



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 Incorrect Leg form: Crossed \uparrow .10 Separated \uparrow .20 Bent \uparrow .30 Poor Technique: Excessive Arch \uparrow .20 Hip Angle \uparrow .30 Incomplete LA turn \uparrow .30 * except group 3 & group 5 w/ $\frac{3}{4}$ - 1/1 turn on + salto off † slight lead-arm bend allowed on group 3 vaults § line from hands to body part furthest past vertical	Staggered/alternate hands* \uparrow .10 Shoulder Angle \uparrow .20 Excessive Arch \uparrow .20 Alternate Repulsion* \uparrow .20 Legs bent in support/early tuck \uparrow .30 Step(s) w/hand(s) each \uparrow .10 \uparrow .30 Hop(s) w/both hands (simultaneously) \uparrow .30 Failure to pass thru vertical \uparrow .30 Bent arms† \uparrow .50 LA turn begun too early \uparrow .30 Touch table with only 1 hand \uparrow .00 Head contacting table \uparrow .00 (includes 0.5 for arm bend) No hand contact on table VOID For All NON-SALTO Vaults: Too long in support \uparrow .50 Angle of repulsion§ - leaves table: ▪ By vertical no deduction ▪ 1° - 45° 05-.50 ▪ 46° - Horizontal .55-1.00	Incorrect foot form (flexed/sickled) \uparrow .10 Incorrect Leg form: Crossed \uparrow .10 Separated \uparrow .20 Bent \uparrow .30 Exactness of body position: Insufficient N, V \uparrow .30 Insufficient stretch: excessive arch \uparrow .30 hip angle (136°-179°) \uparrow .30 Fail to maintain stretch (pike down) \uparrow .30 Insufficient extension of tuck/pike \uparrow .25 Total absence of extension .30 Under-rotation of vaults \uparrow .10 Insufficient exactness of LA turn \uparrow .10 Late completion of twist (group 1 & group 4/5 w/out saltos) \uparrow .30 Brush/hit body on end of table \uparrow .20 Insufficient Length \uparrow .30 Insufficient Height \uparrow .50	Lands w/ feet hip-width or closer & never joins feet/heels together \uparrow .05 Slight hop/adjustment feet/staggered feet \uparrow .10 Arm swings to maintain balance (on stuck vaults) \uparrow .10 Lands w/ feet more than hip-width apart \uparrow .10 Steps each \uparrow .10 - \uparrow .15 max \uparrow .40 Large step/Jump (~ 3 ft) each \uparrow .20 max \uparrow .40 Incorrect Body Posture \uparrow .20 Trunk movements to maintain balance \uparrow .20 Squat on landing \uparrow .30 Brush/touch w/ hand(s) (no support) \uparrow .30 Fall to knees/hips \uparrow .50 Support on mat with one or both hands \uparrow .50 Fall against vault table \uparrow .50 Landing on top of the table (in a sitting, lying, or standing position) VOID Runs onto board/steps up onto table or rebounds from board to come to rest/support on body parts other than hands VOID	LA turn incomplete \uparrow .30 Deviation from straight direction \uparrow .30 Insufficient Dynamics \uparrow .30 Vaults without signal (from average by CJ) \uparrow .50 Coach between board & table \uparrow .50 (except group 4/5 vaults - no penalty) Spotting: Spotting assistance during the vault VOID Exception for Level 8 Salto vaults: ▪ Spotting assistance during 2nd flight \uparrow .00 ▪ Spotting assistance during 1st flight or support phase VOID Spotting assistance upon landing \uparrow .50 Coach catches falling gymnast \uparrow .50 (fall only — no deduction for spot) Failure to land on bottom of feet first VOID Use of alternative springboard VOID No safety zone mat on group 4/5 vaults VOID

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