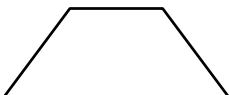

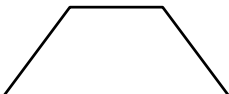
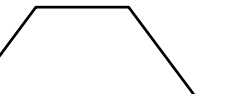
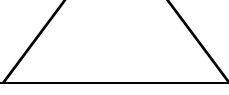
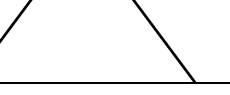

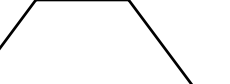


2022 - 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT SCORESHEET LEVELS 8 / 9 / 10

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10 <u>Incorrect Leg form:</u> Crossed ↑.10 Separated ↑.20 Bent ↑.30  <u>Poor Technique:</u> Excessive Arch ↑.20 Hip Angle ↑.30  Incomplete LA turn. ↑.30    **Line from hands to body part furthest past vertical	Poor technique: Staggered/alternate hands for all vaults except: ↑.10 <i>All Gr. 3 vaults &amp; Gr. 5 vaults with ¼ - 1/1 turn on + Salto off</i> Shoulder Angle ↑.20 Excessive Arch ↑.20 Alternate Repulsion ↑.20 -Except for all Gr. 3 vaults & Gr. 5 vaults with ¼ - 1/1 turn on - Salto off Legs bent (in support) or early tuck (Salto Vaults) ↑.30 Step(s) w/ hand(s) ea .10 Max .30 Hop(s) w/ both hands simultaneously Max .30 Failure to pass thru vertical ↑.30 Bent arms ↑.50 (slight lead-arm bend allowed on Grp. 3 vaults) LA turn begun too early ↑.50 Touch with only 1 hand 1.00 CJ Head contacting table in support (incl. 0.50 for extreme arm bend) 2.00 No hand contact on table VOID  <u>For All NON-SALTO Vaults:</u> Too long in support ↑.50 Angle of repulsion - leaves table: By vertical no ded. 1° - 45° .05 - .50 46° - Horizontal .55 - 1.00	Incorrect foot form (flexed/sickled) ↑.10 Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30 Insufficient exactness of Body Pos. • Insufficient N, V ↑.30 • Insufficient stretched pos. * excessive arch ↑.30 * hip angle (136°-179°) ↑.30 Fails to maintain stretch (pikes down) ↑.30 Insuff./late extension of tuck/pike pos. -Total absence of extension .30 Under-rotation of Salto vaults .10 Insufficient exactness of LA turn ↑.10 Late completion of twist (Gr. 1 & Gr. 4/5 w/out Saltos) ↑.30 Brush/hit of body on far end of Vault table ↑.20 Insufficient Length ↑.30 Insufficient Height ↑.50	Lands w/ Feet hip-width or closer; never joins feet/heels together .05 Slight hop/adj. feet/staggered feet ↑.10 Arm swings to maintain balance (on stuck vaults) ↑.10 Lands w/ feet more than hip-width apart .10 Steps each .10 max .40 Large step/Jump (approx. 3 ft) each .20 max .40 Incorrect Body Posture ↑.20 Trunk movements to maintain balance ↑.20 Squat on landing ↑.30 Brush/touch w/ hand(s) (no support) ↑.30 LA turn incomplete ↑.30 Deviation from straight direction ↑.30 Insufficient Dynamics ↑.30 Fall to knees/hips or support on mat with one or both hands .50 Fall against vault table .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 Vaults without signal (from average by CJ) .50 Coach between board & table .50 (Except for Gr. 4/5 vaults-no penalty) Spotting assistance during the vault VOID <u>Exception for Lev. 8 Salto vaults:</u> -Spotting assistance during 2 <sup>nd</sup> flight 1.00 -Spotting assistance during 1 <sup>st</sup> flight or Support phase VOID Spotting assistance upon landing .50 Coach catches falling gymnast only .50 - fall Failure to land on bottom of feet 1 <sup>st</sup> VOID Use of alternative springboard VOID No safety zone mat (Gr. 4/5 vaults) VOID

# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	Score Ex Score	# vault: 	Score Ex Score