NATIONAL GYMNASTICS ASSOCIATION EXECUTION ERRORS FOR ALL LEVELS OF COMPETITION VAULT

1st FLIGHT	
Poor Foot Form	↑.10
Poor Leg Form:	
Crossed	↑.10
Separated	↑.20
Bent	↑.30
Poor Technique:	
Hip Angle	↑.20
Excessive Arch	↑.20
Incomplete LA turn	↑.30
2nd FLIGHT	
Poor Foot Form	↑.10
Poor Foot Form LA Turn Started Too late	↑.10 ↑.50
LA Turn Started Too late	↑. 5 0
LA Turn Started Too late Exactness of LA Turn	↑.50 ↑.10
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults	↑.50 ↑.10 .10
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults Insufficient Height	↑.50 ↑.10 .10 ↑.50
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults Insufficient Height Insufficient Distance	↑.50 ↑.10 .10 ↑.50
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults Insufficient Height Insufficient Distance Poor Leg Form:	↑.50 ↑.10 .10 ↑.50 ↑.30
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults Insufficient Height Insufficient Distance Poor Leg Form: Crossed	↑.50 ↑.10 10 ↑.50 ↑.30
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults Insufficient Height Insufficient Distance Poor Leg Form: Crossed Separated	↑.50 ↑.10 1.0 ↑.50 ↑.30 ↑.10 ↑.20
LA Turn Started Too late Exactness of LA Turn Under-Rotation of Salto Vaults Insufficient Height Insufficient Distance Poor Leg Form: Crossed Separated Bent	↑.50 ↑.10 1.0 ↑.50 ↑.30 ↑.10 ↑.20

↑.30

↑.30

↑.20

.30

↑.30

.20

Hip Angle (136°-179°)

Salto Vaults

Fails to Maintain Stretch (Pikes Down)

Insufficient/Late Extension of Tuck/Pike

Total Absence of Extension of Tuck/Pike

Late Completion of Twist - Specific to

Brush/Hit of Body/Head on Table

SUPPORT/REPULSION	
Poor Technique:	
Staggered/Alternate Hands - All Vaults*	↑.10
Shoulder Angle	↑.20
Arch	↑.20
Alternate Repulsion - All Vaults*	↑.20
*Exception - Vaults with 3/4 - 1/1 turn on	
+ Salto Off	
Legs Bent in Support or Early Tuck	
in Repulsion (Salto Vaults ONLY)	↑.30
Steps/Hops on Hands	↑.30
LA Turn Begun Too Early	↑.30
Not Thru Vertical	↑.30
Arms Bent (slight bend allowed in lead	↑.50
arm for Group C Vaults)	
Touch with Only 1 Hand - CJ	1.0
Head Touching Table in Support	
(includes 0.5 for bent arms)	2.00
No Hand Contact on Table	VOID

LANDING/GENERAL

SPECIFIC TO LEVEL	
Levels 1-3	
Lack of Acceleration on Run	↑.30
Body Position on Board Contact (Lean) No Height Deduction	↑.30
Levels 1-5	
Speed	↑.50
No Height Deduction	
Levels 4-7	
Failure to Land on Top of Resi	1.00
Level 6-7	
Spot Between Board and Table	1.00
No Distance Deduction Lack of Rotation	↑.30
Lack of Notation	1.00
Level 8	
Spot on Salto Vaults	1.00

E CLE MEN L N. L.	0.5
Feet Hip-Width or closer; Never Join	.05
Slight Hop/Adj Feet/Staggered Feet	↑.10
Arm Swings (Stuck Vaults)	↑.10
Land with Feet More Than Hip-Width Apart	.10
Steps - Each	.10
Steps - Max	.40
Large Step-Jump (approx 3ft)	↑.20
Poor Body Posture	↑.20
Trunk Movement for Balance	↑.20
LA Turn Incomplete	↑.30
Squad on Landing	↑.30
Brush/Touch with Hand(s) (no support)	↑.30
Direction	↑.30
Dynamics	↑.50
Fall or Support on 1 or Both Hands	.50
Fall Against Vault Table	.50
Spotting Assistance Upon Landing	.50
Coach Between Board & Table	.50
(Except Group 4/5 Vaults - No Penalty)	
Vaults Without Signal (from Avg by CJ)	.50
Landing in a Sitting, Lying or Standing	
Position on Top of Table	VOID
Failure to Land on Bottom of Feet First	VOID
No Safety Zone Mat (Group 4/5 Vaults)	VOID
Spotting Assistance During the Vault	VOID
Exception for Level 8 Salto Vaults:	
Spotting Assistance During Post-Flight	1.00
Spotting Assistance During Pre-Flight	
Or Support Phase	VOID



Score Range	
9.5 - 10	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
Below 8.0	
Courtesy Score = Minimum of	5.00