

# Level 5 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

Too Long  
in Support  $\uparrow .50$

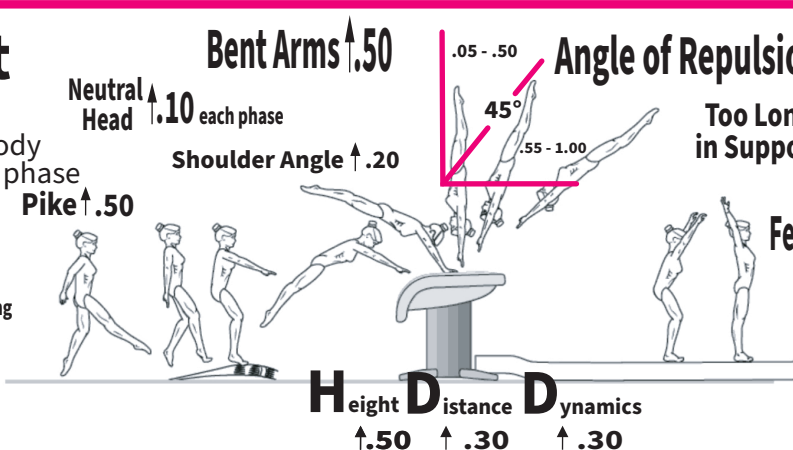
Assistance of Coach  
(1st Flight, Support or  
2nd Flight Phase)  
VOID

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



<p>Gymnast _____</p> <p>Body A _____ P _____</p> <p>Too Long in Support _____</p> <p>Bent Arms _____</p> <p>Angle _____</p> <p>Feet _____</p> <p>Head _____</p> <p>Shoulder Angle _____</p> <p>Height Distance Dynamics _____</p> <p>Landing _____</p> <p>Final Score _____</p>	<p>Gymnast _____</p> <p>Body A _____ P _____</p> <p>Too Long in Support _____</p> <p>Bent Arms _____</p> <p>Angle _____</p> <p>Feet _____</p> <p>Head _____</p> <p>Shoulder Angle _____</p> <p>Height Distance Dynamics _____</p> <p>Landing _____</p> <p>Final Score _____</p>
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