

### 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**.
4. Maintains a straight-hollow body position from support in **HANDSTAND** to **STRAIGHT-LYING POSITION** with the legs together and feet pointed throughout the **FALL TO STRAIGHT-LYING POSITION**.

### LEVEL 1 VAULT ~ DEVELOPMENTAL SKILLS

#### 1. **Running Form / Technique**

Run with a slightly forward lean, keeping the elbows bent comfortably at 90° and the front knee reaching toward horizontal with a 90° bend, lifting the heels to the buttocks.

Emphasis is on form, not speed at this level.

#### 2. **Handstand hops on the floor**

SP: Gymnast starts in a half kneel position with the *right* foot in front and *left* shin behind flat on the floor, *left* foot pointed or flexed.

**Arms:** Backward-diagonally low.

Swing both arms forward-upward to place the hands on the floor shoulder-width apart with a slightly closed shoulder angle.

Simultaneously kick the back leg backward-upward.

Keeping the arms straight, open the shoulders quickly to create a "block" on the floor to arrive in a handstand.

The body remains tight and straight as the legs join approaching vertical, with hips extended, and the head neutral.

Execute a forward roll out of the handstand encouraging the development of rotation.

#### 3. **Squat onto stacked mats**

Using a short run approach of 3-5 steps, hurdle onto a vault board.

Reach forward toward a stack of mats approximately waist-height and tuck the legs to land in a squat stand, feet between the hands.

**Arms:** Remain straight and the legs and knees are together.

Extend the legs to finish in a straight stand.

**LEVEL 1 VAULT ~TABLE OF PENALTIES**

**STRETCH JUMP** onto a minimum of 16 inches of matting (value – 5.00)


General Faults	No deduction VOID	Balk #1: run approach without coming to rest or support on top of the mat stack Balk #2 or Balk #3
	No deduction No deduction	Coach standing between springboard and mat stack Use of alternative springboard (trampoline-like/junior board)
	<b>VOID</b>	<b>Use of inflatable rebounding device</b>
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u> <u>0.50</u> (CJ) <u>0.50</u>	Spotting assistance on landing of straight jump Fall after spotting assistance, additional deduction Vaults without signal from the Chief Judge, Chief Judge deducts from average of next completed vault
Run and Board Contact	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 Each <u>0.30</u>	Excessive forward lean of body upon board contact Additional jumps on the board (double bouncing)
	<u>5.00</u> / 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 feet first
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
		<b>Failure to maintain a stretched body position during jump</b>
	Up to 0.30 Up to 0.50	<ul style="list-style-type: none"> <li>● Arch</li> <li>● Pike</li> </ul>
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
Up to 0.50 <u>0.50</u>	Failure to land in demi-plié with control and proper body position Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first	

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**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 <b>or leaning against/bearing weight on the mat stack</b>
	No deduction	Use of alternative springboard (trampoline-like / junior board)
	<b>VOID</b>	<b>Use of inflatable rebounding device</b>
	<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	
	<b>Failure to maintain stretched body position</b>	
Each phase Up to 0.30	<ul style="list-style-type: none"> <li>● Arch</li> </ul>	
Each phase Up to 0.50	<ul style="list-style-type: none"> <li>● Pike</li> </ul>	
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 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

	<b>See General Faults</b>	
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)
	<b>Contacting the mat stack with the hands after vertical</b>	
	0.05 – 0.50	<ul style="list-style-type: none"> <li>Contact from 1° to 45° past vertical</li> </ul>
	0.55 – 1.00	<ul style="list-style-type: none"> <li>Contact from 46° to 89° past vertical</li> </ul>
Support Phase	<b>Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)</b>	
	<u>0.50</u>	<ul style="list-style-type: none"> <li>Both hands land beyond the tape line</li> </ul>
	<u>0.20</u>	<ul style="list-style-type: none"> <li>Staggered hand placement: one inside zone, one over the line</li> </ul>
	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	<b>Failure to finish in a straight-lying position on the back</b> Examples for applying this deduction:	
	<u>1.00</u>	<ul style="list-style-type: none"> <li>Gymnast lands on her feet and steps off the mat</li> </ul>
	<u>0.50</u>	<ul style="list-style-type: none"> <li>Gymnast lands on her seat with a 90° hip angle and steps off the mat</li> </ul>
	<u>0.50</u>	<ul style="list-style-type: none"> <li>Gymnast lands on her back with an arch and bent legs and steps off the mat</li> </ul>
	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"> <li>Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase)</li> <li>Evaluation finishes when the gymnast arrives in a straight-lying position</li> </ul>

**LEVEL 3 VAULT ~ TABLE OF PENALTIES**

**Handspring over a raised mat surface (min. of 32")**

General Faults	No deduction VOID	Balk #1: run approach without coming to rest or support on top of the mat stack Balk #2 or Balk #3	
	No deduction <u>2.00</u>	Coach standing between board and mat stack <b>or leaning against/bearing weight on the Mat Stack</b> Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)	
	<b>No deduction</b> <b>VOID</b>	<b>Use of Junior springboard</b> Use of alternative springboard (trampoline-like / <b>inflatable rebounding device</b> )	
	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	Runs onto board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts	
	Up to 0.30	Insufficient dynamics (speed/power)	
	Up to 0.30	Deviation from a straight direction	
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ 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		
<b>Failure to maintain stretched body position</b>			
Each phase Up to 0.30	Arch		
Each phase Up to 0.50	Pike		
First Flight Phase	<b>See General Faults</b>		
Support Phase	Up to 0.10	Staggered/alternate hand placement	
	Up to 0.20	Alternate repulsion from hands	
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)	
	Up to 0.50	Arms bent in support	
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)	
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)	
	Up to 0.50	Too long in support	
	<b>Contacting the mat stack with the hands after vertical</b>		
	0.05 – 0.50	• Contact from 1° to 45° past vertical	
	0.55 – 1.00	• Contact from 46° to 89° past vertical	
	(CJ) 1.00	Touch with only one hand on the mat stack; CJ deducts if at least ½ of panel sees only one hand touch	
	VOID	No hand contact on the mat stack	



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height
Landing	Landing clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
<u>0.50</u>	Support on mat with 1 or 2 hands	
<u>0.50</u>	Fall on mat to knee(s) or hips	
<u>0.50</u>	Fall against the mat stack	
(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first	
(Fall on apparatus) <u>0.50 + 2.00 = 2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)	

\*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

**LEVEL 4 VAULT ~TABLE OF PENALTIES**

**HANDSPRING OVER VAULT TABLE**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> <li>• Level 4</li> <li>• Level 5</li> </ul>
	<b>No deduction - Level 4</b> <b>VOID – Level 5</b>	<b>Use of junior board</b>
	VOID	Use of alternative springboard (trampoline-like / <b>inflatable rebounding device</b> )
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30 (CJ) <u>0.50</u>	Deviation from a straight direction 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
	<b>Failure to maintain stretched body position</b>	
Each phase Up to 0.30	<ul style="list-style-type: none"> <li>• Arch</li> </ul>	
Each phase Up to 0.50	<ul style="list-style-type: none"> <li>• Pike</li> </ul>	
First Flight Phase	<b>See General Faults</b>	

Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	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)
	No deduction Up to 0.50 0.55 – 1.00	<ul style="list-style-type: none"> <li>• Leaves vault table by vertical</li> <li>• Leaves vault table by 01° – 45° past vertical</li> <li>• Leaves vault table by 46° – 89° past vertical</li> </ul>
VOID	No hand contact on the vault table	
Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2<sup>nd</sup> flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.</i>
	Up to 0.50	Insufficient height





**LEVEL 5 VAULT ~TABLE OF PENALTIES**

**HANDSPRING OVER VAULT TABLE**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> <li>• Level 4</li> <li>• Level 5</li> </ul>
	<b>No deduction-Level 4</b> <b>VOID – Level 5</b>	<b>Use of Junior springboard</b>
	VOID	Use of alternative springboard (trampoline-like / <b>inflatable rebounding device</b> )
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(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	
	<b>Failure to maintain stretched body position</b>	
Each phase Up to 0.30	<ul style="list-style-type: none"> <li>• Arch</li> </ul>	
Each phase Up to 0.50	<ul style="list-style-type: none"> <li>• Pike</li> </ul>	
First Flight Phase	<b>See General Faults</b>	

Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	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)
	VOID	No hand contact on the vault table

0.05 – .50  
45°  
.55 – 1.00

Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2<sup>nd</sup> flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.</i>
	Up to 0.50	Insufficient height

**LEVEL 1 VAULT ~TABLE OF PENALTIES**

**STRETCH JUMP** onto a minimum of 16 inches of matting (value – 5.00)

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
	No deduction	Use of alternative springboard (trampoline-like/junior board)
	VOID	<b>Use of inflatable rebounding device</b>
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u>	Spotting assistance on landing of straight jump
	<u>0.50</u>	Fall after spotting assistance, additional deduction
(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault	

Run and Board Contact	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 body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> /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 feet first

Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
	<b>Failure to maintain a stretched body position during jump</b>	
	Up to 0.30	• Arch
	Up to 0.50	• Pike
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
	Up to 0.50	Failure to land in demi-plié with control and proper body position
<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first	

**HANDSTAND, FALL TO STRAIGHT – LYING POSITION (value – 5.00)**

General Faults	Each <u>0.50</u>	Extra kick up to handstand
	<u>2.00</u>	Spotting assistance of coach after gymnast achieves hand support on the mat stack
	5.00/VOID	Performing incorrect element (i.e. forward roll)

Approach	Up to 0.20	Failure to keep ears covered by arms when moving into the handstand
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Handstand	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.30	Failure to maintain neutral head position
	<b>Failure to maintain a stretched body position in handstand</b>	
	Up to 0.30	<ul style="list-style-type: none"> <li>• Arch</li> </ul>
	Up to 0.50	<ul style="list-style-type: none"> <li>• Pike</li> </ul>
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
Up to 0.50	Arms bent	


Landing Phase	Up to 1.00	Failure to land in a straight-lying position on the back. Examples for applying this deduction:
	<u>1.00</u>	<ul style="list-style-type: none"> <li>• Gymnast lands on her feet and steps off the mat</li> </ul>
	<u>0.50</u>	<ul style="list-style-type: none"> <li>• Gymnast lands on her seat with a 90° hip angle and steps off the mat</li> </ul>
	<u>0.50</u>	<ul style="list-style-type: none"> <li>• Gymnast lands on her back with an arch and bent legs and steps off the mat</li> </ul>
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"> <li>• Execution deductions may be applied for the errors, while the gymnast is falling to her back (post- handstand phase)</li> <li>• Evaluation finishes when the gymnast arrives in a straight-lying position</li> </ul>	

**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)
	<b>VOID</b>	<b>Use of inflatable rebounding device</b>
	<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
	<b>Failure to maintain stretched body position</b>	
Each phase Up to 0.30	<ul style="list-style-type: none"> <li>• Arch</li> </ul>	
Each phase Up to 0.50	<ul style="list-style-type: none"> <li>• Pike</li> </ul>	
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	<b>See General Faults</b>	
	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)
	<b>Contacting the mat stack with the hands after vertical</b>	
	0.05 – 0.50	<ul style="list-style-type: none"> <li>Contact from 1° to 45° past vertical</li> </ul>
	0.55 – 1.00	<ul style="list-style-type: none"> <li>Contact from 46° to 89° past vertical</li> </ul>
	<b>Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)</b>	
	<u>0.50</u>	<ul style="list-style-type: none"> <li>Both hands land beyond the tape line</li> </ul>
	<u>0.20</u>	<ul style="list-style-type: none"> <li>Staggered hand placement: one inside zone, one over the line</li> </ul>
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	<b>Failure to finish in a straight-lying position on the back</b> Examples for applying this deduction:	
	<u>1.00</u>	<ul style="list-style-type: none"> <li>Gymnast lands on her feet and steps off the mat</li> </ul>
	<u>0.50</u>	<ul style="list-style-type: none"> <li>Gymnast lands on her seat with a 90° hip angle and steps off the mat</li> </ul>
	<u>0.50</u>	<ul style="list-style-type: none"> <li>Gymnast lands on her back with an arch and bent legs and steps off the mat</li> </ul>
	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"> <li>Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase)</li> <li>Evaluation finishes when the gymnast arrives in a straight-lying position</li> </ul>

**LEVEL 3 VAULT ~ TABLE OF PENALTIES**

**Handspring over a raised mat surface (min. of 32")**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack Balk #2 or Balk #3
	VOID	
	No deduction	Coach standing between board and mat stack <b>or leaning against/bearing weight on the Mat Stack</b>
	2.00	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	<b>No deduction</b> VOID	<b>Use of junior board</b> Use of alternative springboard (trampoline-like <b>inflatable rebounding device</b> )
	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	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
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) 0.50	Vaults without signal from the Chief Judge; CJ 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
		<b>Failure to maintain stretched body position</b>
	Each phase Up to 0.30	• Arch
Each phase Up to 0.50	• Pike	
First Flight Phase	<b>See General Faults</b>	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	2.00	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each 0.10 (max.) 0.30	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
		<b>Contacting the mat stack with the hands after vertical</b>
	0.05 – 0.50	Contact from 1° to 45° past vertical
	0.55 – 1.00	Contact from 46° to 89° past vertical
	(CJ) 1.00	Touch with only one hand on the mat stack, Chief Judge deduction, if at least ½ of panel sees only one hand touch
VOID	No hand contact on the mat stack	



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first	
(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)	

\*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).



**LEVEL 4 & 5 VAULT ~TABLE OF PENALTIES**

**HANDSPRING OVER VAULT TABLE**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	2.00 VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> <li>• Level 4</li> <li>• Level 5</li> </ul>
	<b>No deduction-Level 4 VOID-Level 5</b>	<b>Use of junior springboard</b>
	VOID	Use of alternative springboard (trampoline-like/ <b>inflatable rebounding device</b> )
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) 0.50	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
		<b>Failure to maintain stretched body position</b>
	Each phase Up to 0.30	<ul style="list-style-type: none"> <li>• Arch</li> </ul>
Each phase Up to 0.50	<ul style="list-style-type: none"> <li>• Pike</li> </ul>	
First Flight Phase	<b>See General Faults</b>	

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Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	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)
No deduction	<ul style="list-style-type: none"> <li>Leaves vault table by vertical</li> </ul>	
Up to 0.50	<ul style="list-style-type: none"> <li>Leaves vault table by 01° – 45° past vertical</li> </ul>	
0.55 – 1.00	<ul style="list-style-type: none"> <li>Leaves vault table by 46° – 89° past vertical</li> </ul>	
VOID	No hand contact on the vault table	



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2<sup>nd</sup> flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table</i>
	Up to 0.50	Insufficient height