panel mat, step forward into a deep lunge, swinging the arms from backward to forward, reaching toward the end of the mat. Execute a front handspring, joining the legs together past vertical and land with the hips extended (tight arch position). Focus on the hands throughout while maintaining a tight, stretched position.

ARMS: Remain in high position, by the ears throughout.

3. $\frac{3}{4}$ Front Salto Stretched onto stacked skill cushions

From a controlled approach to the springboard, hurdle and execute a $\frac{3}{4}$ front salto stretched, landing in a straight lying position on the back.

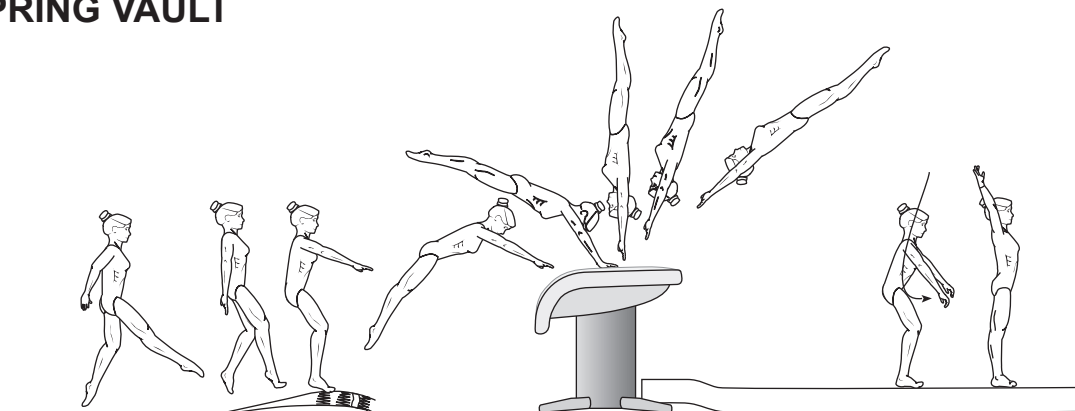
ARMS: On the hurdle, swing the arms upward to high overhead position. Arm pathway is optional during the salto.

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. **One balk is allowed in the three attempts without penalty. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or vault table without coming to a rest or support on top of the vault table. The following examples are considered VOID (0) vaults: 1) Any additional balk. 2) Any attempt which results in the gymnast coming to rest or support on top of the vault table without passing through the vertical plane in an inverted (handstand) position.** 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.

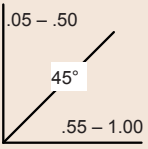
ARMS: High throughout pre-flight, block and after-flight. The position of the arms on landing is optional.

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"> • Arch • Pike
	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
	<u>0.50</u>	Aid of coach upon landing
	No deduction VOID	1st Balk <ul style="list-style-type: none"> • Performing a 2nd or 3rd Balk
First Flight		See Vault General Faults

Support Phase 	VOID	Performing incorrect vault (<i>coming to rest or support on top of vault table without passing through the vertical plane in an inverted (handstand) position OR performing a vault other than a handspring.</i>)
	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 - 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: • Vertical • 1° to 45° past vertical • 46° - 89° past vertical
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	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	<i>0.05</i>	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 shoulder-width apart
	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 <u>0.50</u>	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 <i>after passing through vertical plane in an inverted (handstand) position.</i>

LEVEL 4 VAULT SUPPLEMENTARY SKILLS

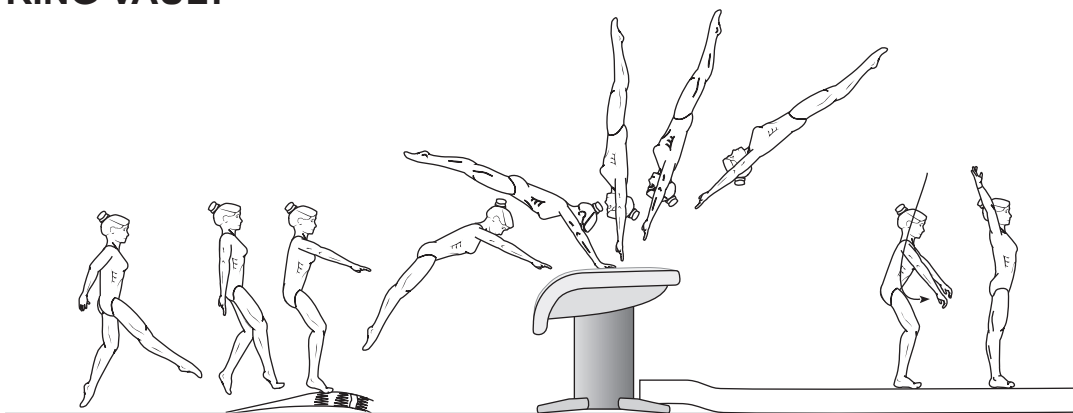
1. **Handspring over table onto stacked mats to back lying position**
Stack mats behind the vault table to the height of the table. Execute a handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position. Land in a straight-lying position on 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.

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. **One balk is allowed in the three attempts without penalty. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or vault table without coming to a rest or support on top of the vault table. The following examples are considered VOID (0) vaults: 1) Any additional balk. 2) Any attempt which results in the gymnast coming to rest or support on top of the vault table without passing through the vertical plane in an inverted (handstand) position.** 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.

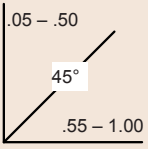
ARMS: High throughout pre-flight, block and after-flight. The position of the arms on landing is optional.

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"> • Arch • Pike
	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
	<u>0.50</u>	Aid of coach upon landing
No deduction VOID	1st Balk <ul style="list-style-type: none"> • Performing 2nd or 3rd Balk 	
First Flight		See Vault General Faults

Support Phase 	VOID	Performing incorrect vault (<i>coming to rest or support on top of the vault table without passing through the vertical plane in an inverted (handstand) position OR performing a vault other than a handspring</i>)
	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-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: No deduction 0.05 - 0.50 0.55 - 1.00 <ul style="list-style-type: none"> • Vertical • 1° to 45° past vertical • 46° - 89° past vertical
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	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 *See p.159 Landing Clarification	0.05	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
	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) <u>0.20</u>	Very large step or jump
	Up to 0.30	Squat upon landing
Up to 0.30 <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"> • 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 <ul style="list-style-type: none"> • Finishes in a sitting, lying or standing position on the vault table <i>after passing through vertical plane in an inverted (handstand) position.</i> 	

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.

(Revised October 2016)

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 (value - 5.00)

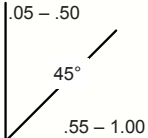
Approach	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> (VOID 1st phase)	Runs onto board and steps up onto mat stack or <i>rebounds from board to come to rest or support on mat stack on body parts other than feet first</i>
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	
	Up to 0.50	
	Up to 0.30	
	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
	<u>0.50</u>	<i>Fall (onto hands, knees +/- or hips) after landing stretch jump on feet first</i>
	No deduction Void	<i>1st Balk</i> • Performing a 2nd or 3rd Balk

HANDSTAND, FALL TO STRAIGHT LYING POSITION (value - 5.00)

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	
	Up to 0.30	
Up to 0.50	• 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) <i>Max. of 0.30</i>
	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"> • Arch • Pike
	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	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No deduction VOID	<i>1st Balk</i> <ul style="list-style-type: none"> • Performing a 2nd or 3rd Balk
	Run and Board Contact	Up to 0.30
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 	VOID	Performing incorrect vault (<i>coming to rest or support on top of the mat stack without passing through the vertical plane.</i>)
	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	Contacting the mat stack with the hands after vertical
	0.05 - 0.50	• Contact from 1° to 45° past vertical
	0.55 - 1.00	• Contact from 46° - 89° past vertical
	<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"> • If both hands land beyond the tape line • Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)	

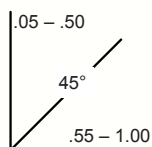
Post Handstand Phase		See Vault General Faults
Landing Phase	<p>Up to 1.00</p> <p><u>1.00</u></p> <p><u>0.50</u></p> <p><u>0.50</u></p>	<p>Failure to finish in a straight lying position on the back</p> <p>Examples for applying this deduction:</p> <ul style="list-style-type: none"> • The gymnast lands on her feet, salutes, and steps off the mat. • The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat. • The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat.
		<p>If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position.</p>

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"> • Arch • Pike
	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	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No deduction VOID	<i>1st Balk</i> <ul style="list-style-type: none"> • Performing a 2nd or 3rd Balk
	Run and Board Contact	Up to 0.30
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	VOID	Performing incorrect vault (<i>coming to rest or support on top of the mat stack without passing through the vertical plane.</i>)
	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"> • Contact from 1° to 45° past vertical • Contact from 46° - 89° past vertical
	<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"> • If both hands land beyond the tape line • Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)



Post Handstand Phase		See Vault General Faults
Landing Phase	<p style="text-align: center;">Up to 1.00</p> <p style="text-align: center;"><u>1.00</u></p> <p style="text-align: center;"><u>0.50</u></p> <p style="text-align: center;"><u>0.50</u></p>	<p>Failure to finish in a straight lying position on the back</p> <p>Examples for applying this deduction:</p> <ul style="list-style-type: none"> • The gymnast lands on her feet, salutes, and steps off the mat. • The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat. • The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat.
		<p>If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position.</p>

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"> • Arch • Pike
	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
	<u>0.50</u>	Aid of coach upon landing
	No deduction VOID	<i>1st Balk</i> <ul style="list-style-type: none"> • Performing a 2nd or 3rd Balk
First Flight		See Vault General Faults
Support Phase	VOID	Performing incorrect vault (<i>coming to a rest or support on top of the vault table without passing through the vertical plane in an inverted (handstand) position OR performing a vault other than a handspring</i>)
	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"> • Vertical • 1° to 45° past vertical • 46° - 89° past vertical
	No deduction 0.05 - 0.50 0.55 - 1.00	
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	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- see p. 159 Landing Clarification	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 w/ body after landing <ul style="list-style-type: none"> • 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 <i>after passing through the vertical plane in an inverted (handstand) position.</i>	

