

VAULT

Level 3

General Faults		Support Phase	
Body Arch	↑.30	Arms bent	↑.50
Body Pike	↑.50	head on mat	2.00
Legs bent	ea phase ↑.30	Incorrect shoulder align.	↑.30
Legs separated	ea phase ↑.2	No Invert/vertical	↑2.00
Incorrect foot form	ea phase ↑.1	hands after vertical	↑1.00
Incorrect head direction	ea phase ↑.1	Contact 1-45 past	.05-.5
dynamics	↑.30	Contact 46-89 past	.55-1.0
Spot after handstand	2.00	hands out of zone	
incorrect vault	Void	both	0.5
Spot board to mats	Void	staggered	0.2
Balk w/ touch	Void	Steps on hands	each .1
		No Hands	3.00

Jump to handstand on a raised mat surface, a minimum of 32", fall to a straight lying position on the back

Run and Board Contact	
Accelerate	↑.3
speed	↑.3
lean	↑.3
Landing Phase	
Not on back	↑1.00
on feet, salutes	1.00
seat in 90' angle, salutes	0.5
arched/bent legs, salutes	0.5
	REV:8/13JPF

Gymnast _____	Direction	Score	Gymnast _____	Direction	Score
Run	Dynamics	/	Run	Dynamics	/
	Landing		Aver.		
Gymnast _____	Direction	Score	Gymnast _____	Direction	Score
Run	Dynamics	/	Run	Dynamics	/
	Landing		Aver.		
Gymnast _____	Direction	Score	Gymnast _____	Direction	Score
Run	Dynamics	/	Run	Dynamics	/
	Landing		Aver.		
Gymnast _____	Direction	Score	Gymnast _____	Direction	Score
Run	Dynamics	/	Run	Dynamics	/
	Landing		Aver.		

JO Level 3 UB		Fall Time 45s										General Deductions for Whole Exercise											
Glide Swing and Return/Pullover 2/4		OR Straddle or Pike Glide Kip 6		Front Hip Circle Small Cast, return to FS 4		Cast, Single Leg Squat Through 2		Forward Stride Circle 4		OR Single Leg Basket Swing		Single Leg Cut Backward 2		Cast 4		Back Hip Circle 4		Underswing Dsmt 6		Mov't lacking dynamics ↑0.2		Incorrect body alignment during con ↑0.3	
fail TO similt	0.1	fail TO similt	0.1	hollow bp	↑0.1	leg/ft hit bar	↑0.2	no clear supp st	↑0.2	no clear supp st	↑0.2	swing not cut	0.2	incorr BA	↑0.2	hollow bp	↑0.2	hollow bp	↑0.2				
run out glide	0.3	run out glide	0.3	fail sm cast	0.2	no clr supp end	↑0.2	hooking knee	0.5	hooking knee	0.5	fail change grip	0.1			fail main hip con	↑0.2	hip con bar	0.2				
fail lead w/ ft	↑0.1	fail lead w/ ft	↑0.1	lack ctrl	↑0.1			no clr supp end	↑0.2	no clr supp end	↑0.2					lack continuity	↑0.1	neutral hd	↑0.1				
insuff extrn	↑0.2	insuff extrn	↑0.2	fail return supp	0.5													insuff body extrn	↑0.2				
fail to close legs	0.1	fail to close legs	0.1															insuff distance	↑0.1				
bend legs bswg	↑0.3																	insuff amp flight	↑0.2				
fail main hd con	0.1																						
ex s/h/j bf pull	0.1 e																						
1 ft take-off	0.3																						
supp'l supp	0.3																						
fail frt supp	↑0.1																						
Name				J1	J2	J3	J4	FS															
Name				J1	J2	J3	J4	FS															
Name				J1	J2	J3	J4	FS															

JO Level 3 BB	Time Limit 55s	Fall Time 30s								General Deductions for Whole Exercise	
Leg Swing Mount with 1/2 (180°) Turn	Cross Handstand	Rond de Jambe/ Arabesque (45°)	Straight Leg Leap (90°)	Stretch Jump; Stretch Jump	Two 1/2 (180°) Pivot Turns	1/2 (180°) Turn in Forward Passe (Heel-Snap Turn)	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt			Mov't lacking dynamics	↑0.2
2	6	4	6	4 each	2 each	4	6			Incorrect body alignment during con	↑0.3
										Incorrect footwork/form in exercise	↑0.3
lk cont in turn	↑0.1	incorr hd placmt	0.1	fail main leg ht	0.1	bend fr leg	↑0.1	fail land ft simult	0.1	lack sharpness	↑0.1
		fail attain vert	↑0.3	fail lift leg 45°	↑0.1	fail pause	0.05	insuff con btwn	↑0.2	incorr leg pos	0.1
				fail hold 1s	↑0.1					incorr hd placmt	0.1
										fail lower heel	0.05
										fail reach vert	↑0.3
										turn incomp	↑0.1
										fail to turn	0.2
										lift hds b/f vert	↑0.1
										mov't reflect style of choreo	↑0.15
										expression	↑0.15
										Insufficient amp on non-VP	↑0.1
										Lack of sureness	↑0.2

Name	J1	J2	J3	J4	FS
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Name	J1	J2	J3	J4	FS
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Name	J1	J2	J3	J4	FS
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JO Level 3 FX

Split Jump (90°)/Stretch Jump	Handstand to Bridge, Back Kick-over (120°)	Handstand Forward Roll Step-out with Straight Arms	Straight Leg Leap (90°)	Back Roll to Push-up Position	Forward Split	1/2 (180°) Turn in Forward Passe	Round-off	Flic-Flac to Two Feet
4/2	6	6	6	6	2	2	4	6
fail ld ft closed <u>↑0.1</u>	fail arms by ears <u>↑0.1</u>	fail attain vert <u>↑0.3</u>	bend fr leg <u>↑0.1</u>	hds FX b/f roll <u>0.3</u>	fail split 180° <u>↑0.2</u>	incorr leg pos <u>0.1</u>	lack accel <u>↑0.2</u>	squat in ff <u>↑0.2</u>
fail ld ft simult <u>0.1</u>	fail join legs vert <u>0.1</u>	fail join legs vert <u>0.1</u>		hds > shldr wid <u>↑0.1</u>		heel-snap tech <u>0.3</u>	fail go thru vert <u>↑0.3</u>	fail ld ft simult <u>0.1</u>
fail kp legs join <u>↑0.1</u>	fail push shdlrs <u>↑0.2</u>	fail hold 1s <u>↑0.1</u>		fail show fr supp <u>0.2</u>			fail ld ft simult <u>0.1</u>	fail rebound <u>0.1</u>
fail ld ft closed <u>↑0.1</u>	fail ld ft simult <u>0.1</u>	push off FX std <u>0.3</u>						fail pause in stk <u>0.05</u>
	extra kick-overs <u>0.3e</u>	fail step-out <u>0.1</u>						
	perform tic-tic <u>0.3</u>							

General Deductions for Whole Exercise	
Mov't lacking dynamics	↑0.2
Incorrect body alignment during con	↑0.3
Incorrect footwork/form in exercise	↑0.3
Fail to perfm steps/pivot turns in HR	↑0.2
Mov't lacking artistry, consider:	↑0.3
mov't reflect s/m of choreo	↑0.15
expression	↑0.15
Insufficient amp on non-VP	↑0.1
Not in time with the music	↑0.2

Name	J1	J2	J3	J4	FS
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Name	J1	J2	J3	J4	FS
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Name	J1	J2	J3	J4	FS
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