

2022 – 26 USA GYMNASTICS WOMEN’S DEVELOPMENT PROGRAM VAULT SCORESHEET - LEVEL 6/7

1st FLIGHT		SUPPORT/REPULSION		2nd FLIGHT		LANDING/GENERAL	
Incorrect foot form (flexed/sickled) ↑.10		<u>Poor technique:</u> Staggered/alternate hands-on for all vaults except Tsukahara ↑.10		Failure to maintain neutral head position ↑.10		Incorrect Body Posture on landing ↑.50 <i>Not applied to L7's landing on back</i>	
<u>Incorrect Leg form:</u> Crossed ↑.10 Separated ↑.20 Bent ↑.30		Failure to maintain neutral head position ↑.10 Shoulder Angle ↑.20 Excessive Arch ↑.20 Alternate Repulsion-all vaults except Tsukahara ↑.20 Legs bent ↑.30 Step(s) w/ hands each .10 (Max. 0.30) Hop(s) w/ both hands simultaneously Max .30 Failure to pass through vertical ↑.30 Bent arms ↑.50 (90° or more = max. ded.) (slight lead-arm bend allowed on Tsukahara vault) Too long in support ↑.50 Angle of repulsion: ↑1.00 By vertical no ded. 1° - 45° past vertical .05 - .50 46° past vert. – Horiz. .55 - 1.00 Touch table with only one hand CJ 1.00 Head contacting table in support (includes 0.50 for extreme arm bend) 2.00 No hand contact on table VOID		Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30 Brush/hit of body on table ↑.20 Insufficient Length ↑.20 Failure to create rotation ↑.30 Failure to maintain prescribed body position. ↑.50 Insufficient Height ↑.50 Arm position when leaving Table No deduction		Lands on feet alternately .20 If only one foot touches-deduct for leg separation Slight hop/adj. 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 table in a sitting, lying or standing position VOID Failure to land on bottom of feet 1 st on Front Handspring vault VOID Failure to land on bottom of feet 1 st on Tsuk/Yurchenko for Lev. 6 1.00 for Lev. 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 .50 (except RO Entry vault-no penalty) Spotting assistance during the vault VOID Spotting assistance upon landing .50 (no penalty for spot/assist after landing) Vault performed not one of allowable choices VOID Failure to use a mat stack for landing VOID No safety zone mat (RO Entry vault) VOID Use of alternative springboard VOID	
# vault:		SV Ex Score		# vault:		SV Ex Score	
# vault:		SV Ex Score		# vault:		SV Ex Score	
# vault:		SV Ex Score		# vault:		SV Ex Score	
# vault:		SV Ex Score		# vault:		SV Ex Score	