

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

General

- Ø Balk #1 run without rest/support table
- VOID Balk #2 or #3
- Ø Coach standing between board / table
- Assistance of coach 1st flight phase, Support phase or 2nd flight phase
- 2.00 • Level 4
- VOID • Level 5
- VOID Use of alternative board
- VOID Performing incorrect vault
- VOID Achieves vertical returns to board
- VOID Runs into board steps up on table or rebounds & come to rest on table
- ↑.30 Insuff. dynamics
- ↑.30 Deviation from straight direction
- C J .50 Vaults without signal
- ↑.10 Failure maintain neutral head (each phase)
- ↑.10 Incorrect foot form (flexed/sickled) (each phase)
- ↑.20 Legs separated (each phase)
- ↑.30 Legs bent (each phase)
- Failure to maintain stretch body
- ↑.30 • Arch (each phase)
- ↑.50 • Pike (each phase)

First Flight

See general faults

Support Phase

- ↑.10 Staggered hands
- ↑.20 Alt. repulsion
- ↑.20 Shoulder alignment
- ↑.50 Bent arms
- 2.00 Head contact table (includes .50 for arm bend)
- Each .10 Additional hand placement
- Max .30 (steps / hops on hands)
- ↑.50 Too long in support
- C J 1.00 Touch of one hand (Chief Judge 1/2 the panel)
- ↑.10 Angle of repulsion (see chart)
- VOID No hands contact table

Second Flight

- ↑.20 Brush or hit body on table
- ↑.30 Insuff. length (size of gymnast)
- ↑.50 Insuff. height

Landing

- Ø Feet hip-width as long as heels join (on control extension)
- .05 Feet hip-width (never close feet)
- ↑.10 Small step (sliding/ lift off floor)
- .10 Lands feet wider than hip-width
- ↑.10 Slight hop/small adjustment staggered feet
- .10 Steps (Each)
- .40 Max
- .20 Large steps (Each)
- .40 Max
- ↑.10 Arm swings for balance
- ↑.20 Body posture on landing
- ↑.20 Trunk movement for balance
- ↑.30 Squat on landing
- ↑.30 Slight brush of 1 or 2 hands on mat
- .50 Assistance on landing
- .50 Fall after assistance
- .50 Support of 1 or 2 hands on mat
- .50 Fall onto knees or hips on mat
- .50 Fall against vault table
- .50 Fall against vault table
- 2.00 Failure to land on bottom of feet first (includes the fall)
- 2.50 Landing sitting, lying, on top of table after passing thru vertical (.50 + 2.00 = 2.50)

