



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

8-10 VAULT

FIRST FLIGHT	SUPPORT / REPULSION	SECOND FLIGHT	LANDING / GENERAL	
Incorrect foot form (flexed/sickled) \uparrow .10	Staggered/alternate hands* \uparrow .10	Incorrect foot form (flexed/sickled) \uparrow .10	Lands w/ feet hip-width or closer & never joins feet/heels together <u>.05</u>	LA turn incomplete \uparrow .30
<u>Incorrect Leg form:</u>	Shoulder Angle \uparrow .20	Shoulder Angle (flexed/sickled) \uparrow .20	Slight hop/adjustment feet/staggered feet \uparrow .10	Deviation from straight direction \uparrow .30
Crossed \uparrow .10	Excessive Arch \uparrow .20	Excessive Arch (flexed/sickled) \uparrow .20	Arm swings to maintain balance (on stuck vaults) \uparrow .10	Insufficient Dynamics \uparrow .30
Separated \uparrow .20	Alternate Repulsion* \uparrow .20	<u>Incorrect Leg form:</u>	Lands w/ feet more than hip-width apart <u>.10</u>	Vaults without signal (from average by CJ) <u>.50</u>
Bent \uparrow .30	Legs bent in support/early tuck \uparrow .30	Crossed \uparrow .10	Steps each <u>.10</u> - <u>.15</u> max <u>.40</u>	Coach between board & table <u>.50</u>
<u>Poor Technique:</u>	Step(s) w/hand(s) each <u>.10</u> \uparrow .30	Separated \uparrow .20	Large step/Jump (~ 3 ft) each <u>.20</u> max <u>.40</u>	(except group 4/5 vaults - no penalty)
Excessive Arch \uparrow .20	Hop(s) w/both hands <u>.30</u> \uparrow .30	Bent \uparrow .30	Incorrect Body Posture \uparrow .20	<u>Spotting:</u>
Hip Angle \uparrow .30	Failure to pass thru vertical \uparrow .30	<u>Exactness of body position:</u>	Trunk movements to maintain balance \uparrow .20	Spotting assistance during the vault VOID
Incomplete LA turn \uparrow .30	Bent arms [¥] \uparrow .50	Insufficient N, V \uparrow .30	Squat on landing \uparrow .30	Exception for Level 8 Salto vaults:
	LA turn begun too early \uparrow .30	Insufficient stretch: excessive arch \uparrow .30	Brush/touch w/ hand(s) (no support) \uparrow .30	▪ Spotting assistance during 2nd flight <u>1.00</u>
	Touch with only 1 hand <u>1.00</u> CJ	hip angle (136°-179°) \uparrow .30	Fall to knees/hips <u>.50</u>	▪ Spotting assistance during 1st flight or support phase VOID
	Head contacting table <u>2.00</u>	Fail to maintain stretch (pike down) \uparrow .30	Support on mat with one or both hands <u>.50</u>	Spotting assistance upon landing <u>.50</u>
	(includes arm bend)	Insufficient extension of tuck/pike \uparrow .25	Fall against vault table <u>.50</u>	Coach catches falling gymnast <u>.50</u>
	No hand contact on table VOID	Total absence of extension <u>.30</u>	Landing on top of the table (in a sitting, lying or standing position) VOID	(fall only / no deduction for spot)
	<u>For All NON-SALTO Vaults:</u>	Under-rotation of Salto vaults \uparrow .10	Runs onto board/steps up onto table or rebounds from board to come to rest support on body parts other than hands VOID	Failure to land on bottom of feet first VOID
	Too long in support \uparrow .50	Insufficient exactness of LA turn \uparrow .10		Use of alternative springboard VOID
	Angle of repulsion [§] - leaves table:	Late completion of twist \uparrow .30		No safety zone mat on group 4/5 vaults VOID
	▪ By vertical no deduction	Brush/hit body on end of table \uparrow .20		
	▪ 1° - 45° 05-.50	Insufficient Length \uparrow .30		
	▪ 46° - Horizontal .55-1.00	Insufficient Height \uparrow .50		
* except group 3 & group 5 w/ ¼ - 1/1 turn on + salto off				
[¥] slight lead-arm bend allowed on group 3 vaults				
[§] line from hands to body part furthest past vertical				

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