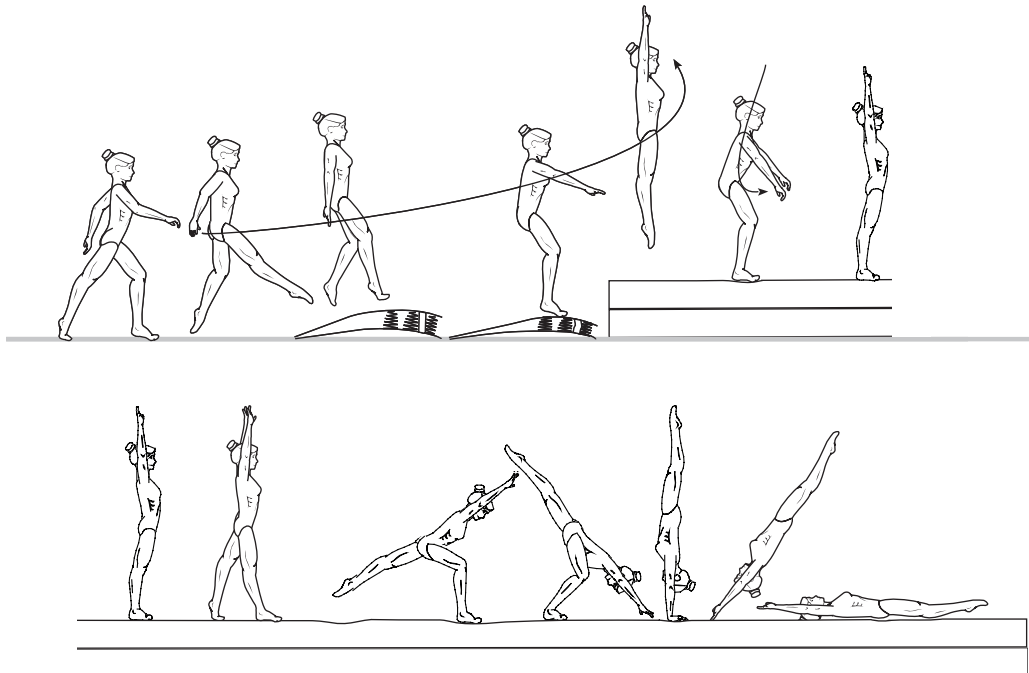


LEVEL 1 VAULT

The gymnast may perform the vault (both skills) two times. Each phase of the vault is worth 5.0 points with the score of each phase added together. The highest total score of the two vaults will count.

Three attempts are permitted to successfully complete one or two vaults. **One balk is allowed in the three attempts without penalty. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or mat stack without coming to a rest or support on top of the mat.** A fourth attempt is not permitted.

STRETCH JUMP ONTO A RAISED MAT SURFACE (A MINIMUM OF 16") AND THEN HANDSTAND FALL TO STRAIGHT LYING POSITION ON THE BACK



STRETCH JUMP

The suggested number of running steps is approximately seven to nine steps before executing a hurdle and rebound from the board. There is NO deduction for more or less steps. The body should be tight, with the abdominals in, to execute a **STRETCH JUMP** while maintaining a straight-hollow body position.

Land in demi-plié.

ARMS: Lift to high on the **JUMP**. The landing position of the arms is optional.

Extend the legs to finish in a straight stand.

ARMS: Move to high position.

HANDSTAND FALL TO STRAIGHT LYING POSITION

The gymnast may step backward onto the board or remain on the mat prior to the kick up to handstand. The hands may be placed on the mat or the board.

Step forward through the ball of the Right foot and execute a Right lunge. Lift the Left leg backward-upward maintaining a straight line from the hands, torso, and Left leg while reaching for the skill cushion. Continue this levering action and lift the Left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the skill cushion while pushing off with the Right leg to arrive in a **HANDSTAND** with legs together, head neutral with focus on the hands, with a straight, tight body position. Overbalance the **HANDSTAND**, maintaining a straight, tight body position and land in a **STRAIGHT LYING POSITION ON THE BACK**.

Note: In the event the athlete lands the **STRETCH JUMP** too far down the skill cushion, they may take steps backward to allow adequate space for the **HANDSTAND TO STRAIGHT LYING POSITION**.

LEVEL 1 VAULT EVALUATION POINTS

1. Run accelerates, shows good form and technique and maintains speed to the board for the **STRETCH JUMP**.
2. The arms swing forward to a completely extended shoulder position with the feet on the board in front of the body and show a tight straight body position during the **STRETCH JUMP**.
3. Achieves a vertical **HANDSTAND** position with the arms straight before and during the **FALL TO STRAIGHT LYING POSITION ON THE BACK**.
4. Maintains a straight-hollow body position from support in **HANDSTAND** to **BACK LYING POSITION** with the legs together and feet pointed throughout the **FALL TO STRAIGHT LYING POSITION ON THE BACK**.

LEVEL 1 VAULT TABLE OF PENALTIES

STRETCH JUMP ONTO A MINIMUM OF 16 INCHES OF MATTING (value - 5.00)

Approach	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> (VOID 1st phase)	Runs onto board and steps up onto mat stack or rebounds from board to come to rest or support on mat stack on body parts other than feet first
Stretch Jump from Board to Mat <i>*See pg. 159 Landing Clarification</i>	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	• Pike
	Up to 0.50	• Tuck
	Up to 0.30	• Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plié with control and proper body position
<u>0.05</u>	Lands with feet hip-width apart or closer but never joins feet	
Up to 0.10	Lands with feet staggered (one in front of the other)	
<u>0.10</u>	Lands with feet further than hip-width apart	
General	Up to 0.30	Incorrect direction
	<u>0.50</u>	Fall (onto hands, knees +/- or hips) after landing stretch jump on feet first
	No deduction Void	1st Balk • Performing a 2nd or 3rd Balk

HANDSTAND, FALL TO STRAIGHT LYING POSITION (value - 5.00)

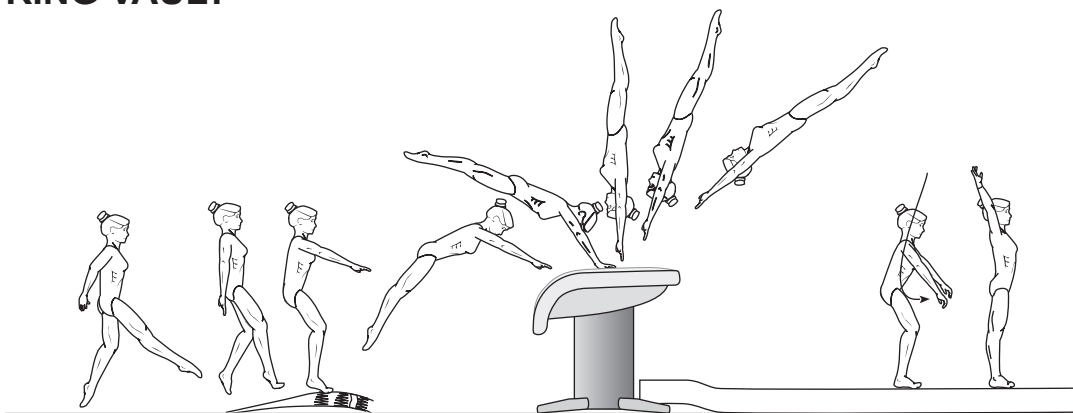
Approach	<u>Up to 0.20</u>	Failure to maintain arms next to ears while reaching for the mat
	Up to 0.10	Failure to use levering action into the handstand.
	Each <u>0.50</u>	Extra kick up to handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the handstand
	Up to 0.30	• Showing a shoulder angle less than 180 degrees
	Up to 0.50	• Pike
Up to 0.30	• Arch	
	Each <u>0.10</u>	Additional hand placements (taking steps on hands) Max. of 0.30
	Up to 0.10	Incorrect foot form
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

LEVEL 5 VAULT

The gymnast may perform two vaults, with the better score to count.

Three attempts are permitted to successfully complete one or two vaults. **One balk is allowed in the three attempts without penalty. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or vault table without coming to a rest or support on top of the vault table. The following examples are considered VOID (0) vaults: 1) Any additional balk. 2) Any attempt which results in the gymnast coming to rest or support on top of the vault table without passing through the vertical plane in an inverted (handstand) position.** A fourth attempt is not permitted.

HANDSPRING VAULT



The number of running steps is optional. The run should be even and strong, accelerating to the hurdle onto the board. During the preflight (first flight), the arms swing forward to complete shoulder extension, keeping the head neutral, and the eyes focused toward the hands. Maintain a straight-hollow body position with the legs together and hips extended. The gymnast rotates to an inverted position by driving the legs/heels backward-upward. Upon hand contact, quickly and forcefully extend the shoulders to block against the vault table with straight arms, causing the body to leave the vault table near vertical.

During the after-flight, maintain a tight, straight-hollow body position with hips extended and the head neutral. The rotation continues until the landing in demi-plié.

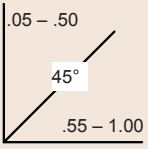
ARMS: High throughout pre-flight, block and after-flight. The position of the arms on landing is optional.

Extend the legs to finish in a straight stand.

ARMS: Move to high position.

LEVEL 5 VAULT TABLE OF PENALTIES

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch • Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	VOID	Aid of coach during first flight, support, or second flight phase
	<u>0.50</u>	Aid of coach upon landing
No deduction VOID	1st Balk <ul style="list-style-type: none"> • Performing 2nd or 3rd Balk 	
First Flight		See Vault General Faults

Support Phase 	VOID	Performing incorrect vault (coming to rest or support on top of the vault table without passing through the vertical plane in an inverted (handstand) position OR performing a vault other than a handspring)
	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact vault table
	Up to 0.30	Incorrect shoulder alignment (showing shoulder angle less than 180°)
	Up to 0.50	Too long in support
	Up to 0.20	Alternate repulsion
	Up to 1.00	Angle of repulsion (failure to leave vault table by vertical-Angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical.) If the gymnast leaves the vault table by:
	No deduction 0.05 - 0.50 0.55 - 1.00	<ul style="list-style-type: none"> • Vertical • 1° to 45° past vertical • 46° - 89° past vertical
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
	Chief judge- <u>1.00</u>	Touch of only one hand on vault table
VOID	No hand support on vault table	
Second Flight	Up to 0.50	Insufficient height
	Up to 0.30	Insufficient distance
	<u>0.30</u>	Brush, touch, or hit of body on far end of vault table
Landing Phase <i>*See p.159 Landing Clarification</i>	0.05	Lands with feet hip-width apart or closer but never joins feet
	Up to 0.10	Lands with feet staggered (one in front of the other)
	<u>0.10</u>	Lands with feet further than hip-width apart
	Up to 0.10	Slight hop or small adjustment of feet
	Up to 0.10	Extra arm swing(s)
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.20	Incorrect body posture on landing
	(Max. 0.40) Each <u>0.10</u>	Taking steps after landing
	(Max. 0.40) Each 0.20	Very large step or jump
	Up to 0.30	Squat upon landing
Up to 0.30 <u>0.50</u>	Contacting the mat or apparatus with one or both hands or with body after landing <ul style="list-style-type: none"> • Brush, touch, or hit • Support on hand(s) or fall onto mat or against apparatus 	
(Includes the fall) <u>2.00</u> (Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Failure to land on the feet first on the mat <ul style="list-style-type: none"> • Finishes in a sitting, lying or standing position on the vault table after passing through vertical plane in an inverted (handstand) position. 	

LEVEL 5 VAULT SUPPLEMENTARY SKILLS

1. Handspring over table onto stacked mats to back lying position

Stack mats behind the vault table to the height of the table. Execute a handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position. Land in a straight lying position on the back, with arms extended overhead.

2. Handspring repulsion drill

Stack mats behind the vault table slightly higher than the table. Execute a handspring vault with the emphasis on the shoulder block (quick and explosive extension of the shoulders immediately upon contact with the table). The head remains neutral with focus on the hands. Arrive on the hands on the stacked mats. Maintaining a straight-hollow body position with legs together, continue past vertical to land on the skill cushion in a straight lying position on the back.

3. Front Salto Stretched

From a controlled run approach and hurdle onto a springboard, immediately swing the arms explosively forward-upward while lifting the heels backward-upward to execute a Front Salto Stretched onto an 8-inch skill cushion or solid foam pit. Complete the rotation to land on the feet with the body upright.

(Revised July 2017)

LEVEL 5 BALANCE BEAM

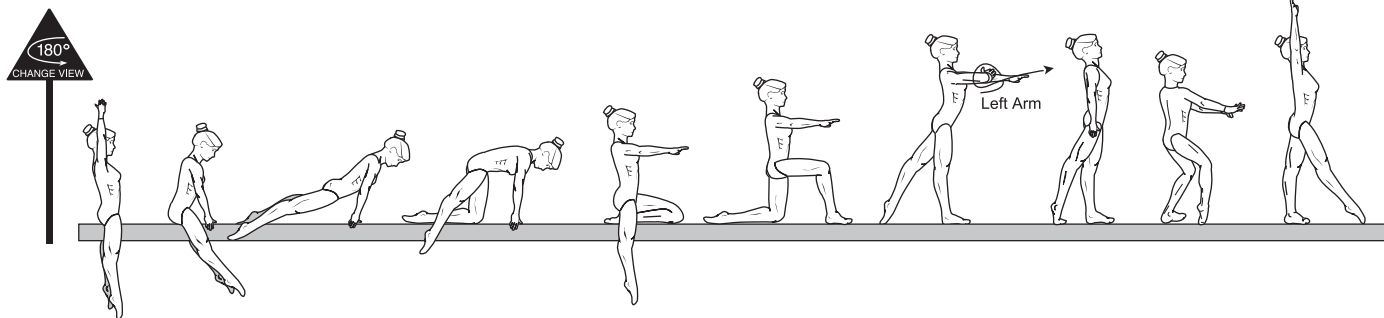
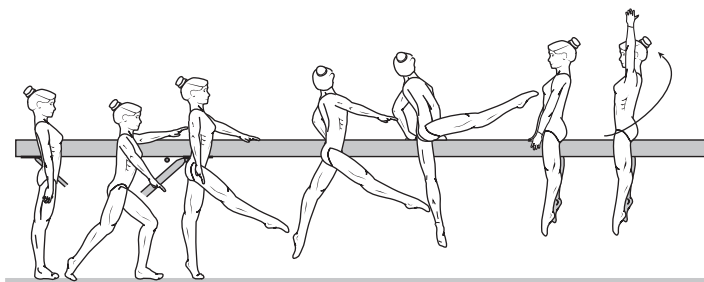
Time Limit: 1:10

Please Note:

- Whenever high arm position is indicated, arms may be curved (crown) or straight.
- Whenever sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states “step,” the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- Whenever the text states relevé or the “lock” stand, the ankles should be turned out with the heels pressed forward with the inner thighs turned out and pressed together.
- Whenever the text states “supplely,” the proper dance technique is to softly bend and straighten the arms sequentially through the elbow, wrist, and fingers.
- The routine may be reversed in its entirety; however, no single element may be reversed unless indicated by an asterisk. (*)

Starting Position (SP): Stand parallel to the beam, with the beam closest to the Left side of the body. The gymnast will start approximately in the middle of the beam. The gymnast’s starting position will vary depending on many factors (for example, size of the gymnast, length of the steps, etc.). Space the mount so that the scale is performed close to the end of the beam. A board or raised surface (such as a folded panel mat or padded spotting/skill block) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

1. *LEG SWING MOUNT WITH ½ (180°) TURN (0.20); WHIP SWING TO KNEEL; STAND



Note: The rhythm of the **MOUNT** to stand is quick, with no hesitations or pauses.

From a one-step approach, step on the Left foot and **SWING** the straight Right leg forward-upward above the beam and push off the Left foot while executing a ½ (180°) **TURN** to the Left to arrive in a cross straddle sit. The torso should remain erect throughout the mount.

ARMS: As the leg swing occurs, place the Left hand, then Right hand, on the beam approximately shoulder-width apart, pushing down against the beam to facilitate the lift of the torso. The Left hand may move backward beside the Right hand as the completion of the 180° turn is executed. At the completion of the straddle sit, begin making a full circle with both arms by moving both arms downward-backward-upward to crown.

Initiate the **WHIP SWING** by allowing both legs to move slightly forward to create momentum for the **WHIP SWING**. At the completion of the forward swing, **SWING** both legs backward and upward (slightly separating the legs in order to clear the beam). The Left leg **SWINGS** just high enough to place the Left knee on the beam with the Left foot pointed on top of the beam. At the completion of the **WHIP SWING**, the Right leg will be extended backward-diagonally-downward with the torso tilted forward.

ARMS: To complete the arm circle, move both arms forward and downward to re-grasp the beam with the hands side-by-side, thumbs on top of the beam.

LEG SWING MOUNT WITH ½ (180°)(0.20); TURN, WHIP SWING TO KNEEL; STAND (CONTINUED)

Lift the torso upright and press the buttocks down to rest on the Left heel (slightly above the heel is also acceptable), while moving the Right leg forward to point the Right foot straight down to the floor.

ARMS: Lift both arms forward-upward to forward-middle. (Curved is also acceptable.)

Immediately lift the buttocks and bring the Right leg forward, bending the knee to place the Right foot on the beam, passing through a **KNEELING** position on the Left knee. Extend both legs to **STAND** with the Left foot pointed behind on the beam, both legs straight.

ARMS: With the Left arm, perform an inward forearm circle starting with the hand moving first upward, then in toward the center of the chest. Continue to open to forward-middle, pointing toward the end of the beam, palm down. As the Left arm begins to move toward the chest, flip the Right hand to finish with the fingertips of the Right hand touching the inside of the Left elbow, with the palm out.

Step forward onto the straight Left leg (not in relevé) with the hips squared to the beam.

ARMS: Lower both arms forward-downward to low.

Demi-plié the Left leg and slightly twist the hips to the Left while simultaneously bending the Right leg forward, pointing the Right foot to touch the beam close to the front of the Left foot. The gymnast finishes the movement in a pose with the Left leg turned out and the Right leg parallel to the Left leg, with both legs very close to each other.

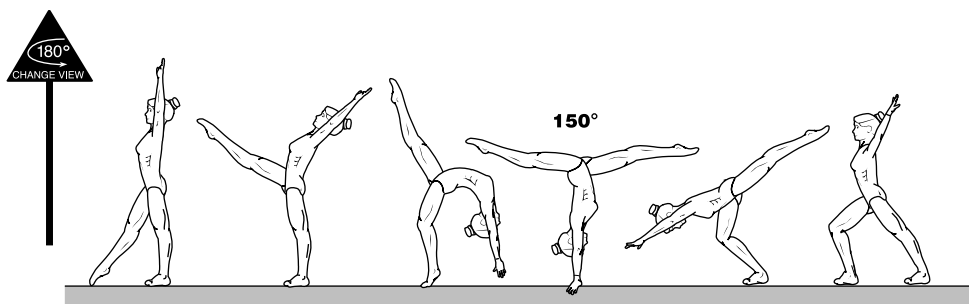
ARMS: Lift both arms sideward-upward to side-middle, and then move both arms forward to forward-middle to either come close to, or touch, the backs of the wrists.

Untwist the hips and extend both legs, finishing with the Right leg extended forward, slightly turned out, and the Right foot pointed on the beam.

ARMS: Open both arms to side-middle or low, then lift both arms sideward-upward to high.

Up to 0.10	Lack of continuity in ½ (180°) turn to straddle sit
Points of emphasis: Posture; straight arms in support; quick rhythm to stand	

2. *BACK WALKOVER (150°) OR *BACKWARD ROLL TO MINIMUM OF ¾ HANDSTAND OR *FLIC-FLAC STEP-OUT (0.60 EACH)



(If reversing the **BACK WALKOVER**, after extending both legs, step forward Right and point the Left foot forward.)

***BACK WALKOVER (150°):**

Lift the Right leg forward-upward. Anytime during the leg lift, arch the upper back while reaching backward to grasp the beam with the hands side-by-side, thumbs on top of the beam. As the Left foot pushes off the beam, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through a handstand position with a minimum of **150°** leg separation, shoulders extended, and focus on the hands. Step down using the levering action to finish **on a straight (or slightly bent) Right leg and immediately close Left leg behind the Right foot to finish with both legs straight and feet flat on the beam OR** to finish in a Right lunge, pressing the Right knee and both hips forward.

ARMS: High throughout. Open sideward-diagonally-upward on the lunge.

Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
0.10	Incorrect (staggered or alternate) hand placement
Up to 0.20	Insufficient leg separation (less than 150°)
Points of emphasis: Stretched body alignment through vertical; straight legs	

LEVEL 1 VAULT TABLE OF PENALTIES

STRETCH JUMP ONTO A MINIMUM OF 16 INCHES OF MATTING AND
HANDSTAND, FALL TO STRAIGHT LYING POSITION

STRETCH JUMP ONTO A MINIMUM OF 16 INCHES OF MATTING (value - 5.00)

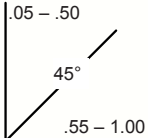
Approach	Up to 0.30	Failure to maintain horizontal running speed to the board
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> (VOID 1st phase)	Runs onto board and steps up onto mat stack or rebounds from board to come to rest or support on mat stack on body parts other than feet first
Stretch Jump from Board to Mat <i>*see pg. 159 Landing Clarification</i>	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump
	Up to 0.50	
	Up to 0.50	
	Up to 0.30	
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	<u>0.05</u>	Lands with feet hip-width or closer but never joins feet
	<u>0.10</u>	Lands with feet further than hip-width apart
Up to 0.10	Lands with feet staggered (one in front of the other)	
Up to 0.50	Failure to land in demi-plié with control and proper body position	
General	Up to 0.30	Incorrect direction
	<u>0.50</u>	Fall (onto hands, knees +/- or hips) after landing stretch jump on feet first
	No deduction Void	1st Balk • Performing a 2nd or 3rd Balk


HANDSTAND, FALL TO STRAIGHT LYING POSITION (value - 5.00)

Approach	Up to 0.20	Failure to maintain arms next to ears while reaching for the mat
	Up to 0.10	Failure to use levering action into the handstand.
	Each <u>0.50</u>	Extra kick up to handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the handstand
	Up to 0.30	
	Up to 0.50	
Up to 0.30	• Pike • Arch	
Each <u>0.10</u>	Additional hand placements (taking steps on hands) <i>Max. of 0.30</i>	
Up to 0.10	Incorrect foot form	
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

LEVEL 2 VAULT TABLE OF PENALTIES

JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 16");
FALL TO STRAIGHT LYING POSITION ON THE BACK

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch • Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as "incorrect vault")
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No deduction VOID	<i>1st Balk</i> <ul style="list-style-type: none"> • Performing a 2nd or 3rd Balk
	Run and Board Contact	Up to 0.30
Up to 0.30		Failure to maintain horizontal running speed to the board
Up to 0.30		Excessive forward lean of the body upon board contact
First Flight		See Vault General Faults
Support Phase 	VOID	Performing incorrect vault (<i>coming to rest or support on top of the mat stack without passing through the vertical plane.</i>)
	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00	Contacting the mat stack with the hands after vertical
	0.05 - 0.50	• Contact from 1° to 45° past vertical
	0.55 - 1.00	• Contact from 46° - 89° past vertical
	<u>0.50</u> <u>0.20</u>	Failure to place hands in the prescribed landing zone (between the edge of the mat and the tape line). <ul style="list-style-type: none"> • If both hands land beyond the tape line • Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <i>Max. of 0.30</i>
<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)	






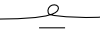


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	* CARTWHEEL TO SIDE HANDSTAND, * ¼ (90°) TURN DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.10	Failure to hold one second
		<u>0.20</u>	Failure to perform the ¼ (90°) turn
		Up to 0.10	¼ (90°) turn incomplete or overturned
		Up to 0.10	Failure to maintain hand contact on beam until body passes by the horizontal plane
		Up to 0.60	<p>Failure to complete dismount (these deductions do not include possible body position faults): When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed: Example: Attempts dismount, does not attain vertical, then falls and does not repeat:</p> <p>Deduct Up to 0.30 (failure to attain vertical) <u>0.10</u> (not held one second) <u>0.20</u> (failure to perform 90° turn) = 0.60 for incomplete element + <u>0.50</u> (fall) for a TOTAL OF 1.10</p>

LEVEL 5 BALANCE BEAM TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

* Indicates a reversal is allowed

Time: 1 minute 10 seconds Warning: 1minute

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	*LEG SWING MOUNT WITH ½ (180°) TURN (0.20)	Up to 0.10	Lack of continuity in ½ (180°) turn to straddle sit
	*BACK WALKOVER	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
	— OR — *BACKWARD ROLL TO MINIMUM ¾ HANDSTAND	Up to 0.20	Insufficient leg separation (less than 150°)
		Up to 0.20	Failure to attain minimum of ¾ handstand
	— OR — *FLIC-FLAC STEP-OUT (Each 0.60)	<u>0.60</u>	Performing a backward roll step-out (head stays in contact with beam)
		<u>0.20</u>	Failure to step out (performs flic-flac to two feet)
	SCALE (ABOVE HORIZONTAL) (0.40)		
	Rond de Jambe to Arabesque	Each up to 0.10	Failure to lift free leg to a minimum of 45° above the beam before rond de jambe and in the arabesque
		<u>0.10</u>	Failure to maintain a consistent height of leg throughout rond de jambe
		<u>0.05</u>	Failure to pause in the arabesque
	Scale	Up to 0.20	Failure to lift free leg to above horizontal in scale
		Up to 0.10	Failure to hold scale one second
	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Insufficient continuity between jumps (If a fall occurs between the elements, deduct <u>0.20</u> for insufficient continuity plus <u>0.50</u> for the fall. If gymnast repeats and successfully connects the leap and jump, deduct <u>0.50</u> only.)
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
	*CROSS HANDSTAND (0.60)	<u>0.10</u>	Incorrect (staggered) hand placement
		Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close (join) legs (side by side)
		Up to 0.20	Failure to hold two seconds