



USAG DEVELOPMENT PROGRAM SCORE SHEET 2026-30

LEVEL 6-7 VAULT

FIRST FLIGHT	SUPPORT / REPULSION	SECOND FLIGHT	LANDING	GENERAL
<u>Incorrect leg form:</u> Crossed ↑.10 Separated ↑.20 Bent ↑.30 <u>Poor Alignment:</u> Excessive arch ↑.20 Hip angle ↑.30 *except Tsukahara *slight lead-arm bend allowed on Tsukahara (90° or more = max deduction)	<u>Poor Alignment:</u> Staggered/alternate hands* ↑.10 Excessive arch ↑.20 Alternate repulsion* ↑.20 Shoulder angle ↑.30 Legs bent in support ↑.30 Step(s) w/ hand(s) each .10 max .30 Hop(s) w/both hands (simultaneously) .30 Failure to pass through vertical ↑.30 Bent arms* ↑.50 Too long in support ↑.50 Touch table with only 1 hand 1.00 Head contact table in support (includes 0.5 for arm bend) 2.00 No hand contact on table VOID	<u>Incorrect leg form:</u> Crossed ↑.10 Separated ↑.20 Bent ↑.30 Brush/hit of body on table ↑.20 Failure to create rotation (shoulders rising while maintaining flat hips) ↑.30 Failure to maintain body position (hips flat) 1.50 Insufficient Height ↑.50 Arm position when leaving table No deduction	Incorrect body posture on landing ↑.50 (not applied to Level 7's landing on back) Lands on feet alternately .20 (if only one foot touches, deduct for leg separation) Slight hop/adjustment of feet toward table ↑.10 Steps toward table each .10 - .15 max .40 Large step/Jump toward table each .20 max .40 Deviation from straight direction ↑.30 Land on mat & fall against table .50 Failure to land on top of mat stack 1.00 Landing on top of the table (in a sitting, lying, or standing position) VOID Failure to land on bottom of feet first: ▪ on Front Handspring VOID ▪ on Tsuk/Yurchenko (L6) 1.00 ▪ on Tsuk/Yurchenko (L7) No deduction First point of contact on mat stack is head/neck VOID Salto performed after landing VOID	Incorrect foot form throughout ↑.10 (flexed/sickled) Fail to punch board simultaneously w/ 2 feet .20 Insufficient Dynamics ↑.40 Balk #1 No deduction Balk #2 or #3 VOID Vaults without signal (from avg by CJ) .50 Coach between board & table (except RO entry - no penalty) .50 <u>Spotting:</u> Spotting assistance upon landing (no penalty for spot/assist after landing) .50 Spotting assistance during the vault VOID Vault performed not allowable choice VOID Failure to use a mat stack for landing VOID No safety zone mat (RO entry vaults) VOID Use of alternative springboard VOID

#		VAULT	
		#1	
		SV	
		score	
		AVG	

#		VAULT	
		#2	
		SV	
		score	
		AVG	