

Prep Optional Vault – Table to Flat Back

First Flight Phase: *Failure to maintain straight body position from board to mat stack*

Pike	up to .5
Arch	up to .3
Legs Bent	up to .3
Legs separated	up to .3
Poor foot form	up to .2

Support Phase: *Body position faults*

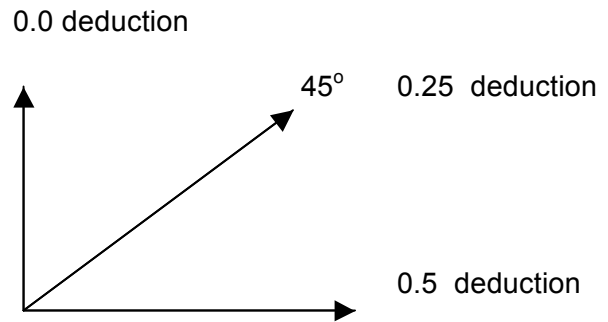
Pike	up to .5
Arch	up to .3
Shoulders/head out of alignment	up to .2
Too long in support	up to .5
Angle of repulsion (point which gymnast leaves table)	up to .5
Height	up to .5
Alternate repulsion	up to .2
Arms bent	up to .3
Legs bent	up to .3
Additional hand placement (taking steps on hands)	up to .3
Support of one hand only	1.0
No hand support	VOID

Landing Phase: *Failure to maintain straight body position from support to back lying position*

Pike	up to .5
Arch	up to .3
Legs bent	up to .3
Legs separated	up to .3
Poor foot form	up to .2
Failure to finish in straight lying position	up to .5
Distance	up to .3

General:

Deviation from straight line	up to .3
Insufficient Dynamics	up to
Aid of coach on first flight	2.0
Performing a headspring	2.0



Angle of Repulsion Graphic