

OPTIONAL VAULT DEDUCTIONS BLANK STUDY SHEET

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled)	Poor technique: Staggered/alternate hands-on for all vaults*	Incorr. foot form	Slight hop/ adj. feet
Inorr. Leg form: Crossed	Shoulder Angle	LA Turn begun too Late	Extra arm swings
Separated	Arch	Insuff. exactness of LA turn	Steps
Bent	Alternate Rep.-all vaults*	Under-rotation of salto vaults	Large step/Jump (approx. 3 ft)
Poor Technique	Steps/hops on hands	Insuff. Height	Incorrect Body Posture
Hip Angle	LA turn begun too early	Insuff. Length	Trunk movement for balance
Arch	Arms bent (slight bend of lead arm allowed for Gr. 3 vaults)	Inorr. Leg form: Crossed	LA turn incomplete
Incomplete LA turn.	Touch with only 1 hand	Bent	Squat on landing
	Head touching table in support (includes 0.5 for bent arms)	Insufficient exactness of Body Pos.	Brush/touch w/ hand(s) (no support)
	No hand contact on table	• Insufficient N, V	Deviation in Direction
	<i>*Except all Gr. 3 vaults & Gr. 5 vaults with ¼-1/1 turn on + salto off</i>	• Insufficient stretched pos. * arch	Insufficient Dynamics
	<u>Lev. 6 & 7 only:</u>	* hip angle (136°-179°)	Fall or support on 1 or both hands
	Too long in support	Fails to maintain stretch (pikes down)	Fall against vault table
	Angle of repulsion	Insuff./Late extension of N or V	Spotting assistance upon landing
	By vertical	Total absence of extension of N or V	Landing in a sitting, lying or standing position on top of the table
	1° - 45°	Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos)	Coach between board & table (except Gr. 4/5 vaults-no penalty)
	46° - Horizontal	Brush/hit of body/head on table	Vaults without signal from CJ
			Failure to land on bottom of feet 1 st
			No safety zone mat (Gr. 4/5)
			Spotting assistance during the vault