

LEVEL 4 VAULT by Kathie Gebhardt

There are 3 phases to this vault that the General deductions will apply along with the separate deductions for that phase. Example: Body position

Up to .5 for a Pike can be taken in the first flight, again in the support phase, and again in the post handstand phase. So if it was a sever pike in each phase you could take 1.5

Deductions from highest to lowest per phase:

- Up to .5 pike
- Up to .3 for Arch
- Up to .3 for direction
- Up to .3 for Dynamics
- Up to .3 for Legs Bent
- Up to .2 for legs Separated
- Up to .1 for Poor foot form
- Up to .1 for Incorrect head alignment

Other big deductions:

- 2.00 for aid of coach after hand support on mat
- VOID Never achieves vertical & returns to board or lands on mat stack between board and hand placement.
- VOID Incorrect vault
- VOID aid of coach from board to mat
- VOID Run-approach touches board or mat w/o executing the vault

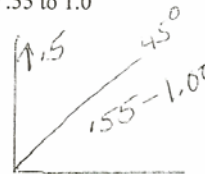
RUN & BOARD CONTACT

- UP TO .3 Insufficient acceleration during run. (starts off slower and increases speed)
- Up to .3 for Fail to maintain horizontal running speed to board. (don't slow down approaching board)
- Up to .3 Excessive forward lean of body on board contact

ADDITIONAL DEDUCTIONS FOR SPECIFIC PHASES

Support Phase

- 3.00 fail to contact mat w/both hands (performs front layout or touches with only one hand)
- 2.00 for head contacting mat
- Up to 2.00 fail to show inverted vertical position from hands to hips (performing a forward roll action)
- Up to 1.00 contact mat stack w/ hands after vertical 1 to 45 up to .5 46 to 89 .55 to 1.0
- Up to .5 arms bent
- Up to .3 showing a shoulder angle
- Up to .3 additional hand placements (steps/ hops on hands)



LANDING PHASE

1.00 lands on feet, salutes, and steps off mat

.5 lands on seat with 90 hip angle, salutes, steps off mat

Up to .5 lands on back w/arch and bent legs, salutes and steps off mat

Up to .1 fail to finish in straight lying position on back

NOTE: If gymnast makes any of above execution errors, then lies back to straight lying position, there are **NO DEDUCTIONS** for failure to finish on mat, but may have execution deductions for errors while gymnast is falling to her back (post handstand phase)

May use unfolded panel mat on top of Resi