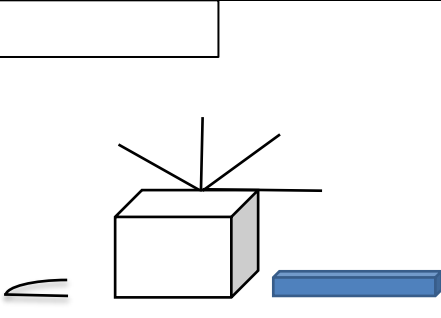
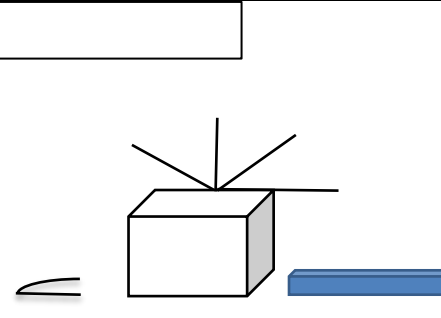
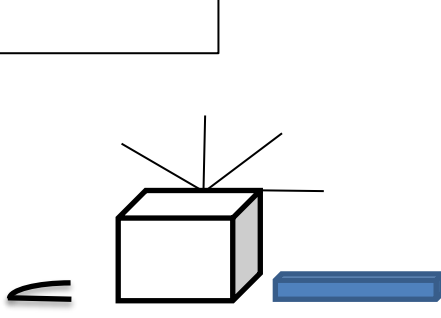
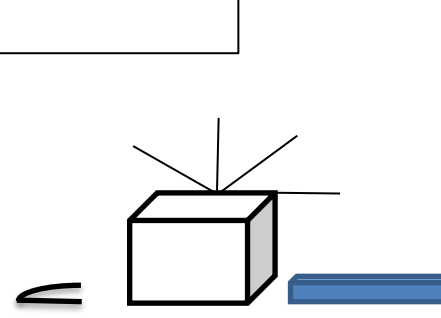
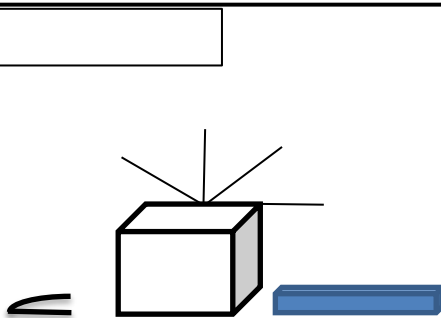
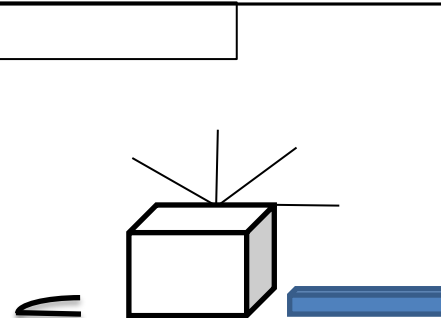
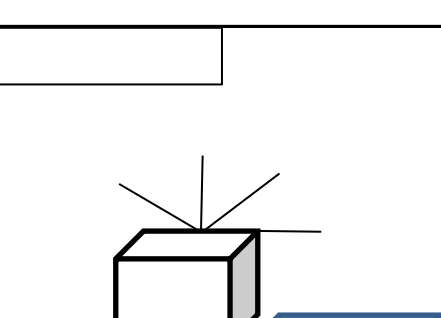
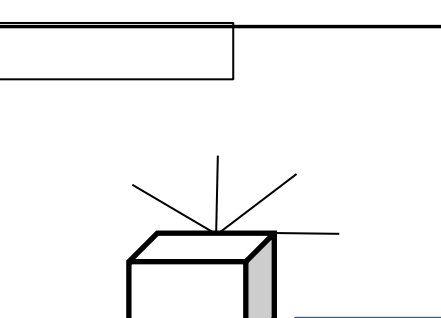


General Faults		Support Phase		Landing Phase	
Body Arch	ea phase ↑.30	Arms bent	↑.50	Additional trunk movements	↑.20
Body Pike	ea phase ↑.50	head on mat (include arm bend)	2.00	Arm swing to maintain balance	↑.10
Legs bent	ea phase ↑.30	Incorrect shoulder align.	↑.20	Assistance on landing	0.5
Legs separated	ea phase ↑.20	Too long in support	↑.50	Feet First (includes fall)	2.00
Incorrect foot form	ea phase ↑.10	hands after vertical	↑1.00	Fall against mats or to knees	0.5
Incorrect head	ea phase ↑.10	Contact 1-45 past	.05-.50	Small step or feet > hips apart	↑.10
Direction	↑.30	Contact 46-89 past	.55-1.0	Never joins heels	0.05
Dynamics	↑.30	Alternate Repulsion	↑.20	Posture	↑.20
Assistance all phases	2.00	Staggered hand placement	↑.10	Fall on Apparatus	2.5
incorrect vault	Void	Steps on hands (max .30)	each .10	Large step or jump (max 0.40)	each .20
Use of Alternative Board	Void	Touch one hand only	CJ 1.00	Brush/touch of hands on mat	↑.30
Balk w/ touch or 2 & 3	Void	No Hands	Void	Slight hop, adjust feet	↑.10
No Signal from CJ	CJ .50	2nd Flight		Squat on landing	↑.30
		Brush.hit body on mat stack	0.2	Steps (max 0.40)	each .10
		Insufficient Height/Length	No Deduction	Support on mat with hands	0.5

REV:7/2021JPF

	Direction	Score		Direction	Score
	Dynamics	Aver.		Dynamics	Aver.
	Landing			Landing	
	Direction	Score		Direction	Score
	Dynamics	Aver.		Dynamics	Aver.
	Landing			Landing	
	Direction	Score		Direction	Score
	Dynamics	Aver.		Dynamics	Aver.
	Landing			Landing	
	Direction	Score		Direction	Score
	Dynamics	Aver.		Dynamics	Aver.
	Landing			Landing	

VAULT

Level 4/5

GENERAL FAULTS		SUPPORT PHASE		2nd FLIGHT		Landing	
Pike	Each ↑.50	Shoulder alignment	↑.30	Height	↑.50	Slight hop/small step	↑.10
Arch	Each ↑.30	Arms bent	↑.50	Length	↑.30	Never joins feet	0.05
Legs bent	Each ↑.30	Head on Table-Incl. arms	2.00	Brush, touch or hit body on far end of vault table	0.30	Arm Swings	↑.10
Legs Separate	Each ↑.20	Too long in support	↑.50			Trunk Movement	↑.20
Foot Form	Each ↑.10	Alternate Rep	↑.20			Incorrect Posture	↑.10
Head align	Each ↑.10	Staggered hand placement	↑.10	Length-consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase		Steps (.40 max)	0.10
Direction	↑.30	Not leaving@vertical	↑1.00			Large Step/Hop (.40 max)	0.2
Dynamics	↑.30	1-45 past vertical	↑.50			Squat	↑.30
Coach between	No Ded	46-89 past vertical	.55-1.0			Brush, touch, hit	0.30
Assistance 1 st , support, 2nd	L-4 - 2.00	Add Hand Placement	Each 0.10			Support	0.50
	L-5 - VOID	1 hand	CJ 1.00			Fall-against or knees	0.50
Aid on Landing	0.50	No hands	VOID			Feet First (includes fall)	2.00
Incorrect Vault	VOID					Sit/Lay on Table	2.5
Balk w/touch/ 2 & 3	VOID					Assistance on landing	0.50

Rev 7/2021:JPF

Gymnast _____

Score _____

Aver. _____

Gymnast _____

Score _____

Aver. _____

Gymnast _____

Score _____

Aver. _____

Gymnast _____

Score _____

Aver. _____

Gymnast _____

Score _____

Aver. _____








Gymnast _____

Score _____

Aver. _____

UNEVEN BARS

Level 3

Glide return	back hip pullover	OR Glide Kip	Cast	Back hip circle, Back hip circle	Forward hip circle	Squat on Stretch jump dismount
2	4	6	2	4 each	4	6
						
#		Score			AVG	
#		Score			AVG	
#		Score			AVG	
#		Score			AVG	
#		Score			AVG	











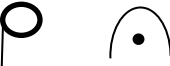
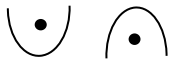

UNEVEN BARS

Level 4

Glide Kip	Cast to Horizontal	Cast squat on, pike on OR 360* back sole	Long hang kip	Cast to Horizontal	Back hip circle	Underswing 1st counter swing (30*)	Tap swing 2nd counter swing (30*)	Tap Swing ½ Turn DM
6	4	2	6	4	4	6	6	6
#			Score			AVG		
#			Score			AVG		
#			Score			AVG		
#			Score			AVG		
#			Score			AVG		

UNEVEN BARS









Level 5

Glide Kip	Cast above Horizontal	Clear hip above horizontal	OR sole circle to clear support	OR back stalder circle to clear support	Glide Kip	Cast squat on, pike on OR 360* back sole circle	Long Hang Kip	Clear hip above horizontal	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	6
												
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	
#gymnast								Score			AVG	

BALANCE BEAM

Level 3








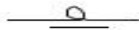

Time: 55 seconds Warning: 45 seconds

Front Support Fish Pose Mount	*Cross handstand	*Heel snap (1/2) turn	Stretch jump/stretch jump	Arabesque 45°	Straight Leg Leap (90°)	2 pivot turns	*HS ¼ turn Dismount
2	6	4	4 ea	4		2 ea	6
							
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	

BALANCE BEAM

Level 4

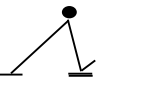


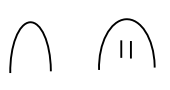

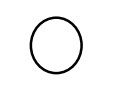
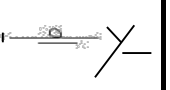

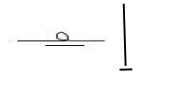


Time: 1 minute 5 seconds Warning: 55 seconds

Front Support Fish Pose Mount	Cartwheel	*1/2 turn in forward passe	Stretch jump	Split jump (120*)	*Cross handstand	Scale (horizontal)	Straight Leg Leap (120*)	*HS 1/4 turn Dismount
2	6	4	2	4	6	4	4	6
								
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		

BALANCE BEAM






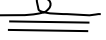




Level 5

Time: 1 minute 10 seconds Warning: 1 minute

Front Support Fish Pose Mount	Back Walkover	OR back roll to 3/4 handstand	OR Back handspring	OR Front Walkover	1/1 turn in forward passe	Split jump (150*)/sissonne	Scale (above horizontal)	Straight Leg Leap (150*) Stretch Jump	*Cartwheel Stretch Jump	Back Salto Tucked
2	6	6			4	4/2	4	6/2	6/2	6
										
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG
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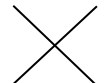


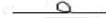





FLOOR EXERCISE

Level 3

Handstand forward roll (straight arms)	Straight Leg Leap (90)	Stretch Jump	Split Jump (90*)	*Handstand/Bridge kick over	forward split	*1/2 turn in forward passe	Back roll to 45* above horizontal lower to push up	*Round off	Flic Flac (2 feet) - Rebound
6	6	2	4	6	2	4		4	6
									
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			

FLOOR EXERCISE

Level 4

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

#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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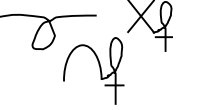




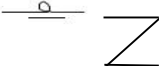

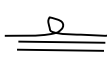




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#gymnast	Score			AVG	
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#gymnast	Score			AVG	
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FLOOR EXERCISE

Level 5

Front Salto Tucked OR *Free (Aerial) Cartwheel OR *Free walkover	*Front Handspring stepout Front Handspring stepout	*Cartwheel	back extension to Handstand (straight arms)	*Stretch jump full turn	Straight leg leap (150*) OR switch leg leap (150*)	Straddle jump (150*)	forward split	1/1 turn in forward passe	Round off	Flic Flac (2 feet)	Back salto tucked
6	6ea	4	4	2	6	6	2	4	4	4	6
											

#gymnast	Score			AVG
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#gymnast	Score			AVG
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#gymnast	Score			AVG
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#gymnast	Score			AVG
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#gymnast	Score			AVG
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#gymnast	Score			AVG
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