

# Level 3 Vault

JDM 9/1/21

Body each phase  
Arch  $\uparrow .30$  Pike  $\uparrow .50$

Neutral Head  $\uparrow .10$  each phase

Bent Arms  $\uparrow .50$

Angle of Contact

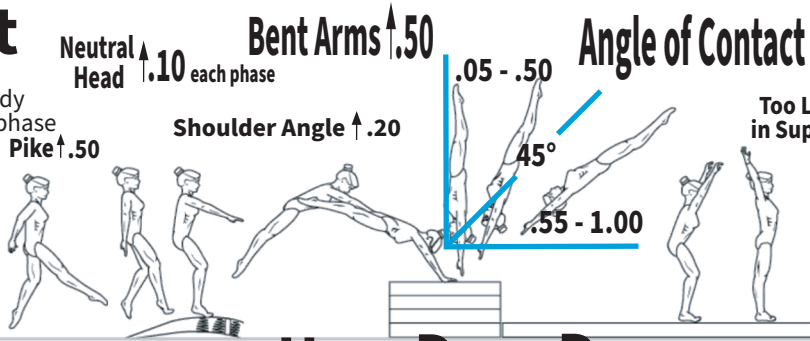
Assistance of Coach  
(1st Flight, Support or 2nd Flight Phase)  
2.00

Feet  $\uparrow .10$  each phase

Steps each  $.10$   
(max.40)

Large Steps / Jump  
Each  $.20$   
(max .40)

Following a fall on 1st vault & an injury is being assessed, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the 2nd vault



**H**eight  
NO DEDUCTION

**D**istance  
NO DEDUCTION

**D**ynamics  
 $\uparrow .30$

Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score
Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score
Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score
Gymnast	Body A ___ P ___	Too Long in Support ___	Gymnast	Body A ___ P ___	Too Long in Support ___
Bent Arms ___	Angle ___	Feet ___	Bent Arms ___	Angle ___	Feet ___
Body A ___ P ___	Body A ___ P ___	Head ___	Body A ___ P ___	Body A ___ P ___	Head ___
Shoulder Angle ___	Dynamics ___	Final Score	Shoulder Angle ___	Dynamics ___	Final Score