


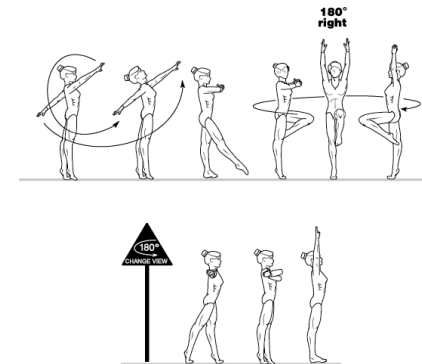
LEVEL 2 VAULT ~ TABLE OF PENALTIES

**Jump to handstand onto raised mat surface (min. of 16”);
Fall to straight-lying position on the back**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the mat stack
	No deduction	Use of alternative springboard (trampoline-like/junior board)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an "incorrect vault")
	VOID	Assistance of coach from board to mat stack
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back
	Up to 0.30	Insufficient dynamics (speed/power)
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
Each phase Up to 0.30	Legs bent	
	Failure to maintain stretched body position	
Each phase Up to 0.30	● Arch	
Each phase Up to 0.50	● Pike	
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run (ability to obtain maximum speed)
	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of the body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back

	See General Faults	
First Flight	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	<ul style="list-style-type: none"> Contact from 1° to 45° past vertical
	0.55 – 1.00	<ul style="list-style-type: none"> Contact from 46° to 89° past vertical
Support Phase	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)	
	<u>0.50</u>	<ul style="list-style-type: none"> Both hands land beyond the tape line
	<u>0.20</u>	<ul style="list-style-type: none"> Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)
Landing Phase	Failure to finish in a straight-lying position on the back Examples for applying this deduction:	
	<u>1.00</u>	<ul style="list-style-type: none"> Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	<p>Gymnast makes any of the above execution errors, then lies back to a straight-lying position:</p> <ul style="list-style-type: none"> Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase) Evaluation finishes when the gymnast arrives in a straight-lying position

**9. Relevé “Lock” Stand, (*) ½ (180°) TURN IN FORWARD PASSÉ (0.40),
Relevé “Lock” Stand, Straight Stand**



Press down to relevé on the *right* foot and close the *left* foot behind the *right* foot in relevé “lock” stand.

Arms: “Windmill” arms. Circle the *right* arm forward-upward to high and continue to circle backward to low. As the *right* arm begins to circle downward, lift the *left* arm forward-upward to forward-diagonally-upward.

Focus: Forward-diagonally-upward.

If reversing the ½ (180°) TURN IN FORWARD PASSÉ, lower the *right* heel and transfer the weight onto the *left* leg. In addition, reverse the arm pattern in preparation for the turn.


Lower the *left* heel, then transfer the weight to the *right* foot using one of the acceptable turn preparations listed in the Glossary.

Arms: There are two options for the arm preparation into the turn.

1. Move both arms to side-middle.
2. Lower the *left* arm to side-middle and lift the *right* arm to forward-middle-curved.

Execute a ½ (180°) TURN IN FORWARD PASSÉ to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (forward passé). **Mark this position in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position.**

Arms: The arms are in crown throughout the turn. The pathway to move the arms to crown from the preparation is optional.

	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (<u>not</u> in forward passé)
		0.30	Use of heel-snap turn technique

Points of emphasis:
immediate placement of free foot in forward passé position, complete 180° turn in relevé, control at completion

If the ½ (180°) TURN IN FORWARD PASSÉ was reversed, simply continue to follow the text as written.

Step forward in relevé on the *left* foot. Close the *right* foot behind the *left* foot in **relevé “lock” stand**, facing corner 6.

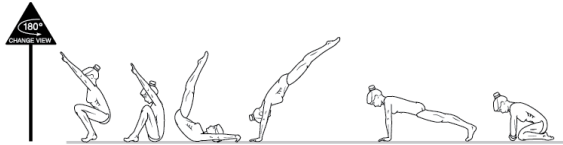
Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

Focus: Optional.

Lower both heels and close the feet side-by-side to a **straight stand**.

Arms: Lift to high.

10. BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)



Bend the knees to arrive in a tuck sit, keeping the feet on the floor.

Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width to execute a **BACKWARD ROLL**, opening the shoulders to **45° ABOVE HORIZONTAL**.

Maintaining a straight-hollow body position, lower the body to a **PUSH-UP POSITION** with the legs together and the balls of the feet on the floor.

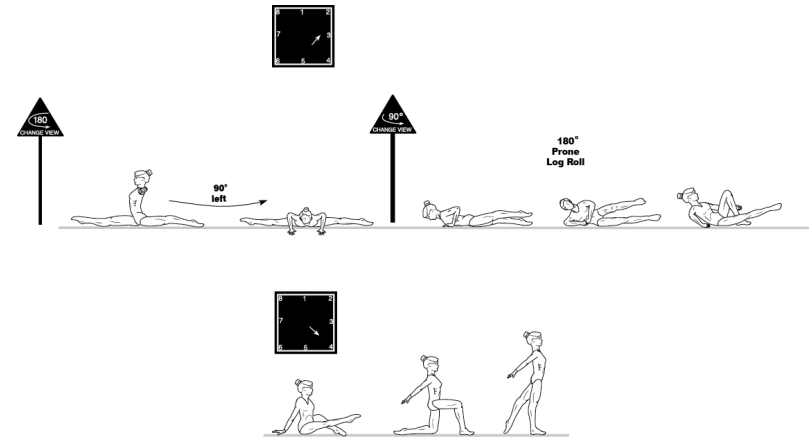
Arms: Remain in high. Interlocking the fingers is not allowed.

Slide the feet forward while simultaneously bending the knees to arrive in a sitting/kneeling position with the buttocks resting on the heels.

Arms: Hands remain on the floor.

11. ½ (180°) Prone Spin to Log Roll/Turn to Stand

When performing the ½ (180°) prone spin to log roll/turn, the body will make a 1/1 (360°) turn starting in the **FORWARD SPLIT** facing corner 4 to finish standing up facing corner 4.



To move out of the **FORWARD SPLIT**, turn the torso ¼ (90°) to the *left*, lower the torso and join the legs together to pass through a momentary lying prone position, facing side 3.

Arms: As the torso turns and lowers, reach both arms forward-downward to place the hands on the floor with both elbows bent next to the sides of the body.

Push against the floor to facilitate and immediately execute a ½ (180°) **prone spin to log roll left**. While bringing the *left* shoulder back, continue log rolling, transferring the weight onto the buttocks to finish with the *right* leg extended, pointing toward corner 4. As the weight shifts to the buttocks, “fold” the *left* leg under the *right* leg and finish facing toward corner 4.

Arms: While maintaining pressure on the *right* hand, move the *left* hand across the chest, reaching backward to finish with both hands placed on the floor behind the back.

Raise the buttocks off the floor, extend the hips, place the *right* leg forward and place the *right* foot flat on the floor to pass through a turned out ½ kneeling position with the *right* ankle aligned in front of the *right* knee with both hips squared forward, still facing corner 4.

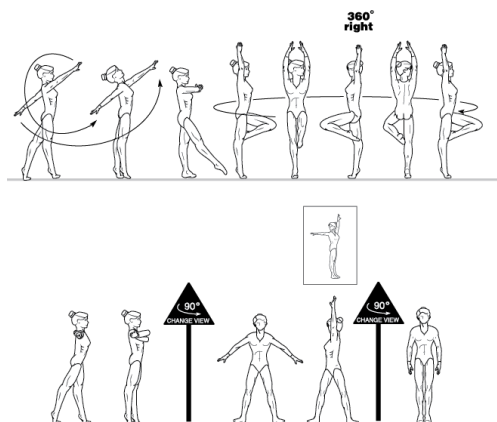
Arms: Continue to push against the floor to facilitate completion of the turn and finish with the arms backward-diagonally-downward.

Immediately straighten both legs to arrive in a **stand** on the *right* leg (foot turned out), with the *left* leg extended backward, *left* toes pointed on the floor.

Arms: Finish backward-diagonally-low.

Focus: Forward toward corner 4.

**12. Relevé “Lock” Stand, (*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40),
Relevé “Lock” Stand, Straddle Stand, Straight Stand**



Press down to relevé on the *right* foot and close the *left* foot behind the *right* foot in relevé “lock” stand.

Arms: “Windmill” arms. Circle the *right* arm forward-upward to high and continue to circle backward to low. As the *right* arm begins to circle downward, lift the *left* arm forward-upward to forward-diagonally-upward.

Focus: Forward diagonally-upward.

If reversing the 1/1 (360°) TURN IN FORWARD PASSÉ, lower the *right* heel and transfer the weight onto the *left* leg. In addition, reverse the arm pathway in preparation for the turn.

Lower the *left* heel, then transfer the weight to the *right* foot using one of the acceptable turn preparations listed in the Glossary.

Arms: There are two options for the arm preparation into the turn.

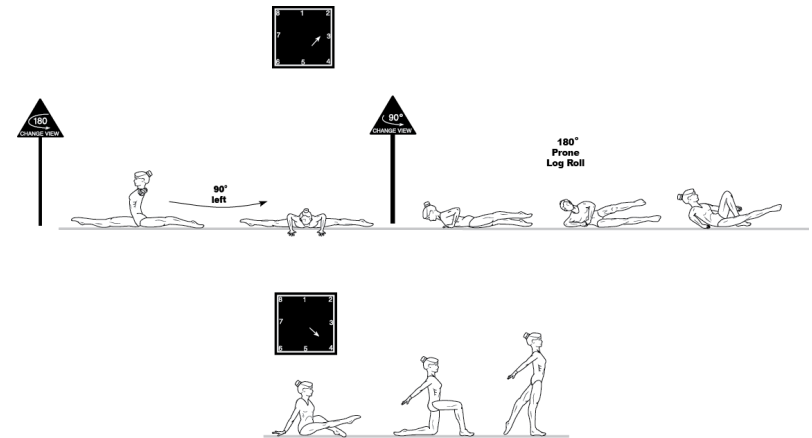
1. Move both arms to side-middle.
2. Lower the *left* arm to side-middle and lift the *right* arm to forward-middle-curved.

Execute a 1/1 (360°) TURN IN FORWARD PASSÉ to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (forward passé). **Mark this position in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking the position.**

Arms: The arms are in crown throughout the turn. The pathway to move the arms to crown from the preparation is optional.

11. ½ (180°) Prone Spin to Log Roll/Turn to Stand

When performing the ½ (180°) **prone log roll/turn**, the body will make a full 1/1 (360°) turn starting in the **FORWARD SPLIT** facing corner 4 to finish standing up facing corner 4.



To move out of the **FORWARD SPLIT**, turn the torso ¼ (90°) to the *left*, lower the torso and join the legs together to pass through a momentary lying prone position, facing side 3.

Arms: As the torso turns and lowers, reach both arms forward-downward to place the hands on the floor with both elbows bent next to the sides of the body.

Push against the floor to facilitate and immediately execute a ½ (180°) **prone spin to log roll left**. While bringing the *left* shoulder back, continue log rolling, transferring the weight onto the buttocks to finish with the *right* leg extended, pointing toward corner 4. As the weight shifts to the buttocks, “fold” the *left* leg under the *right* leg and finish facing toward corner 4.

Arms: While maintaining pressure on the *right* hand, move the *left* hand across the chest, reaching backward to finish with both hands placed on the floor behind the back.

Raise the buttocks off the floor, extend the hips, place the *right* leg forward and place the *right* foot flat on the floor to pass through a turned out ½ kneeling position with the *right* ankle aligned in front of the *right* knee with both hips squared forward, still facing corner 4.

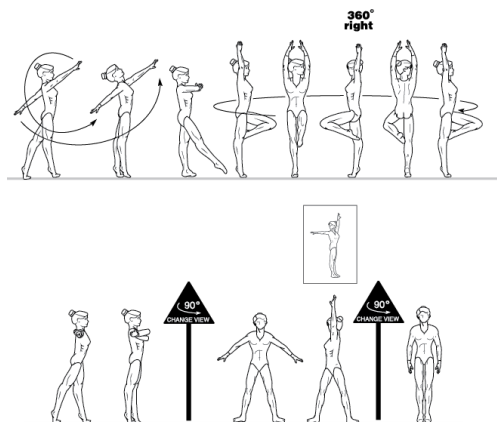
Arms: Continue to push against the floor to facilitate completion of the turn and finish with the arms backward-diagonally-downward.

Immediately straighten both legs to arrive in a **stand** on the *right* leg (foot turned out), with the *left* leg extended backward, *left* toes pointed on the floor.

Arms: Finish backward-diagonally-low.

Focus: Forward toward corner 4.

12. Relevé “Lock” Stand, (*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40),
 Relevé “Lock” Stand, Straddle Stand, Straight Stand



Press down to relevé on the *right* foot and close the *left* foot behind the *right* foot in relevé “lock” stand.

Arms: “Windmill” arms. Circle the *right* arm forward-upward to high and continue to circle backward to low. As the *right* arm begins to circle downward, lift the *left* arm forward-upward to forward-diagonally-upward.

Focus: Forward diagonally-upward.

If reversing the 1/1 (360°) TURN IN FORWARD PASSÉ, lower the *right* heel and transfer the weight onto the *left* leg. In addition, reverse the arm pathway in preparation for the turn.

Lower the *left* heel, then transfer the weight to the *right* foot using one of the acceptable turn preparations listed in the Glossary.

Arms: There are two options for the arm preparation into the turn.

1. Move both arms to side-middle.
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Execute a 1/1 (360°) TURN IN FORWARD PASSÉ to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (forward passé). **Mark this position in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position.**

Arms: The arms are in crown throughout the turn. The pathway to move the arms to crown from the preparation is optional.


LEVEL 2 VAULT ~ TABLE OF PENALTIES

**Jump to handstand onto raised mat surface (min. of 16”);
Fall to straight-lying position on the back**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the mat stack
	No deduction	Use of alternative springboard (trampoline-like/junior board)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an “incorrect vault”)
	VOID	Assistance of coach from board to mat stack
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back
	Up to 0.30	Insufficient dynamics (speed/power)
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
Failure to maintain stretched body position		
Each phase Up to 0.30	<ul style="list-style-type: none"> • Arch 	
Each phase Up to 0.50	<ul style="list-style-type: none"> • Pike 	

Run and Board Contact	Up to 0.30	Insufficient acceleration during the run (ability to obtain maximum speed)
	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of the body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back

First Flight	See General Faults	
	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat

Support Phase 	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	<ul style="list-style-type: none"> Contact from 1° to 45° past vertical
	0.55 – 1.00	<ul style="list-style-type: none"> Contact from 46° to 89° past vertical
	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)	
	<u>0.50</u>	<ul style="list-style-type: none"> Both hands land beyond the tape line
	<u>0.20</u>	<ul style="list-style-type: none"> Staggered hand placement: one inside zone, one over the line
Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)	
<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)	

Landing Phase	Failure to finish in a straight-lying position on the back Examples for applying this deduction:	
	<u>1.00</u>	<ul style="list-style-type: none"> Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	<p>Gymnast makes any of the above execution errors, then lies back to a straight-lying position:</p> <ul style="list-style-type: none"> Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase) Evaluation finishes when the gymnast arrives in a straight-lying position