* Clarification of the deductions for insufficient/late opening and total absence of extension in Second Flight Phase:
The opening deduction should reflect the body shape prior to landing. The “Up to 0.30” deduction is applied according to small, medium and large errors in regards to the body shape. The following illustration refers to the degree of closure of the upper body towards the legs.

![Illustration of body shapes and deductions](image)

If the gymnast begins to extend or completely extends the hips prior to landing, but upon landing cannot maintain the upper body posture and closes the upper torso downward toward the legs (compresses), the “up to 0.20” deduction for “incorrect body posture on landing” is applied.

* If the gymnast lands in a squat position and then proceeds to fall, deduct only the 0.50 for the fall. However, other deductions such as insufficient open may also be applicable.

**Clarification on steps on landing: Examples of one step = Up to 0.10**

1. A step-close is considered one step and receives a 0.10 deduction. A very small step-close or other small foot movement would receive 0.05 deduction.
   Examples of one step = - 0.10
   a. The gymnast lands with feet together, then takes one step forward, sideward or backward on the Right foot; then returns the Right foot to join the Left foot, OR
   b. The gymnast lands with feet together, then takes one step forward, backward or sideward on the Right foot; then steps with the Left foot to join the Right foot.
   c. If a gymnast lands with feet a maximum of hip-width apart, there is no deduction, provided that she joins (slides) the heels together on the controlled extension.
      • If the entire foot/feet are sliding or lifting off the mat to join, it is considered a small step.

2. If the gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.

3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.

4. **If the gymnast lands with feet apart/staggered and then continues to take steps, deduct only for the steps. The deductions for landing with feet apart/staggered are to be applied only when the gymnast “sticks” the landing.**

G. See Appendix or go to USA Gymnastics website at [www.usagym.org](http://www.usagym.org) and check under Women’s Program: Rules: Optional for the most current USA Gymnastics Jr. Olympic Vault Value Charts.

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