## Level 4 & 5 Vault Judging 🏋

Time warmups starts when the gymnast jumps on Board or jumps off the table or does a skill off the table

## **Support Phase** General Landing ∅ Feet hip-width as long as heels join $\varnothing$ Balk #1 run without rest/support table 1.10 Staggered hands (on control extension) VOID Balk #2 or #3 ↑.20 Alt. repulsion .05 Feet hip-width (never close feet) 1.20 Shoulder alignment Coach standing between board / table 1.10 Small step (sliding/lift off floor) 1.50 Bent arms Assistance of coach 1st flight phase. .10 Lands feet wider than hip-width Support phase or 2nd flight phase 2.00 Head contact table 1.10 Slight hop/small adjustment 2.00 • Level 4 (includes .50 for arm bend) staggerted feet VOID • Level 5 Each .10 Additional hand placement .10 Steps (Each) VOID Use of alternative board Max .30 (steps / hops on hands) <u>.40</u> Max VOID Performing incorrect vault ↑.50 Too long in support .20 Large steps (Each) VOID Achieves vertical returns to board **CJ** 1.00 Touch of one hand .40 Max VOID Runs into board steps up on table (Chief Judge 1/2 the panel) 1.10 Arm swings for balance or rebounds & come to rest on table 1.00 Angle of repulsion (see chart) 1.20 Body posture on landing VOID No hands contact table ↑.30 Insuff. dynamics 1.20 Trunk movement for balance **1**.30 Deviation from straight direction Second Flight 1.30 Squat on landing C J .50 Vaults without signal 1.30 Slight brush of 1 or 2 hands on mat 1.10 Failure maintain neutral head (each phase) .20 Brush or hit body on table .50 Assistance on landing **1.10** Incorrect foot form (flexed/sickled) (each phase) $\uparrow .30$ Insuff. length (size of gymnnast) .50 Fall after assistance ↑.20 Legs separated (each phase) .50 Support of 1 or 2 hands on mat ↑.50 Insuff. height ↑.30 Legs bent (each phase) .50 Fall onto knees or hips on mat Failure to maintain stretch body .50 Fall against vault table ↑.30 • Arch (each phase) Angle of Repulsion 2.00 Failure to land on botton of feet first ↑.50 • Pike (each phase) 1° to 45° past vertical (includes the fall) .05 - .50 2.50 Landing sitting, lying, on top of table First Flight after passing thru vertical (.50 + 2.00 = 2.50)See general faults 55 - 1.0 46° to 89° past vertical 1.50 **1.50** Head Head 1.10 1.10 Head Head 1.50 Arms Bent 1.50 Arms Bent **Body Shape Body Shape 1.10** 1.10 Height Legs / Feet Legs / Feet Shoulder Shoulder **Body Shape Body Shape** Alignment Alignment Legs / Feet Head Legs / Feet Head **1.20 1.20** 1.10 ► Distance 1.30 1.10 ▶ Distance 1.30 **Body Shape Body Shape** Direction 1.30 Direction 1.30 Legs / Feet Legs / Feet Dynamics 1.30 Dynamics 1.30 Score Score Landing Landing # 1.50 Head **1.50** Head 1.10 1.10 Head Head 1.50 Arms Bent 1.50 Arms Bent **Body Shape Body Shape** 1.10 **1.10** Legs / Feet Legs / Feet Shoulder Shoulder **Body Shape Body Shape** Alignment Alignment Legs / Feet Leas / Feet Head Head 1.20 1.20 ► Distance 1.30 ► Distance 1.30 1.10 1.10 **Body Shape Body Shape** Direction 1.30 Direction 1.30 Legs / Feet Legs / Feet Dynamics 1.30 Dynamics 1.30 Score Score Landing Landing