

NORTH CAROLINA AAU LEVEL 2 VAULT – 10.0

8" Mat Required

The NC AAU Level 2 Vault shall be kick to handstand fall to flat back, hands on 8" matting. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward; placing the hands on the 8" matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Any type of professionally manufactured spring board or registered air board may be used for all age group level vaults. Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

General Deductions Continued

Coach between board and mat	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

First Flight Board To Mat Phase	
Failure to maintain a stretch body position from board to mat:	Up to 0.50
Support Phase	
Failure to place hands on matting	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Completely bent arms causing head to contact mat	2.00
Failure to contact mat with both hands	3.00
Too long in support (holding handstand)	Up to 0.50
Alternate or additional hand placement (Walks on Hands)	Up to 0.30
Post Hand Stand Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing Phase	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30
General	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment-not neutral position (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00

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NORTH CAROLINA AAU LEVEL 3 VAULT – 10.0

Run and accelerating to the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back. Mat Minimum height 16" Maximum height 40

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board to Mat Phase	
Failure to maintain a stretch body position from board to mat	Up to 0.50
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Complete bent arms causing head to contact mat	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Alternate repulsion	Up to 0.20
Second Flight Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment	Up to 0.30
General Deductions Throughout	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10

General Deductions

Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NORTH CAROLINA AAU LEVEL 4 VAULT – 10.0

Mat Stack 32" in height Maximum height 48"

Run and accelerating into the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position and extending through the shoulders and execute handspring on to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position with legs together.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board to Mat Phase	
Failure to maintain a stretch body position from board to mat	Up to 0.50
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Complete bent arms causing head to contact mat	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Alternate repulsion	Up to 0.20
Second Flight Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment	Up to 0.30
General Deductions Throughout	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10

General Deductions

Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NORTH CAROLINA AAU LEVEL 5 VAULT – 10.0

The NC AAU Level 5 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manual, Page 83 **with exception only as stated in the NC AAU Supplementary General Deductions and Penalties.**

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast is allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/or vault table. A fourth approach is not permitted.

First Flight	
See General Deductions	
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one hand on vault table	Chief Judge 1.00
No hand support on vault table	VOID
Second Flight	
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
Landing	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00
	(includes the fall)
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

General	
Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	
VOID	
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions

NORTH CAROLINA AAU LEVEL 6 VAULT – 10.0

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The NC AAU Level 6 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manuel, Page 117 **with exception only as stated in the NC AAU Supplementary General Deductions and Penalties**

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast is allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/r the vault table. A fourth approach is not permitted.

First Flight	
See General Deductions	
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one hand on vault table	Chief Judge 1.00
No hand support on vault table	VOID
Second Flight	
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
Landing	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00
(includes the fall)	
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	
VOID	
Coach between board and vault table	No
Penalty	
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions

General

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