<table>
<thead>
<tr>
<th>Run &amp; Board Contact</th>
<th>Stretch Jump</th>
<th>Handstand</th>
<th>Landing</th>
</tr>
</thead>
<tbody>
<tr>
<td>HZ running speed: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excessive lean: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Additional jumps: 0.3 each</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Run onto board to mat/ Not landing on feet: 5.0/ Void</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of height: ^0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot form: ^0.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legs Separated: ^0.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legs Bent: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neutral Head Position: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arch: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pike: ^0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dev from straight dir: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fail land Demi-plie: ^0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall: 0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra Kick: 0.5 each</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot form: ^0.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legs Separated: ^0.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legs Bent: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neutral Head Position: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arch: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pike: ^0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inc. Shoulder Align: ^0.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arms Bent: ^0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fail land st. - lying position on back: ^1.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lands on feet &amp; steps off mat: 1.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Land on seat 90° hip angle &amp; steps off mat: 0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lands in arch &amp; bent legs &amp; steps off mat: 0.5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**General Faults**

- Dynamics: ^0.3
- Spot Straight Jump: 2.0
- Spot landing of St Jump: 0.5
- Fall after spot: 0.5 (additional)

---

**Gymnast#**

- Stretch Jump (5.0)
  - Height. _______
  - Feet. _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______
  - Direction _______
  - Landing. _______

- Handstand (5.0)
  - Extra Kick: _______
  - Foot form: _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______
  - Shoulder: _______
  - Arms Bent: _______

- Landing
  - General Dynamics: _______
  - Spot/fall: _______

---

**Gymnast#**

- Stretch Jump (5.0)
  - Height. _______
  - Feet. _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______
  - Direction _______
  - Landing. _______

- Handstand (5.0)
  - Extra Kick: _______
  - Foot form: _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______
  - Shoulder: _______
  - Arms Bent: _______

- Landing
  - General Dynamics: _______
  - Spot/fall: _______

---

**Gymnast#**

- Stretch Jump (5.0)
  - Height. _______
  - Feet. _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______
  - Direction _______
  - Landing. _______

- Handstand (5.0)
  - Extra Kick: _______
  - Foot form: _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______
  - Shoulder: _______
  - Arms Bent: _______

- Landing
  - General Dynamics: _______
  - Spot/fall: _______
### Vault: Level 2

<table>
<thead>
<tr>
<th>Run &amp; Board Contact</th>
<th>General (Each Phase)</th>
<th>Support Phase</th>
<th>Landing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insuf Acceleration: ^0.3</td>
<td>Foot form: ^0.1</td>
<td>Inc. Shoulder Align: ^0.3</td>
<td>Lands on feet &amp; steps off mat: 1.0</td>
</tr>
<tr>
<td>HZ running speed: ^0.3</td>
<td>Legs Separated: ^0.2</td>
<td>Arms Bent: ^0.5</td>
<td>Land on seat 90° hip angle &amp; steps off mat: 0.5</td>
</tr>
<tr>
<td>Excessive lean: ^0.3</td>
<td>Legs Bent: ^0.3</td>
<td>Bent Arms Head Cont: 2.0</td>
<td>Lands in arch &amp; bent legs &amp; steps off mat: 0.5</td>
</tr>
<tr>
<td>Additional jumps: 0.3 each</td>
<td>Neutral Head Position: ^0.3</td>
<td>Bth Hands Beyond Tape: 0.5</td>
<td></td>
</tr>
<tr>
<td>Run onto board to mat: Void</td>
<td>Arch: ^0.3</td>
<td>Staggered Hands: 0.2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pike: ^0.5</td>
<td>Additional hand place: 0.1 ea (max 0.3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 or no hand contact: 3.0</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fail to show vertical: ^2.0</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Contact After Vertical: 0° - 45°: ^1.0 46° - 89°: ^1.0</td>
<td></td>
</tr>
</tbody>
</table>

**General Faults**

- **First Flight**
  - Dynamics: ^0.3
  - Spot After HS: 2.0

- **Support Phase**
  - Shoulder: _______
  - Arms Bent: _______
  - Hand Placement: _______
  - Vertical: _______
  - Arch: _______
  - Direction _______

- **Landing**
  - General Dynamics: _______

---

### Gymnast #:

- **Run & Board Contact**
  - Acceleration _______
  - HZ Speed _______
  - Lean _______
  - Jumps _______

- **General (Each Phase)**
  - Feet: _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______

- **Support Phase**
  - Shoulder: _______
  - Arms Bent: _______
  - Hand Placement: _______
  - Vertical: _______

- **Landing**
  - General Dynamics: _______

---

### Gymnast #:

- **Run & Board Contact**
  - Acceleration _______
  - HZ Speed _______
  - Lean _______
  - Jumps _______

- **General (Each Phase)**
  - Feet: _______
  - Legs Sep: _______
  - Legs Bent: _______
  - Head: _______
  - Arch/Pike _______

- **Support Phase**
  - Shoulder: _______
  - Arms Bent: _______
  - Hand Placement: _______
  - Vertical: _______

- **Landing**
  - General Dynamics: _______
### Vault: Level 3

#### General Faults

- Dev from straight dir: ^0.3
- Legs Separated: ^0.2
- Legs Bent: ^0.3
- Neutral Head Position: ^0.3
- Arch: ^0.3
- Pike: ^0.5

#### General (Each Phase)

- Foot form: ^0.1
- Alt Repulsion: ^0.2
- Bent Arms Head Cont: 2.0
- Too long in support: ^0.5
- Additional hand place: 0.1 ea (max 0.3)
- 1 hand touch: 1.0
- No hands touch: Void
- Contact After Vertical: 0° - 45°: ^0.5 46° - 89°: ^1.0
- Feet Apart (Hip width): 0.1(0.05)
- Hop/adjust/stag feet: ^0.1
- Steps: 0.1 ea. (max 0.4)
- Lg. Jump: 0.2 (max 0.4)
- Arm Swings: ^0.1
- Inc Body Post: ^0.2
- Add Trunk Movement: ^0.2
- Squat on Landing: ^0.3
- Assist on landing: 0.5
- Fail: 0.5
- Fall to land on feet: 2.0
- Land on mat stack: 2.5

### First Flight

See General Faults

### Gymnast#

<table>
<thead>
<tr>
<th>Feet</th>
<th>Legs Sep</th>
<th>Legs Bent</th>
<th>Head</th>
<th>Arch/Pike</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### General (Each Phase)

<table>
<thead>
<tr>
<th>Shoulder</th>
<th>Arms Bent</th>
<th>Hand Placement</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Support Phase

- Inc. Shoulder Align: ^0.2
- Bent Arms: ^0.5
- Staggered Hands: ^0.1
- 1 hand touch: 1.0
- No hands touch: Void
- Contact After Vertical: 0° - 45°: ^0.5 46° - 89°: ^1.0

#### Landing

- Dynamics ________
- Direction ________

---

### Gymnast#

<table>
<thead>
<tr>
<th>Feet</th>
<th>Legs Sep</th>
<th>Legs Bent</th>
<th>Head</th>
<th>Arch/Pike</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### General (Each Phase)

<table>
<thead>
<tr>
<th>Shoulder</th>
<th>Arms Bent</th>
<th>Hand Placement</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Support Phase

- Inc. Shoulder Align: ^0.2
- Bent Arms: ^0.5
- Staggered Hands: ^0.1
- 1 hand touch: 1.0
- No hands touch: Void
- Contact After Vertical: 0° - 45°: ^0.5 46° - 89°: ^1.0

#### Landing

- Dynamics ________
- Direction ________

---

### Gymnast#

<table>
<thead>
<tr>
<th>Feet</th>
<th>Legs Sep</th>
<th>Legs Bent</th>
<th>Head</th>
<th>Arch/Pike</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### General (Each Phase)

<table>
<thead>
<tr>
<th>Shoulder</th>
<th>Arms Bent</th>
<th>Hand Placement</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Support Phase

- Inc. Shoulder Align: ^0.2
- Bent Arms: ^0.5
- Staggered Hands: ^0.1
- 1 hand touch: 1.0
- No hands touch: Void
- Contact After Vertical: 0° - 45°: ^0.5 46° - 89°: ^1.0

#### Landing

- Dynamics ________
- Direction ________
### General Faults
- Dev from straight dir: ^0.3
- Dynamics: ^0.3
- Assistance of Coach: Level 4: 2.0 - Level 5: Void

### First Phase
**General (Each Phase)**
- Foot form: ^0.1
- Legs Separated: ^0.2
- Legs Bent: ^0.3
- Neutral Head Position: ^0.1
- Arch: ^0.3
- Pike: ^0.5

### Support Phase
- Inc. Shoulder Align: ^0.2
- Alt Repulsion: ^0.2
- Arms Bent: ^0.5
- Head Contacting Table: 2.0
- Too long in support: ^0.5
- Staggered Hands: ^0.1
- Add hand place: 0.1 ea (max 0.3)
- 1 hand touch: 1.0
- No hands touch: Void

### Second Flight Phase
- Brush/hit body on table: 0.2
- Insufficient Length: ^0.3
- Insufficient Height: ^0.5

### Landing
- Feet Apart (Hip width): 0.1(0.05)
- Hop/adjust/stag feet: ^0.1
- Steps: 0.1 ea. (max 0.4)
- Lg. Jump: 0.2 (max 0.4)
- Arm Swings: ^0.1
- Inc Body Post: ^0.2
- Add Trunk Movement: ^0.2
- Squat on Landing: ^0.3
- Brush/Touch hands on mat: ^0.3
- Assist on landing: 0.5
- Fall: 0.5
- Fail to land on feet: 2.0
- Land on table stack: 2.5

### Angle of Repulsion
- \(0.05 - 0.50\)
- \(45\degree\)
- \(0.55 - 1.00\)

### Gymnast#:

#### General (Each Phase)
- Feet. ____ ____ ____
- Legs Sep: ____ ____ ____
- Legs Bent: ____ ____ ____
- Head: ____ ____ ____
- Arch/Pike ____ ____ ____

#### Support Phase
- Shoulder: ______
- Arms Bent: ______
- Hand Placement: ______
- Support: ______

#### Second Flight
- Height ______
- Angle ______
- Length ______

#### Landing
- Legs ______
- Steps ______
- Trunk ______
- Arms ______
- Squat ______

#### Dynamics ______
- Direction ______

### Gymnast#:

#### General (Each Phase)
- Feet. ____ ____ ____
- Legs Sep: ____ ____ ____
- Legs Bent: ____ ____ ____
- Head: ____ ____ ____
- Arch/Pike ____ ____ ____

#### Support Phase
- Shoulder: ______
- Arms Bent: ______
- Hand Placement: ______
- Support: ______

#### Second Flight
- Height ______
- Angle ______
- Length ______

#### Landing
- Legs ______
- Steps ______
- Trunk ______
- Arms ______
- Squat ______

#### Dynamics ______
- Direction ______

### Gymnast#:

#### General (Each Phase)
- Feet. ____ ____ ____
- Legs Sep: ____ ____ ____
- Legs Bent: ____ ____ ____
- Head: ____ ____ ____
- Arch/Pike ____ ____ ____

#### Support Phase
- Shoulder: ______
- Arms Bent: ______
- Hand Placement: ______
- Support: ______

#### Second Flight
- Height ______
- Angle ______
- Length ______

#### Landing
- Legs ______
- Steps ______
- Trunk ______
- Arms ______
- Squat ______

#### Dynamics ______
- Direction ______