

POP QUIZ #3 VAULT

1. True or False: If the hand placement mat slips on the runway, it is considered apparatus or equipment failure.

2. True or False. The safety zone mat can ONLY be used on round off entry vaults.
3. The deduction for performing a vault other than the announced or flashed vault is:
 - a. .1
 - b. .2
 - c. .3
 - d. .4
 - e. None of the above
4. A coach stands between the board and the vault apparatus on round off entry vaults (inside the domain of the apparatus) The deduction is:
 - a. .1

 - b. .2

 - c. .3
 - d. 0
 - e. None of the above

5. A gymnast performs a vault prior the Chief Judge's signal. The following occurs:
 - a. The Chief judge applies no deduction on the second vault
 - b. The Chief judge applies a deduction of .3 on the second vault
 - c. The gymnast then performs a successful 3rd vault and receives no penalty
 - d. The third vault is a void
 - e. None of the above

6. A gymnast successfully performs a Yurchenko 1 ½ vault. Her ONLY deductions are the MAXIMUM of the following:
 - . Big step on landing
 - . Legs crossed during the 2nd flight phaseHer score would be a:
 - a. 9.6
 - b. .9.7
 - c. 9.8

- d. 9.9
- e. None of the above

7. A gymnast has her knees bent during ALL phases of a Tsukahara Piked Vault. Her maximum deduction would be:

- a. .9
- b. .8
- c. .7
- d. .6
- e. None of the above

8. What is the maximum deduction for the following errors on vault:

- . Arched body in preflight
- . Shoulder angle in the support phase of the vault
- . Insufficient exactness of LA turn in second flight phase
- . Insufficient length of the vault

- a. .6
- b. .7
- c. .8
- d. .9
- e. None of the above