USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

6-7 VAULT

FIRST FLIGHT

Incorrect foot form (flexed/sickled) ↑.10

Incorrect Leg form:

- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Poor Technique:

- Failure to maintain neutral head position ↑.10
- Excessive Arch ↑.20
- Hip Angle ↑.30

* except Tsukahara

¥ slight lead-arm bend allowed on Tsukahara

SUPPORT / REPULSION

Failure to maintain neutral head position	↑.10
Staggered/alternate hands*	↑.10
Shoulder Angle	↑.20
Excessive Arch	↑.20
Alternate Repulsion*	↑.20
Legs bent	↑.30
Step(s) w/hand(s)	each .10 ↑.30
Hop(s) w/both hands	.30
Failure to pass thru vertical	↑.30
Bent arms¥	↑.50
Touch with only 1 hand	1.00 CJ
Head contacting table (includes arm bend)	2.00
No hand contact on table	VOID
Too long in support	↑.50

Angle of repulsion - leaves table:

- By vertical — no deduction
- 1º - 45º — 05-.50
- 46º - Horizontal — .55-1.00

SECOND FLIGHT

Failure to maintain neutral head position ↑.10

Incorrect foot form (flexed/sickled) ↑.10

Incorrect Leg form:

- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Brush/hit of body on table	↑.20
Insufficient Length	↑.20
Insufficient Height	↑.50
Failure to create rotation	↑.30
Failure to maintain prescribed body position	↑.50
Arm position when leaving table	No deduction

LANDING / GENERAL

Incorrect Body Posture on landing (not applied to Level 7's landing on back)	↑.50
Lands on feet alternately (if only one foot touches, deduct for leg separation)	.20
Slight hop/adjustment of feet toward table	↑.10
Steps toward table	each .10 - .15 max .40
Large step/Jump toward table	each .20 max .40
Deviation from straight direction	↑.30
Insufficient Dynamics	↑.30
Land on mat + fall against table	.50
Failure to land on top of the mat stack	1.00
Landing on top of the table (in a sitting, lying or standing position)	VOID
Failure to land on bottom of feet first:	
▪ on Front Handspring	VOID
▪ on Tsuk/Yurchenko (Level 6)	1.00
▪ on Tsuk/Yurchenko (Level 7)	No deduction

Salto performed after landing	VOID
Balk #1	No deduction
Balk #2 or #3	VOID
Vaults without signal (from average by CJ)	.50
Coach between board & table (except RO entry - no penalty)	.50
Spotting assistance during the vault	VOID
Spotting assistance upon landing (no penalty for spot/assist after landing)	.50
Vault performed not allowable choice	VOID
Failure to use a mat stack for landing	VOID
No safety zone mat (RO entry)	VOID
Use of alternative springboard	VOID

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VAULT #1	
SV	
score	
AVG	

VAULT #2	
SV	
score	
AVG	