

Debbie Pulley

LEVEL 5,6 VAULT by Kathie Gebhardt

The vault is the same, a front handspring and it is judged the same for each level.

The General deductions (body position faults) are applied for each of the 3 phases.

- Up to .5 for pike
- Up to .3 for Arch
- Up to .3 for legs bent
- Up to .3 for Direction
- Up to .3 for Dynamics
- Up to .2 for legs separated
- Up to .1 for Poor foot form
- Up to .1 for Incorrect head alignment
- .5 for aid of coach on landing
- 2.00 level 5 for aid or coach during 2nd flight (leaving the vault)
- VOID for incorrect vault
- VOID for aid of coach during 1st flight (from board to vault)
- VOID for level 6 for aid of coach during 2nd flight
- VOID for touches the board or vault table without executing vault
- BALK run-approach w/o executing vault does not touch board or vault

DEDUCTIONS FOR SPECIFIC PHASES

SUPPORT PHASE

- 2.00 head contacting table
- 1.00 CJ 1 hand touch on table
- VOID no hand on table
- Up to 1.00 for angle of repulsion (fail to leave by vertical) 1- 45 Up to .05 - .5, 46 to horizontal .55 - 1.00
- Up to .5 bent arms
- Up to .5 too long in support
- Up to .3 shoulder angle
- Up to .3 additional hand placements (steps/hops on hands)
- Up to .2 alternate repulsion

SECOND FLIGHT (Leaving the table)

- Up to .5 for Insufficient height
- Up to .3 Insufficient distance
- .3 Brush, touch or hit body on far end of table

LANDING

- 2.00 fail to land feet first on mat (includes fall)
- .5 & 2.00 finish in sitting, lying or standing position on table
- .5 support on hand(s) or fall onto mat or against apparatus
- .2 very large step or jump contacting mat or apparatus with 1 or both hands or 1/body after landing
- Up to .3 brush touch, or hit



Up to .3 for additional trunk movements to maintain balance
Up to .2 incorrect body posture on landing
Up to .1 extra arm swing(s)
Up to .1 slight hop or small adjustment of feet