

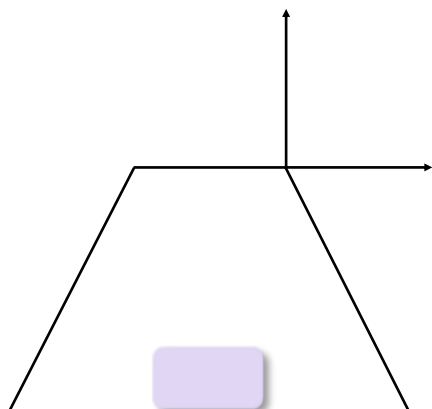


USAG DEVELOPMENT PROGRAM SCORE SHEET 2022-26

8-10 VAULT

FIRST FLIGHT	SUPPORT / REPULSION	SECOND FLIGHT	LANDING / GENERAL	
Incorrect foot form (flexed/sickled) ↑.10	Staggered/alternate hands* ↑.10	Incorrect foot form (flexed/sickled) ↑.10	Lands w/ feet hip-width or closer & never joins feet/heels together .05	LA turn incomplete ↑.30
Incorrect Leg form:	Shoulder Angle ↑.20	Incorrect Leg form:	Slight hop/adjustment feet/staggered feet ↑.10	Deviation from straight direction ↑.30
Crossed ↑.10	Excessive Arch ↑.20	Crossed ↑.10	Arm swings to maintain balance (on stuck vaults) ↑.10	Insufficient Dynamics ↑.30
Separated ↑.20	Alternate Repulsion* ↑.20	Separated ↑.20	Lands w/ feet more than hip-width apart .10	Fail to punch board simultaneously w/ 2 feet .20
Bent ↑.30	Legs bent in support/early tuck ↑.30	Bent ↑.30	Steps each .10 - .15 max .40	Vaults without signal (from average by CJ) .50
Poor Technique:	Step(s) w/hand(s) each .10 ↑.30	Exactness of body position:	Large step/Jump (~ 3 ft) each .20 max .40	Coach between board & table .50
Excessive Arch ↑.20	Hop(s) w/both hands (simultaneously) .30	Insufficient N, V ↑.30	Incorrect Body Posture ↑.20	(except group 4/5 vaults - no penalty)
Hip Angle ↑.30	Failure to pass thru vertical ↑.30	Insufficient stretch: excessive arch ↑.30	Trunk movements to maintain balance ↑.20	Spotting:
Incomplete LA turn ↑.30	Bent arms* ↑.50	hip angle (136°-179°) ↑.30	Squat on landing ↑.30	Spotting assistance during the vault VOID
	LA turn begun too early ↑.30	Fail to maintain stretch (pike down) ↑.30	Brush/touch w/ hand(s) (no support) ↑.30	Exception for Level 8 Salto vaults:
	Touch table with only 1 hand 1.00	Insufficient extension of tuck/pike ↑.25	Fall to knees/hips .50	▪ Spotting assistance during 2nd flight 1.00
	Head contacting table 2.00	Total absence of extension .30	Support on mat with one or both hands .50	▪ Spotting assistance during 1st flight or support phase VOID
	(includes 0.5 for arm bend)	Under-rotation of vaults ↑.10	Fall against vault table .50	Spotting assistance upon landing .50
	No hand contact on table VOID	Insufficient exactness of LA turn ↑.10	Landing on top of the table (in a sitting, lying, or standing position) VOID	Coach catches falling gymnast .50
		Late completion of twist (group 1 & group 4/5 w/out saltos) ↑.30	Runs onto board/steps up onto table or rebounds from board to come to rest/ support on body parts other than hands VOID	(fall only — no deduction for spot)
* except group 3 & group 5 w/ ¾ - 1/1 turn on + salto off	For All NON-SALTO Vaults:	Brush/hit body on end of table ↑.20		
‡ slight lead-arm bend allowed on group 3 vaults	Too long in support ↑.50	Insufficient Length ↑.30		
§ line from hands to body part furthest past vertical	Angle of repulsion§ - leaves table:	Insufficient Height ↑.50		
	▪ By vertical no deduction			
	▪ 1° - 45° 05-.50			
	▪ 46° - Horizontal .55-1.00			

#



VAULT

#1

SV

□ +0.1

score

AVG

VAULT

#2

SV

□ +0.1

score

AVG

