First Flight

Incorrect foot form	↑.10
Legs Crossed	↑.10
Legs Separated	↑.20
Legs Bent	↑.30
Poor hip angle	↑.20
Excessive arch	↑.20
Fail to maintain neutral head	↑.10

General Info:

Warm-up Time: 1:30min per gymnast
Table Height: **ANY** manufactured setting
Minimum Mat Height: 32 inches
Maximum Mat Height: 60 inches

Support/Repulsion

Staggered/Alt. contact (except tsuk)	↑.10
Shoulder angle	↑.20
Excessive arch	↑.20
Fail to maintain neutral head	↑.10
Alternate repulsion (except tsuk)	↑.20
Legs bent	↑.30
Failure to pass through vertical	↑.30
Additional hand placements (max .30)	.10
Bent arms (slight bend ok tsuk)	↑.50
Too long in support	↑.50
Angle of repulsion	↑1.00
repulsion by vert	0
repulsion 1º-45º	↑.50
repulsion 45º-hor.	↑1.00
One hand Vault CJ	1.00
Head touches/contacts table	2.00
No hand contact on table	VOID

Second Flight

Fail to maintain neutral head	↑.10
Incorrect foot form	↑.10
Legs Crossed	↑.10
Leg Separation	↑.20
Legs Bent	↑.30
Brush/hit table w/ body	↑.20
Insufficient distance/length	↑.20
Fail to maint. prescribed body posture	↑.30
Insufficient height	↑.50
Failure to create rotation	↑.30

Landing

Incorrect body posture on landing	↑.50
Land feet alternately	.20
Fall against table	.50
Slight hop/small adj. of feet towards table	↑.10
Steps towards table (max .40)	↑.10
Large step/jump towards table	.20
Deviate from straight direction	↑.30
Insufficient dynamics	↑.30
Failure to land on top of mat stack	1.00
Land on top of table	VOID

Other

Run approach w/o coming to rest/support on table	0
Balk #2, Balk #3	VOID
Vault w/o CJ signal (from next vault)	.50
Coach between board/table (yurchenko OK)	.50
Spot/assist during vault	VOID
Spot assist on landing	.50
Fall after spot/assist (each judge)	.50
Fail to land bottom of feet first	VOID
Salto performed after landing	VOID

#	Vault:	SV:		#	Vault:	SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45º
                         ____Body Posture ↑.5
                         ____Landing (off mat = 1.00)
         ___Bent Arms ↑.5   ___ Height ↑.5
____Excessive Arch ↑.2 ____Neutral Head ↑.1   ___ Distance ↑.2
____Neutral Head ↑.1   ___ Dynamics ↑.3

Ex:	Judge 1:	Judge 2:	Average:	Ex:	Judge 1:	Judge 2:	Average:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45º
                         ____Body Posture ↑.5
                         ____Landing (off mat = 1.00)
         ___Bent Arms ↑.5   ___ Height ↑.5
____Excessive Arch ↑.2 ____Neutral Head ↑.1   ___ Distance ↑.2
____Neutral Head ↑.1   ___ Dynamics ↑.3

#	Vault:	SV:		#	Vault:	SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45º
                         ____Body Posture ↑.5
                         ____Landing (off mat = 1.00)
         ___Bent Arms ↑.5   ___ Height ↑.5
____Excessive Arch ↑.2 ____Neutral Head ↑.1   ___ Distance ↑.2
____Neutral Head ↑.1   ___ Dynamics ↑.3

Ex:	Judge 1:	Judge 2:	Average:	Ex:	Judge 1:	Judge 2:	Average:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45º
                         ____Body Posture ↑.5
                         ____Landing (off mat = 1.00)
         ___Bent Arms ↑.5   ___ Height ↑.5
____Excessive Arch ↑.2 ____Neutral Head ↑.1   ___ Distance ↑.2
____Neutral Head ↑.1   ___ Dynamics ↑.3

#	Vault:	SV:		#	Vault:	SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45º
                         ____Body Posture ↑.5
                         ____Landing (off mat = 1.00)
         ___Bent Arms ↑.5   ___ Height ↑.5
____Excessive Arch ↑.2 ____Neutral Head ↑.1   ___ Distance ↑.2
____Neutral Head ↑.1   ___ Dynamics ↑.3

Ex:	Judge 1:	Judge 2:	Average:	Ex:	Judge 1:	Judge 2:	Average:

Block 1 (top-left)

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 2 (top-right)

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 3

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 4

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 5

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 6

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 7

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average:

Block 8

| Vault: | SV:

____Legs
___Too long Support ↑.5   ____Create Rotation ↑.30
____Pass through Vertical ↑.3
____Legs   Vertical   ____Angle of Repulsion ↑1.00
                    45°   ____Body Posture ↑.5
                              ____Landing (off mat = 1.00)
          ___Bent Arms ↑.5
____Excessive Arch ↑.2   ____Neutral Head ↑.1   ___ Height ↑.5
____Neutral Head ↑.1   ___ Distance ↑.2
                                                   ___ Dynamics ↑.3

Ex: | Judge 1: | Judge 2: | Average: