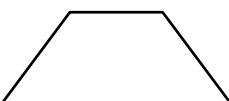
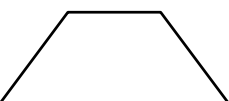
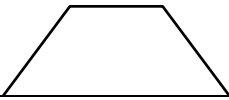
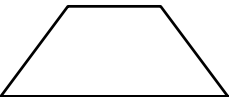






2022 – 26 USA GYMNASTICS WOMEN’S DEVELOPMENT PROGRAM VAULT SCORESHEET - LEVEL 6/7

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
<p>Incorrect foot form ↑.10 (flexed/sickled)</p> <p>Incorrect Leg form:</p> <p>Crossed ↑.10 Separated ↑.20 Bent ↑.30</p> <p>Poor Technique:</p> <p>Failure to maintain neutral head pos. ↑.10 Excessive Arch ↑.20 Hip Angle ↑.30</p>	<p>Poor technique:</p> <p>Staggered/alternate hands-on for all vaults except Tsukahara ↑.10</p> <p>Failure to maintain neutral head position ↑.10</p> <p>Shoulder Angle ↑.20</p> <p>Excessive Arch ↑.20</p> <p>Alternate Repulsion-all vaults except Tsukahara ↑.20</p> <p>Legs bent ↑.30</p> <p>Step(s) w/ hands each .10 (Max. 0.30)</p> <p>Hop(s) w/ both hands simultaneously Max .30</p> <p>Failure to pass through vertical ↑.30</p> <p>Bent arms ↑.50 (90° or more = max. ded.) (slight lead-arm bend allowed on Tsukahara vault)</p> <p>Too long in support ↑.50</p> <p>Angle of repulsion: ↑1.00</p> <p>By vertical no ded. 1° - 45° past vertical .05 - .50 46° past vert. – Horiz. .55 - 1.00</p> <p>Touch table with only one hand CJ 1.00</p> <p>Head contacting table in support (includes 0.50 for extreme arm bend) 2.00</p> <p>No hand contact on table VOID</p>	<p>Failure to maintain neutral head position ↑.10</p> <p>Incorrect foot form (flexed/sickled) ↑.10</p> <p>Incorrect Leg form:</p> <p>Crossed ↑.10 Separated ↑.20 Bent ↑.30</p> <p>Brush/hit of body on table ↑.20</p> <p>Insufficient Length ↑.20</p> <p>Failure to create rotation ↑.30</p> <p>Failure to maintain prescribed body position. ↑.50</p> <p>Insufficient Height ↑.50</p> <p>Arm position when leaving Table No deduction</p>	<p>Incorrect Body Posture on landing ↑.50 <i>Not applied to L7's landing on back</i></p> <p>Lands on feet alternately .20</p> <p>If only one foot touches-deduct for leg separation</p> <p>Slight hop/adj. feet toward Table ↑.10</p> <p>Steps toward Table each .10 max .40</p> <p>Large step/Jump toward Table each .20 max. .40</p> <p>Deviation from Straight Direction ↑.30</p> <p>Insufficient Dynamics ↑.30</p> <p>Land on mat + Fall against Table .50</p> <p>Failure to land on top of the mat stack 1.00</p> <p>Landing on top of table in a sitting, lying or standing position VOID</p> <p>Failure to land on bottom of feet 1st on Front Handspring vault VOID</p> <p>Failure to land on bottom of feet 1st on Tsuk/Yurchenko for Lev. 6 VOID for Lev. 7 No deduction</p> <p>Salto performed after landing VOID</p> <p>Balk #1 No deduction</p> <p>Balk #2 or #3 VOID</p> <p>Vaults without signal (from average by CJ) .50</p> <p>Coach between board & table .50 (except RO Entry vault-no penalty)</p> <p>Spotting assistance during the vault VOID</p> <p>Spotting assistance upon landing .50 (no penalty for spot/assist after landing)</p> <p>Vault performed not one of allowable choices VOID</p> <p>Failure to use a mat stack for landing VOID</p> <p>No safety zone mat (RO Entry vault) VOID</p> <p>Use of alternative springboard VOID</p>

# 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: 	SV Ex Score	# vault: 	SV Ex Score