# 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 |
| LA Turn Started Too late | ↑.50 |
| Exactness of LA Turn | ↑.10 |
| Under-Rotation of Salto Vaults | .10 |
| Insufficient Height | ↑.50 |
| Insufficient Distance | ↑.30 |
| Poor Leg Form: | |
| Crossed | ↑.10 |
| Separated | ↑.20 |
| Bent | ↑.30 |
| Exactness of Body Position: | |
| Tuck/Pike | ↑.30 |
| Stretched Position - Arch | ↑.30 |
| Hip Angle (136°-179°) | ↑.30 |
| Fails to Maintain Stretch (Pikes Down) | ↑.30 |
| Insufficient/Late Extension of Tuck/Pike | ↑.20 |
| Total Absence of Extension of Tuck/Pike | .30 |
| Late Completion of Twist - Specific to Salto Vaults | ↑.30 |
| Brush/Hit of Body/Head on Table | .20 |

## 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 arm for Group C Vaults) | ↑.50 |
| Touch with Only 1 Hand - CJ | 1.00 |
| Head Touching Table in Support (includes 0.5 for bent arms) | 2.00 |
| No Hand Contact on Table | VOID |

## LANDING/GENERAL

| | |
|---|---|
| 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 (Except Group 4/5 Vaults - No Penalty) | .50 |
| 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 |

## SPECIFIC TO LEVEL

**Levels 1-3**

| | |
|---|---|
| Lack of Acceleration on Run | ↑.30 |
| Body Position on Board Contact (Lean) | ↑.30 |
| No Height Deduction | |

**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 | |

**Level 8**

| | |
|---|---|
| Spot on Salto Vaults | 1.00 |

| Score Range | |
|---|---|
| **9.5 - 10** | **0.2** |
| **9.0 - 9.475** | **0.5** |
| **8.0 - 8.975** | **0.7** |
| **Below 8.0** | **1.00** |
| **Courtesy Score = Minimum of** | **5.00** |