

USAIGC Bronze Level Vault Deductions (USAG Level 5 Deductions)

A. General:

Each Phase:

1. Body Position Faults

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|--|----------------|
| | Up to 0.3 arch |
| | Up to 0.5 pike |
| 2. Legs Bent | up to 0.3 |
| 3. Legs Separated | up to 0.2 |
| 4. Incorrect foot form | up to 0.1 |
| 5. Incorrect head alignment | up to 0.1 |
| 6. Deviation from straight direction | up to 0.3 |
| 7. Lack of dynamics (speed/power) | up to 0.3 |
| 8. Performing incorrect vault | VOID |
| 9. Aid of Coach during first flight, support, or second flight phase | up to 2.00 |
| 10. Aid of coach upon landing | up to 0.5 |
| 11. Touching the springboard or vault table | VOID |

B. First Flight: - See A General Deductions

C. Support Phase

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|--|-------------------|
| 1. Incorrect shoulder alignment (showing a shoulder angle) | up to 0.3 |
| 2. Arms bent | up to 0.5 |
| 3. Completely bent arms causing head to contact table | 2.00 |
| 4. Additional hand placements (taking steps/hops on hands) | up to 0.3 |
| 5. Too long in support | up to 0.5 |
| 6. Alternate repulsion | up to 0.5 |
| 7. Angle of repulsion (failure to leave vault table by vertical) | up to 1.00 |
| If the gymnast leaves the vault table | |
| By vertical | no deduction |
| From 1 – 45 | deduct .05-.50 |
| From 45 to horizontal | deduct .55 – 1.00 |
| 8. Touch of only one hand on vault table | Chief judge 1.00 |
| 9. No hand support on vault table | VOID |

D. Second Flight

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|--|-----------|
| 1. Insufficient height | up to .50 |
| 2. Insufficient distance | up to .30 |
| 3. Brush, touch, or hit body on far end of vault table | up to .30 |

E. Landings

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|---|--------------------|
| 1. Slight hop or small adjustment of feet | up to .10 |
| 2. Extra arm swing(s) | up to .10 |
| 3. Additional trunk movements to maintain balance | up to .30 |
| 4. Incorrect body posture on landing | up to .20 |
| 5. Taking steps after landing | Each .10 – max .40 |
| 6. Very large step or jump | up to .20 |

7. Deep squat upon landing up to .30
8. Contacting the mat or apparatus with one or both hands or with body after landing
brush, touch or hit up to .30
support on hand(s) or fall onto mat or against apparatus up to .50
9. Failure to land on the feet first on the mat 2.00 (includes fall)
Finishes in a sitting, lying or standing position on the vault table
.50 (fall on apparatus) + 2.00