



# VAULT

## Level 3

General Faults		Support Phase		Run and Board Contact	
Body Arch	↑.30	Arms bent	↑.50	Jump to handstand on a raised mat surface, a minimum of 32", fall to a straight lying position on the back	
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	Accelerate	↑.3
Incorrect foot form	ea phase ↑.1	hands after vertical	↑1.00	speed	↑.3
Incorrect head direction	ea phase ↑.1	Contact 1-45 past	.05-.5	lean	↑.3
dynamics	↑.30	Contact 46-89 past	.55-1.0	Landing Phase	
Spot after handstand	2.00	hands out of zone		Not on back	↑1.00
incorrect vault	Void	both	0.5	on feet, salutes	1.00
Spot board to mats	Void	staggered	0.2	seat in 90' angle, salutes	0.5
Balk w/ touch	Void	Steps on hands	each .1	arched/bent legs, salutes	0.5
		No Hands	3.00		REV:1/2015JPF

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

<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>	<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>
<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>	<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>
<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>	<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>
<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>	<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>
<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>	<p>Gymnast _____</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>body legs feet</p> <p>Direction</p> <p>Dynamics</p> <p>Landing</p> <p>Score</p> <p>Aver.</p>

# VAULT

## Level 4/5

GENERAL FAULTS		SUPPORT PHASE		2nd FLIGHT		Landing	
<b>Pike</b>	Each ↑ .50	<b>Inc. Shoulder align</b>	↑ .30	<b>Height</b>	↑ .50	<b>Slight hop</b>	↑ .10
<b>Arch</b>	Each ↑ .30	<b>Arms bent</b>	↑ .50	<b>Distance</b>	↑ .30	<b>Arm Swings</b>	↑ .10
<b>Legs bent</b>	Each ↑ .30	<b>Arms completely bent</b>	2.00	<b>Brush, touch or hit body on far end of vault table</b>	↑ .30	<b>Trunk Movement</b>	↑ .20
<b>Legs Separate</b>	Each ↑ .20	<b>Too long in support</b>	↑ .50			<b>Incorrect Post.</b>	↑ .20
<b>Foot Form</b>	Each ↑ .10	<b>Alternate Rep</b>	↑ .20			<b>Steps</b>	.10-.40(max)
<b>Head align</b>	Each ↑ .10	<b>Not leaving@vertical</b>	↑ 1.00			<b>Large Step/Hop</b>	0.2 (max .4)
<b>Direction</b>	↑ .30	<b>1-45 past vertical</b>	.05-.5			<b>Squat</b>	↑ .30
<b>Dynamics</b>	↑ .30	<b>46-89 past vertical</b>	.55-1.0			<b>Brush, touch, hit</b>	↑ .30
<b>Aid of Coach</b>		<b>Add Hand Placement</b>	EA 0.1			<b>Support</b>	0.5
<b>1<sup>st</sup>, support, 2nd</b>	L-4 – 2.00	<b>1 hand</b>	CJ 1.00			<b>No Feet 1st</b>	2.00- Include Fall
	L-5 - VOID	<b>No hands</b>	VOID			<b>feet hip width</b>	0.5
<b>Aid on Landing</b>	0.5					<b>feet &gt; hip width</b>	0.10
<b>Incorrect Vault</b>	VOID			<b>staggered feet</b>	↑ .10		
<b>Balk w/touch</b>	VOID			<b>Sit/Lay on Table</b>	2.00 + .50 Fall=2.5		

Rev 1/2015:JPF

Gymnast \_\_\_\_\_

body legs feet

body legs feet head

Vertical ↑

Height →

Arms

Distance →

Too

Direction

Dynamics

Landing

Score

Aver.

Gymnast \_\_\_\_\_

body legs feet

body legs feet head

Vertical ↑

Height →

Arms

Distance →

Too

Direction

Dynamics

Landing

Score

Aver.

Gymnast \_\_\_\_\_

body legs feet

body legs feet head

Vertical ↑

Height →

Arms

Distance →

Too

Direction

Dynamics

Landing

Score

Aver.

Gymnast \_\_\_\_\_

body legs feet

body legs feet head

Vertical ↑

Height →

Arms

Distance →

Too

Direction

Dynamics

Landing

Score

Aver.

Gymnast \_\_\_\_\_

body legs feet

body legs feet head

Vertical ↑

Height →

Arms

Distance →

Too

Direction

Dynamics

Landing

Score

Aver.

Gymnast \_\_\_\_\_

body legs feet

body legs feet head

Vertical ↑

Height →

Arms

Distance →

Too

Direction

Dynamics












Landing

Score

Aver.










# UNEVEN BARS

## Level 3

Glide return	back hip pullover	OR Glide Kip	Front Hip small cast	Cast Single Leg thru	Forward Stride Circle	OR Single leg basket swing	Single leg cut backward	Cast	Back Hip Circle	Underswing DM
2	4	6	4	2	4		2	4	4	6
										
#gymnast					Score			AVG		
					Score			AVG		
#gymnast					Score			AVG		
					Score			AVG		
#gymnast					Score			AVG		
					Score			AVG		
#gymnast					Score			AVG		
					Score			AVG		







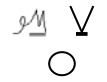



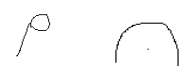


# UNEVEN BARS

## Level 4

Glide Kip	Cast to Horiz	Cast Squat or Pike on	Long Hang Kip	Cast to Horiz	Back hip circle	Underswing 1st counter swing (30*)	Tap swing 2nd counter swing (30*)	Tap Swing 1/2 Turn DM
6	4	2	6	4	4	6	6	6
								
#gymnast				Score			AVG	
#gymnast				Score			AVG	
#gymnast				Score			AVG	
#gymnast				Score			AVG	
#gymnast				Score			AVG	

# UNEVEN BARS



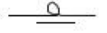




## Level 5

Glide Kip	Cast above Horiz	Clear hip above horiz	OK sole circle to clear support	OK back stalder circle to clear support	Glide kip	Cast Squat/Pike on or sole circle	Long Hang Kip	Cast above Horiz	Long hang Pullover	Underswing 1st counter swing (15* below)	Tap swing 2nd counter swing (15* below)	Flyaway (tuck, pike or stretched)
6	4	6			6	2	6	4	6	6	6	8
												
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	

# BALANCE BEAM

## Level 3

Time: 55 seconds Warning: 45 seconds






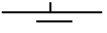



Leg swing w/ 1/2 turn	cross handstand	Arabesque 45*	Straight Leg Leap (90*)	Stretch jump/stretch jump	2 pivot turns	Heel snap (1/2) turn	HS 1/4 turn Dismount
2	6	4	6	4 ea	2 ea	4	6
	!						
#gymnast			Score			AVG	
#gymnast			Score			AVG	
#gymnast			Score			AVG	
#gymnast			Score			AVG	
#gymnast			Score			AVG	



# BALANCE BEAM

## Level 4









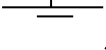



Time: 1 minute 5 seconds Warning: 55 seconds

Leg swing w/ 1/2 turn	Cartwheel	Scale Horizontal (Ronde Jambe to arabesque)	Straight Leg Leap (120*)	Cross Handstand	Split jump/stretch jump	1/2 turn in forward passe	HS 1/4 turn Dismount
2	6	4	6	6	4 ea	4	6
					 		
#gymnast			Score			AVG	
#gymnast			Score			AVG	
#gymnast			Score			AVG	
#gymnast			Score			AVG	
#gymnast			Score			AVG	

# BALANCE BEAM

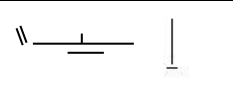
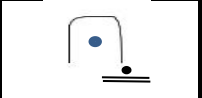
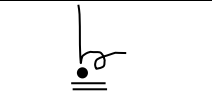
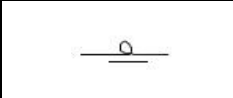





## Level 5

Time: 1 minute 10 seconds Warning: 1 minute

Leg swing w/ 1/2 turn	Back Walkover	OR back roll to 3/4 handstand	OR Back handspring	Scale Above Horizontal (Ronde Jambe to arabesque)	Straight Leg Leap (120*) Stretch Jump	Cross Handstand	Split jump/sissonne	1/1 turn in forward passe	HS 1/4 turn Dismount
2	6	6			4/6	6	4 ea	4	6
					 		 		
#gymnast					Score			AVG	
#gymnast					Score			AVG	
#gymnast					Score			AVG	
#gymnast					Score			AVG	
#gymnast					Score			AVG	

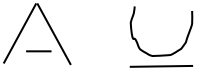








# FLOOR EXERCISE

## Level 3

Split Jump (90*) Stretch Jump	Handstand/Bridge kick over	Handstand forward roll (straight arms)	Straight Leg Leap (90*)	Back roll to push up	forward split	1/2 turn in forward passe	Round off	Flic Flac (2 feet)
4/2	6	6	6	4	2	4	4	6
								
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
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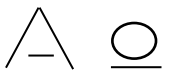



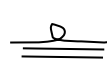






# FLOOR EXERCISE

## Level 4

Straddle Jump (120*) Stretch Jump w/ 1/2 turn	Front handspring (2 feet)	Back roll to Handstand (straight arms)	forward split	Straight Leg Leap (120*)	1/1 turn in forward passe	Back walkover (150*)	Round off	Flic Flac, Flic Flac (2 feet)
4/4	6	4	2	6	4	4	4	6 ea
								
#gymnast				Score			AVG	
#gymnast			Score				AVG	
#gymnast			Score				AVG	
#gymnast			Score				AVG	
#gymnast			Score				AVG	

# FLOOR EXERCISE

## Level 5

Straddle Jump (150*) Stretch Jump w/ 1/1 turn	Front Handspring stepout Handspring (2 feet)	Forward salto tucked	back extension to knees (straight arms)	forward split	Straight leg leap (150*)	OR switch leg leap (150*)	1/1 turn in forward passe	Round off	Flic Flac (2 feet)	Back salto tucked
4/4	6/6	6	4	2	6	6	4	4	4	6
										
#gymnast					Score			AVG		
#gymnast					Score			AVG		
#gymnast					Score			AVG		
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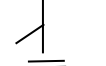





Level 3 Bars																					
Glide return		back hip pullover		OR Glide Kip		Front Hip small cast		Cast Single Leg thru		Forward Stride Circle		OR Single leg basket swing		Single leg cut backward		Cast		Back Hip Circle		Underswing DM	
2		4		6		4		2		4		4		2		4		4		6	
Not both feet	0.1	hands on bar	0.1	Not both feet	0.1	hollow body	↑.1	contact	↑.2	clear supt 1	↑.2	clear supt 1	↑.2	leg swing	0.2	alignment	↑.2	bdy hollow	↑.2	body hollow	↑.2
Run glide	0.3	step/hop/jump	0.1	Run glide	0.3	no sml cast		clear supt	↑.2	Hooking	0.5	Hooking	0.5	chg hand	0.1			thigh cont	↑.2	head	↑.1
lg hng swing	↑.1	1 foot take off	0.3	lg hng swing	↑.1	control	↑.1			clear supt 2	↑.2	clear supt 2	↑.2					continuity	↑.1	hips touch	0.2
extension	↑.2	chin rests	0.3	extension	↑.2	no frt supt	0.5													extension	↑.2
legs no close	0.1	finish extend	↑.1	leg not close	0.1															amplitude	↑.2
bend legs	↑.3																			distance	↑.1



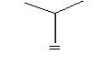


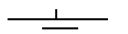


Level 4 Bars																	
Glide Kip		Cast to Horiz		Cast Squat or Pike on		Long Hang Kip		Cast to Horiz		Back hip circle		Underswing 1st counter swing (30*)		Tap swing 2nd counter swing (30*)		Tap Swing 1/2 Turn DM	
6		4		2		6		4		4		6		6		6	
Not both feet	0.1	amplitude	↑.3	alternate feet	0.2	horiz swing	↑.2	amplitude	↑.3	body hollow	↑.2	body hollow	↑.2	arch	0.1	arch	0.1
Run glide	0.3	alignment	↑.2	hip lift	0.05			alignment	↑.2	thigh contact	↑.2	head	↑.1	hollow	↑.2	hollow	↑.2
lg hng swing	↑.1	control	↑.1							continuity	↑.1	hips touch	0.2	amplitude	↑.2	turn early	↑.2
extension	↑.2											30* below	↑.2	30* below	↑.2	incomplete	↑.2
legs no close	0.1											piking	↑.2	piking	↑.2	hand cont	0.3
												flair	0.3	flair	0.3		






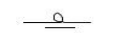

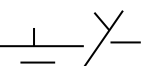


Level 5 Bars																									
Glide Kip		Cast above Horiz		Clear hip above horiz		OR sole circle to clear support		OR back stalder circle to clear support		Glide kip		Cast Squat/Pike on or sole circle		Long Hang Kip		Cast above Horiz		Long hang Pullover		Underswing 1st counter swing (15* below)		Tap swing 2nd counter swing (15* below)		Flyaway (tuck, pike or stretch)	
6		4		6		6		6		6		2		6		4		6		6		6		8	
Not both feet	0.1	amplitude	↑.3	arch/pike	↑.2	arch	↑.2	arch	↑.2	lg hng swing	↑.1	alt feet	0.2	horiz swing	↑.2	amplitude	↑.3	no arch	0.1	hips on bar	0.2	arch	0.1	arch	0.1
Run glide	0.3	alignment	↑.2	height	↑.3	amplitude	↑.3	amplitude	↑.3	extension	↑.2	hip lift	0.05			alignment	↑.2	pike	↑.2	body hollow	↑.2	hollow	↑.2	hollow	↑.2
lg hng swing	↑.1			hips on bar	0.6	weight/feet	0.6	legs in L	0.6	legs no close	0.1							hands/bar	0.3	hips touch	0.2	amplitude	↑.2	rise salto	↑.3
extension	↑.2			control	↑.1	legs bent	↑.3	control	↑.1									baby giant	1.0	15* below	↑.2	15* below	↑.2	shape	↑.2
legs no close	0.1			control	↑.1															piking	↑.2	piking	↑.2	stretch	↑.2
																				flair	0.3	flair	0.3		

# BALANCE BEAM

## Deductions

Level 3 Balance Beam															
Leg swing w/ 1/2 turn	cross handstand		Arabesque 45*		Straight Leg Leap (90*)		Stretch jump/stretch jump		2 pivot turns		Heel snap (1/2) turn		HS ¼ turn Dismount		
2	6		4		6		4 ea		2 ea		4		6		
															
continuity	↑.1	stag-hand	0.1	leg height	0.1	bend leg	↑.1	land 2 feet	ea 0.1	sharpness	e↑.1	leg pos	0.1	hand	0.1
		vertical	↑.3	45* arabesque	↑.1	arabesque	0.05	continuity	↑.2			heel low	0.05	vertical	↑.3
				lg hng swing	↑.1	1 second	↑.1							hold	↑.2
				extension	↑.2									1/4 turn inc	1.0
				legs not close	0.1									contact	↑.1
														no 1/4 turn	0.2
														inc/overturn	↑.6

Level 4 Balance Beam															
Leg swing w/ 1/2 turn	Cartwheel		Scale Horizontal (Ronde Jambe-arabesque)		Straight Leg Leap (120*)		Cross Handstand		Split jump/stretch jump		1/2 turn in forward passe		HS ½ turn Dismount		
2	6		4		6		6		4ea		4		6		
															
continuity	↑.1	simul hand	0.1	leg 45*	e↑.1	bend leg	↑.1	stagger-hand	0.1	feet close	↑.1	leg pos	0.1	hand	0.1
		vertical	↑.3	leg height	0.1	arabesque	0.05	vertical	↑.3	land 2 feet	0.1	heel snap	0.3	vertical	↑.3
				arabesque	0.05			join legs	0.1	continuity	↑.2			hold	↑.2
				above horiz	↑.2			2 second	↑.2	land 2 feet	0.1			1/4 turn inc	1.0
				1 second	↑.1									contact	↑.1
														no 1/4 turn	0.2
														inc/overturn	↑.6

Level 5 Balance Beam																			
Leg swing w/ 1/2 turn	Back Walkover		OR back roll to 3/4 handstand		OR Back handspring		Scale Above Horizontal (Ronde Jambe-arc)		Straight Leg Leap (150*)Stretch Jump		Cross Handstand		Split jump (150*)/sissonne		1/1 turn in forward passe		HS ½ turn Dismount		
2	6		6		6		6		4/6		6		4 ea		4		6		
																			
continuity	↑.1	continue leg	↑.1	3/4 hndstnd	↑.2	no step out	0.2	leg 45*	e↑.1	bend leg	↑.1	stag-hand	0.1	feet close	↑.1	leg pos	0.1	hand	0.1
		hand	0.1	back roll	0.6			leg height	0.1	continuity	↑.2	vertical	↑.3	land 2 feet	0.1	heel snap	0.3	vertical	↑.3
		leg seper	↑.2					arabesque	0.05	land 2 feet	0.1	join legs	0.1	continuity	↑.2			hold	↑.2
								above horiz	↑.2			2 second	↑.2	ft leg 45*	↑.1			1/4 turn inc	1.0
								1 second	↑.1					bk leg horiz	↑.1			contact	↑.1
														arabesque	0.1			no 1/4 turn	0.2
																		inc/overturn	↑.6