

Min 32" matting (40" and 48" also allowed)

Tape line @ 32"

Assistance of coach after gymnast achieves hand support on the mat 2.00
 Performing incorrect vault: rest/sup on mat w/o pass thru vert VOID
 Assistance of coach from board to mat stack VOID
 1st balk no ded
 Performing a 2nd or 3rd balk VOID

			Name		Name		Name		Name	
			VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2
Run and Board Contact	insuff run acceleration	↑0.3								
	fail main speed to board	↑0.3								
	excessive fwd lean on board	↑0.3								
First Flight	arch	↑0.3								
	pike	↑0.5								
	legs bent	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	incorrect head align	↑0.1								
Support Phase	bent arms	↑0.5								
	head contacts mat	<u>2.00</u>								
	shoulder alignment	↑0.3								
	fail to show inverted vert pos	↑2.00								
	con mat stack after vert: 1°-45°	0.05-0.50								
	46°-89°	0.55-1.00								
	fail to place hands in zone: both	<u>0.50</u>								
	one hand	<u>0.20</u>								
	additional hand placements	<u>0.1e</u>								
fail to contact mat w/ both hds	<u>3.00</u>									
Second Flight	arch	↑0.3								
	pike	↑0.5								
	legs bent	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	incorrect head align	↑0.1								
Landing	fail to finish in straight lying pos	↑1.00								
General Faults	deviation from straight dir	↑0.3								
	insuff dynamics	↑0.3								
			Ded							
			J1							
			J2							
			AVG							
			FS							

Vault Height: 105, 115, or 125cm for all age categories

Mats: mandatory 10cm. Mx 20cm.

JO4 - Aid of coach during first flight, support, or second flight	2.00
JO5 - Aid of coach during first flight, support, or second flight	VOID
Performing incorrect vault	VOID
Aid of coach upon landing	0.50
1st balk	no ded
Performing a 2nd or 3rd balk	VOID
Chief Judge - Touch of only one hand on vault table	1.00
No hand support on vault table	VOID

			Name		Name		Name		Name		Name	
			VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2
First Flight	arch	↑0.3										
	pike	↑0.5										
	legs bent	↑0.3										
	legs separated	↑0.2										
	incorrect foot form	↑0.1										
	incorrect head align	↑0.1										
Support Phase	bent arms	↑0.5										
	head contacts vault	2.00										
	shoulder alignment	↑0.3										
	too long in sup	↑0.5										
	alternate repulsion	↑0.2										
	angle of repulsion: 1°-45°	0.05-0.50										
	46°-89°	0.55-1.00										
add'l hand placements (max 0.3)	0.1e											
Second Flight	insuff height	↑0.5										
	insuff distance	↑0.3										
	brush, touch, hit body on table	0.3										
	arch	↑0.3										
	pike	↑0.5										
	legs bent	↑0.3										
	legs separated	↑0.2										
	incorrect foot form	↑0.1										
incorrect head align	↑0.1											
Landing	ld w/ ft HW or closer no join ft	0.05										
	ld w/ ft staggered	↑0.1										
	ld ft further than shoulders	0.1										
	slight hop/adjustment of ft	↑0.1										
	extra arm swings	↑0.1										
	add'l trunk mvts to main balance	↑0.2										
	incorr body posture on landing	↑0.2										
	step after landing (max 0.4)	0.1e										
	very large step/jump (max 0.4)	0.2e										
	squat upon landing	↑0.3										
	brush, touch, hit vault	↑0.3										
	supp against vault	0.5										
	fail land feet first	2.00										
	finishes on top of vault table	2.50										
General Faults	deviation from straight dir	↑0.3										
	insuff dynamics	↑0.3										
			Ded									
			J1									
			J2									
			J3									
			J4									
			AVG									
			FS									

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 simult	0.1	fail TO simult	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 extn	↑0.2	insuff extn	↑0.2	fail return supp	0.5													insuff body extn	↑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	0.1e																						
1 ft take-off	0.3																						
suppl supp	0.3																						
fail frt supp	↑0.1																						

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 4 UB		Fall Time 45s										General Deductions for Whole Exercise							
Straddle or Pike Glide Kip		Cast to Horizontal & return to Front Support		Cast, Squat on or Pike on		Jump to Long Hang Kip		Cast to Horizontal		Back Hip Circle		Underswing, First Counterswing (min 30° below horizontal)		Tap Swing Forward, Second Counterswing (min 30° below horizontal)		Tap Swing Forward with 1/2 (180°) turn Dsmt		Mov't lacking dynamics	↑0.2
6		4		2		6		4		4		6		6		6		Incorrect body alignment during con	↑0.3
fail TO simult	0.1	amp of cast	↑0.3	alt ft placem	0.2	swing not hor	↑0.2	amp of cast	↑0.3	hollow bp	↑0.2	hollow bp	↑0.2	fail arch bot	0.1	fail arch bot	0.1		
run out glide	0.3	incorr BA	↑0.2	hip lift only	0.05			incorr BA	↑0.2	fail main hip con	↑0.2	neutral hd	↑0.1	hw bp top	↑0.2	hw bp top	↑0.2		
fail to lead w/ ft	↑0.1	lack ctrl	↑0.1							lack continuity	↑0.1	hip con bar	0.2	insuff amp	↑0.2	turn b/f 45°	↑0.2		
insuff extn	↑0.2											hips min 30°	↑0.2	hip not at 30°	↑0.2	fail comp 180°	↑0.2		
fail to close legs	0.1											excessive pike	↑0.2	excessive pike	↑0.2	no con free hd	0.3		
												open hips bswg	0.3	open hips bswg	0.3				

Name	J1	J2	J3	J4	FS

Name	J1	J2	J3	J4	FS

Name	J1	J2	J3	J4	FS

JO Level 5 UB		Fall Time 45s														General Deductions for Whole Exercise									
Straddle or Pike Glide		Cast to Above		Clear Hip Circle to		OR BWD Sole Circle		OR BWD Stalder		Straddle or Pike Glide		Cast, Squat or Pike		Jump to Long Hang		Cast to Above		Long Hang Pullover		Underswing, First		Tap Swing Forward,		Tap Swing Forward to	
6		4		6		6		6		2		6		4		6		6		6		6		6	
fail take-off sim	0.1	insuff amp cast	↑0.3	ex pike/arch dn	↑0.2	ex arch up	↑0.2	ex arch up	↑0.2	fail to lead w/ ft	↑0.1	alt ft placem	0.2	swing not hor	↑0.2	insuff amp	↑0.3	fail arch bot	0.1	fail con bar thgs	0.2	fail arch bot	0.1	fail arch bot	0.1
run out glide	0.3	incorr ba	↑0.2	ex pike/arch up	↑0.2	insuff amp	↑0.3	insuff amp	↑0.3	insuff extrn	↑0.2	hip lift only	0.05			incorr ba	↑0.2	ex pike	↑0.2	neutral hd	↑0.1	hw bp top	↑0.2	hw bp top	↑0.2
fail to lead w/ ft	↑0.1			insuff amp	↑0.3	jump to glide	0.6	end legs in str L	0.6	fail to close legs	0.1							fail main grip	0.3	hollow bp	↑0.2	insuff amp	↑0.2	insuff rise salto	↑0.3
insuff extrn	↑0.2			hips touch bar	0.6	legs bend	↑0.3	lack ctrl glide	↑0.1									perform giant	1.0	hip con bar	0.2	hip not at 15°	↑0.2	insuff t/p/s	↑0.2
fail to close legs	0.1			lack ctrl glide	↑0.1	lack ctrl glide	↑0.1													hip not at 15°	↑0.2	excessive pike	↑0.2	insuff ex b/f land	↑0.2
																				excessive pike	↑0.2	open in bswg	0.3		
																				open in bswg	0.3				

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 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		incorr leg pos		0.1		incorr hd placmt		0.1		Fail to perm steps/pivot turns in HR	↑0.2		
fail attain vert		↑0.3		fail lift leg 45°		↑0.1		fail pause		0.05		insuff con btwn		↑0.2		fail lower heel		0.05		fail reach vert		↑0.3		turn incomp		↑0.1		fail to turn		0.2		Mov't lacking artistry, consider:	↑0.3		
				fail hold 1s		↑0.1																		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 4 BB		Time Limit 1:05		Fall Time 30s										General Deductions for Whole Exercise			
Leg Swing Mount with 1/2 (180°) Turn	Cartwheel (90°) Turn Inward	Scale(horizontal)/ Rond de Jambe to Arabesque/Scale	Straight Leg Leap (120°)	Cross Handstand	Split Jump (120°) /Stretch Jump	1/2 (180°) Turn in Forward Passe	Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt								Mov't lacking dynamics	↑0.2	
2	6	4	6	6	4/4	4	6								Incorrect body alignment during con	↑0.3	
															Incorrect footwork/form in exercise	↑0.3	
lk cont in turn	↑0.1	incor hd placmt	0.1	fail lift leg 45°	↑0.1e	bend fr leg	↑0.1	incor hd placmt	0.1	fail ld ft closed	↑0.1	incorr leg pos	0.1	incor hd placmt	0.1	Fail to perfm steps/pivot turns in HR	↑0.2
		fail pass vert	↑0.3	fail main leg ht	0.1	fail pause	0.05	fail attain vert	↑0.3	fail ld ft simult	0.1	heel-snap tech	0.3	fail reach vertica	↑0.3	Mov't lacking artistry, consider:	↑0.3
				fail ps in arab	0.05			fail join legs	0.1	insuff con btwn	↑0.2			fail hold 1s	↑0.1	mov't reflect style of choreo	↑0.15
				fail lift leg hor	↑0.2			fail hold 1s	↑0.1	fail ld ft simult	0.1			turn incomp	↑0.1	expression	↑0.15
				fail hold 1s	↑0.1									fail to turn	0.2	Insufficient amp on non-VP	↑0.1
														lift hds b/f vert	↑0.1	Lack of sureness	↑0.2

Name	J1	J2	J3	J4	FS	

Name	J1	J2	J3	J4	FS	

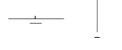

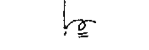
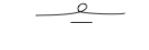
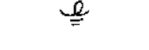
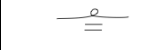



Name	J1	J2	J3	J4	FS	

JO Level 5 BB		Time Limit 1:10		Fall Time 30s		Scale(horizontal)/ Rond de Jambe to Arabesque/Scale		Straight Leg Leap (150°) /Stretch Jump		Cross Handstand		Split Jump (150°)/Sissone		1/1 (360) Turn in Forward Passe		Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt		General Deductions for Whole Exercise			
Leg Swing Mount with 1/2 (180°) Turn	2	Back Walkover	6	OR BWD Roll to Minimum 3/4 Handstand	OR Flic-Flac Step-out	4	6/4	6	6	4/2	4	6	6	Mov't lacking dynamics	↑0.2						
														Incorrect body alignment during connections	↑0.3						
														Incorrect footwork/form in exercise	↑0.3						
														Fail to perfm steps/pivot turns in high releve	↑0.2						
														Mov't lacking artistry, consider:	↑0.3						
lack cont in turn	↑0.1	fail con leg lift	↑0.1	fail 3/4 hstd	↑0.2	fail step-out	0.2	fail main leg ht	0.1	bend fr leg	↑0.1	incorr hd placemt	0.1	fail land ft closed	↑0.1	incorr leg pos	0.1	incorr hd placemt	0.1	mov't reflect style of choreo	↑0.15
		incorr hd placemt	0.1	perform bwd roll	0.6			fail lift leg min 45°	↑0.1	insuff con btwn	↑0.2	fail attain vert	↑0.3	fail land ft simult.	0.1	heel-snap tech	0.3	fail reach vertical	↑0.3	expression	↑0.15
		insuff leg sep	↑0.2					fail pause in arab	0.05	fail land ft simult	0.1	fail join legs	0.1	insuff con btwn	↑0.2			fail hold 2s	↑0.2	Insufficient amplitude on non-VP	↑0.1
								fail lift leg hor	↑0.2	fail hold 2s	↑0.2	insuff lift fr leg	↑0.1					turn incomp	↑0.1	Lack of sureness	↑0.2
								fail hold 1s	↑0.1			insuff lift bk leg	↑0.1					fail to turn	0.2		
												fail pause	0.05					lift hds b/f vert	↑0.1		

Name	J1	J2	J3	J4	FS

Name	J1	J2	J3	J4	FS

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JO Level 3 FX										General Deductions for Whole Exercise										
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	Mov't lacking dynamics	↑0.2										
4/2	6	6	6	6	2	2	4	6	Incorrect body alignment during con	↑0.3										
									Incorrect footwork/form in exercise	↑0.3										
fail ld ft closed	↑0.1	fail arms by ears	↑0.1	fail attain vert	↑0.3	bend fr leg	↑0.1	hds FX b/f roll	0.3	fail split 180°	↑0.2	incorr leg pos	0.1	lack accel	↑0.2	squat in ff	↑0.2	Fail to perfm steps/pivot turns in HR	↑0.2	
fail ld ft simul	0.1	fail join legs vert	0.1	fail join legs vert	0.1			hds > shdlr wid	↑0.1			heel-snap tech	0.3	fail go thru vert	↑0.3	fail ld ft simul	0.1	Mov't lacking artistry, consider:	↑0.3	
fail kp legs join	↑0.1	fail push shdlrs	↑0.2	fail hold 1s	↑0.1			fail show fr supp	0.2			fail ld ft simul	0.1	fail rebound	0.1	fail pause in stk	0.05	mov't reflect s/m of choreo	↑0.15	
fail ld ft closed	↑0.1	fail ld ft simul	0.1	push off FX std	0.3													expression	↑0.15	
		extra kick-overs	0.3e	fail step-out	0.1														Insufficient amp on non-VP	↑0.1
		perform tic-tic	0.3																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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JO Level 4 FX

Straddle Jump (120°)/Stretch Jump with 1/2 (180°) Turn		Front Handspring to Two Feet		Straight Arm Bwd Roll to Handstand		Forward Split		Straight Leg Leap (120°)		1/1 (360°) Turn in Forward Passe		Back Walkover (150°)		Round-off		Flic-Flac to Two Feet		General Deductions for Whole Exercise	
4/4		6		4		2		6		4		4		4		6 each		Mov't lacking dynamics	
																		Incorrect body alignment during con	
fail ld ft closed		fail arms by ear		hds FX b/f roll		fail split 180°		bend fr leg		incorr leg pos		fail con leg lift		lack accel		squat in ff		Incorrect footwork/form in exercise	
fail kp legs join		flight b/ff fx con		hds > shdlr wid						heel-snap tech		incor hd placmt		fail go thru vert		fail ld ft simult		Fail to perfm steps/pivot turns in HR	
fail ld ft closed		incor hd placmt		fail go thru vert										fail ld ft simult		fail rebound		Mov't lacking artistry, consider:	
lack replusion		perf bwd roll												fail ld ft simult		fail pause in stk		mov't reflect s/m of choreo	
fail ld ft simult																		expression	
fail rebd imm																		Insufficient amp on non-VP	
																		Not in time with the music	

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 5 FX

Straddle Jump (150°)/Stretch Jump with 1/1 (360°) Turn		Front Handspring Step-out		Front Handspring to Two Feet Rebound		Forward Salto Tucked		Straight Arm Bwd Roll to Handstand, Kneel Pose		Forward Split		Straight Leg Leap (150°)		OR Switch Leap		1/1 (360°) Turn in Forward Passe		Round-off/Flic-Flac/BWD salto tucked		General Deductions for Whole Exercise		
4/4		6		6		6		4		2		6				4		4/4/6		Mov't lacking dynamics		↑0.2
																				Incorrect body alignment during connections		↑0.3
fail land ft closed		↑0.1	lack accel	↑0.2	lack accel	↑0.2	incorr bp	↑0.6	hds on FX b/f roll	0.3	fail split 180°	↑0.2	bend fr leg	↑0.1	incorr leg pos	0.1	lack accel	↑0.2	Mov't lacking artistry, consider:		↑0.3	
fail keep legs join	↑0.1	fail arms by ears	↑0.1	fail arms by ears	↑0.1	insuff bend knees	↑0.2	hds > shldr width	↑0.1	fail pass thru vert	↑0.3	fail swg 45°	0.1	heel-snap tech	0.3	fail pass thru vert	↑0.3	mov't reflect s/m of choreo		↑0.15		
fail land ft closed	↑0.1	flight b/f fx con	↑0.2	flight b/f fx con	↑0.2	insuff bend hips	↑0.2	perf bwd roll	0.4							fail land ft simult	0.1	Insufficient amplitude on non-VP		↑0.1		
		incorr hd placemt	0.1	incorr hd placemt	0.1											squat in ff	↑0.2	Not performing in time with the music		↑0.2		
		lack replusion	0.6	lack replusion	0.6											fail land ft simult	0.1					
		join b/f step-out	0.1	fail land ft simult	0.1											incorr bp	↑0.6					
		fail step-out	0.2	fail rebound imm	0.1											fail ext b/f land	↑0.2					
																fail pause in stick	0.05					

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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