

# Level 4 Vault

JDM 9/1/21

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

Neutral Head  $\uparrow .10$  each phase

Shoulder Angle  $\uparrow .20$

Bent Arms  $\uparrow .50$

Angle of Repulsion  $45^\circ$

Too Long in Support  $\uparrow .50$

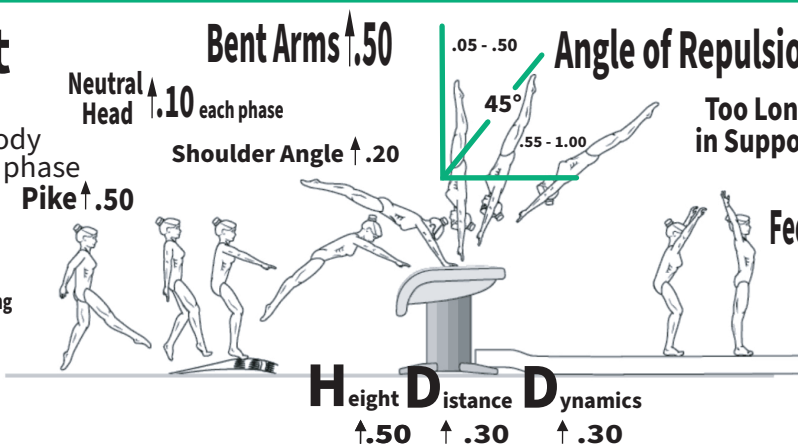
Assistance of Coach  
(1st Flight, Support or 2nd Flight Phase)  $2.00$

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



Height Distance Dynamics  
 $\uparrow .50 \quad \uparrow .30 \quad \uparrow .30$

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		Body A P	Body A P	
Head	Head		Head	Head	
Shoulder Angle	Shoulder Angle		Shoulder Angle	Shoulder Angle	
Height Distance Dynamics	Height Distance Dynamics		Height Distance Dynamics	Height Distance Dynamics	
Final Score	Final Score		Final Score	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		Body A P	Body A P	
Head	Head		Head	Head	
Shoulder Angle	Shoulder Angle		Shoulder Angle	Shoulder Angle	
Height Distance Dynamics	Height Distance Dynamics		Height Distance Dynamics	Height Distance Dynamics	
Final Score	Final Score		Final Score	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		Body A P	Body A P	
Head	Head		Head	Head	
Shoulder Angle	Shoulder Angle		Shoulder Angle	Shoulder Angle	
Height Distance Dynamics	Height Distance Dynamics		Height Distance Dynamics	Height Distance Dynamics	
Final Score	Final Score		Final Score	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		Body A P	Body A P	
Head	Head		Head	Head	
Shoulder Angle	Shoulder Angle		Shoulder Angle	Shoulder Angle	
Height Distance Dynamics	Height Distance Dynamics		Height Distance Dynamics	Height Distance Dynamics	
Final Score	Final Score		Final Score	Final Score	