



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 (except RO entry — no penalty) .50
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	Land on mat + fall against table .50	Spotting assistance upon landing (no penalty for spot/assist after landing) .50
Hip Angle †.30	Failure to pass thru vertical †.30	Insufficient Length †.20	Failure to land on top of the mat stack 1.00	Vault performed not allowable choice VOID
* except Tsukahara	Bent arms¥ †.50	Insufficient Height †.50	Landing on top of the table (in a sitting, lying, or standing position) VOID	Failure to use a mat stack for landing VOID
¥ slight lead-arm bend allowed on Tsukahara 90° or more = max deduction	Touch table with only 1 hand 1.00	Failure to create rotation †.30	Failure to land on bottom of feet first: VOID	No safety zone mat (RO entry vaults) VOID
	Head contacting table 2.00	Failure to maintain prescribed body position †.50	on Front Handspring VOID	Use of alternative springboard VOID
	No hand contact on table VOID	Arm position when leaving table No deduction	on Tsuk/Yurchenko (Level 6) 1.00	
	Too long in support †.50		on Tsuk/Yurchenko (Level 7) No deduction	
	Angle of repulsion - leaves table:			
	▪ By vertical no deduction			
	▪ 1° - 45° 05-.25			
	▪ 46° - Horizontal .30-.50			

#		VAULT			VAULT	
		#1			#2	
		SV			SV	
		score			score	
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