School_____

VERTICAL VAULTS

Incorrect foot form	up to .1
Legs crossed	up to .1
Legs separated	up to .2
Bent knees	up to .3
Hip angle	up to .3
Arched body	up to .2
Incomplete twist	up to .3

Note: Not all deductions apply to all vaults

Bent arms	up to .5
Head contacting table	2.0
Bent legs (early tuck)	up to .3
Poor Technique-	
shoulder angle	up to .2
arched body	up to .2
not thru vertical	up to .3
Staggered/alt hands (fwd entry vaults)	up to .1
Alternate repulsion	up to .2
Walk/hop on hands (.1 ea)	up to .3
Too long in support (non-salto vaults)	up to .5
Twist too soon	up to .3
Touch one hand (CJ)	1.0
No hand contact	VOID

Incorrect foot form	up to .1
Legs crossed	up to .1
Legs separated	up to .2
Bent knees	up to .3
Insuf. tuck/pike/stretch	up to .3
Exactness of twist	up to .1
Late completion of twist	up to .3
Height	up to .5
Length	up to .3
Maintain extension b4 landing (str. vaults)	up to .3
Insuf/late ext (saltos)	up to .2
No extension (saltos)	.3
Under-rotation (saltos)	up to .1
Brush/hit on table	up to .2

Incomplete/Over twist	up to .3
Extra arm swings	up to .1
Add'l trunk movements	up to .2
Body posture on landing	up to .2
Slight hop/adjustment	up to .1
Extra steps (.1-.15 ea)	up to .4
Large step/jump (.2 ea)	up to .4
Deep squat	up to .3
Brush/touch w/hand(s)	up to .3
Support on mat w/hand(s)	.5
Fall to knees/hips	.5
Fall against apparatus	.5
Not to feet first	VOID
Land in sit/lie/stand on table	VOID
Direction	up to .3
Dynamics	up to .3

VAULT 1	VAULT 2

VAULT 1

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

VAULT 2

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

	J1
Value	J2
Deductions	Average

8.6	**8.8**	**9.2**	**9.6**	**9.8**	**10.0**	**10.0**	**10.0**
Hdsp	Hdsp - 1/2	1/2 - 1/1	Hdsp - 1 1/2	Pike tsuk	Hdsp front tuck	1/2 - 1/2 front	**RO - 2/1**
1/2 - rep	Yami - 1/2	1/4 - 1 1/4	1/2 - 1 1/2	**RO - pike**	Hdsp front pike	1/4 - 1/4 front	**RO - tuck 1/1**
1/4 - 1/4	**RO - rep**	RO 1/2 - hdsp	1/4 - 1 3/4	**RO 1/2 - 1 1/2**	Cuervo	1/4 - 3/4 front	**RO - layout**
Yami			1/1 - 1/2	**RO 1/1 - 1/2**	Tuck tsuk 1/2		**RO - 1/2 front**
	9.0	**9.4**	Tuck tsuk		Pike tsuk 1/2	**10.0**	**RO - back 1/2**
	1/4 - 3/4	Hdsp - 1/1	**RO - 1 1/2**	**10.0**	Tuck tsuk 1/1	**Hdsp onto**	**RO 1/2 - front**
	1/2 - 1/2	Yami - 1/1	**RO - tuck**	Hdsp - 2/1	Layout tsuk	**board -**	**RO 1/2 - 2/1**
	RO - 1/2	1/1 - hdsp	**RO 1/2 - 1/1**	1/1 - 1/1		**front tuck or**	**RO 1/1 - 1/1**
		RO - 1/1	**RO 1/1 - rep**	1/1 - 1 1/2		**pike**	**RO 1/1 - salto**
		RO 1/2 - 1/2		1/2 - 2/1			

2024 - 2026 OPTIONAL FLIGHT VAULTS	1ST FLIGHT Exec Faults (see list at bottom)	REPULSION Walk/Hop on Hands (.1 ea) up to .3	REPULSION Stag/ Alt Hands up to .1	REPULSION Bent Arms up to .5	REPULSION Exec Faults	2ND FLIGHT Insuf Height up to .5	2ND FLIGHT Insuf Length up to .3	2ND FLIGHT Insuf Ext/ Opening up to .3	2ND FLIGHT Exec Faults	DIRECTION up to .3	DYNAMICS up to .3	LANDING	SCORE Vault Value ___ Deduc-tions	J1	J2	Ave
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Vault Value

7.0
Straddle

Execution Faults

Incorrect Foot Form - up to .1
Legs Crossed - .1
Leg Separations - up to .2
Bent Knees - up to .3
Hip Angle - up to .3
Arched Body - up to .2
Shoulder Angle - up to .2
Insuf. Tuck/Pike/Stretch - up to .3
Brush/hit on table - up to .2