



USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

6-7 VAULT

FIRST FLIGHT	SUPPORT / REPULSION	SECOND FLIGHT	LANDING / GENERAL	
Incorrect foot form (flexed/sickled) †.10	Failure to maintain neutral head position †.10	Failure to maintain neutral head position †.10	Incorrect Body Posture on landing (not applied to Level 7's landing on back) †.50	1st point of contact on mat stack head/neck VOID
Incorrect Leg form:	Staggered/alternate hands* †.10	Incorrect foot form (flexed/sickled) †.10	Lands on feet alternately (if only one foot touches, deduct for leg separation) .20	Salto performed after landing VOID
Crossed †.10	Shoulder Angle †.20		Slight hop/adjustment of feet toward table †.10	Balk #1 No deduction
Separated †.20	Excessive Arch †.20	Incorrect Leg form:	Steps toward table each .10 - .15 max .40	Balk #2 or #3 VOID
Bent †.30	Alternate Repulsion* †.20	Crossed †.10	Large step/Jump toward table each .20 max .40	Vaults without signal (from average by CJ) .50
Poor Technique:	Legs bent †.30	Separated †.20	Deviation from straight direction †.30	Coach between board & table .50 (except RO entry — no penalty)
Failure to maintain neutral head position †.10	Step(s) w/ hand(s) each .10 †.30	Bent †.30	Insufficient Dynamics †.30	Spotting assistance during the vault VOID
Excessive Arch †.20	Hop(s) w/both hands (simultaneously) .30	Brush/hit of body on table †.20	Fail to punch board simultaneously w/ 2 feet .20	Spotting assistance upon landing .50 (no penalty for spot/assist after landing)
Hip Angle †.30	Failure to pass thru vertical †.30	Insufficient Length †.20	Land on mat + fall against table .50	Vault performed not allowable choice VOID
	Bent arms* †.50	Insufficient Height †.50	Failure to land on top of the mat stack 1.00	Failure to use a mat stack for landing VOID
	Touch table with only 1 hand 1.00	Failure to create rotation †.30	Landing on top of the table (in a sitting, lying, or standing position) VOID	No safety zone mat (RO entry vaults) VOID
	Head contacting table (includes arm bend) 2.00	Failure to maintain prescribed body position †.50	Failure to land on bottom of feet first: VOID	Use of alternative springboard VOID
	No hand contact on table VOID	Arm position when leaving table No deduction	▪ on Front Handspring	
	Too long in support †.50		▪ on Tsuk/Yurchenko (Level 6) 1.00	
	Angle of repulsion - leaves table:		▪ on Tsuk/Yurchenko (Level 7) No deduction	
	▪ By vertical no deduction			
	▪ 1° - 45° 05-.25			
	▪ 46° - Horizontal .30-.50			

* except Tsukahara
 ‡ slight lead-arm bend allowed on Tsukahara
 90° or more = max deduction

<div>#</div>	VAULT #1		<div>#2</div>	VAULT #2	
	SV			SV	
	score			score	
	AVG			AVG	