

VERTICAL VAULTS

Incorrect foot form	up to .1	Bent arms	up to .5	Incorrect foot form	up to .1	Incomplete/Over twist	up to .3
Legs crossed	up to .1	Head contacting table	2.0	Legs crossed	up to .1	Extra arm swings	up to .1
Legs separated	up to .2	Bent legs (early tuck)	up to .2	Legs separated	up to .2	Add'l trunk movements	up to .2
Bent knees	up to .3	Poor Technique-		Bent knees	up to .3	Body posture on landing	up to .2
Hip angle	up to .2	shoulder angle	up to .2	Insuf. tuck/pike/stretch	up to .3	Slight hop/adjustment	up to .1
Arched body	up to .2	arched body	up to .2	Twist too late	up to .5	Extra steps (.1 ea)	up to .4
Incomplete twist	up to .3	not thru vertical	up to .3	Exactness of twist	up to .1	Large step/jump (.2 ea)	up to .4
		Staggered/alt hands	up to .1	Late completion of twist	up to .3	Deep squat	up to .3
		(fwd entry vaults)		Height	up to .5	Brush/touch w/hand(s)	up to .3
		Alternate repulsion	up to .2	Length	up to .3	Support on mat w/hand(s)	.5
		Walk/hop on hands (.1 ea)	up to .3	Maintain extension b4		Fall to knees/hips	.5
		Too long in support	up to .5	landing (str. vaults)	up to .3	Fall against apparatus	.5
		(non-salto vaults)		Insuf/late ext (saltos)	up to .2	Not to feet first	VOID
		Twist too soon	up to .3	No extension (saltos)	.3	Land in sit/lie/stand on table	VOID
		Touch one hand (CJ)	1.0	Under-rotation (saltos)	up to .1	Direction	up to .3
		No hand contact	VOID	Brush/hit on table	up to .2	Dynamics	up to .3

Note: Not all deductions apply to all vaults

VAULT 1

VAULT 2

		J1		J1
Value		J2	Value	J2
Deductions		Average	Deductions	Average
		J1		J1
Value		J2	Value	J2
Deductions		Average	Deductions	Average
		J1		J1
Value		J2	Value	J2
Deductions		Average	Deductions	Average
		J1		J1
Value		J2	Value	J2
Deductions		Average	Deductions	Average
		J1		J1
Value		J2	Value	J2
Deductions		Average	Deductions	Average

8.6
Hdsp
1/2 - rep
1/4 - 1/4
Yami
RO - rep

8.8
Hdsp - 1/2
Yami - 1/2
RO - 1/2

9.2
1/2 - 1/1
1/4 - 1 1/4
RO 1/2 - hdsp

9.4
Hdsp - 1/1
Yami - 1/1
1/1 - hdsp
RO - 1/1
RO 1/2 - 1/2

9.6
Hdsp - 1 1/2
1/2 - 1 1/2
1/4 - 1 3/4
1/1 - 1/2
Tuck tsuk
RO - 1 1/2
RO - tuck
RO 1/2 - 1/1
RO 1/1 - rep

9.8
1/1 - 1/1
Tuck tsuk 1/2
Pike tsuk
RO - pike
RO 1/2 - 1 1/2
RO 1/1 - 1/2

10.0
Hdsp - 2/1
1/1 - 1 1/2
1/2 - 2/1
Hdsp front tuck
Hdsp front pike
Cuervo
Pike tsuk 1/2
Tuck tsuk 1/1
Layout tsuk

10.0
1/2 - 1/2 front
1/4 - 1/4 front
1/4 - 3/4 front

10.0
Hdsp onto
board -
front tuck or
pike

10.0
RO - 2/1
RO - tuck 1/1
RO - layout
RO - 1/2 front
RO 1/2 - front
RO 1/2 - 2/1
RO 1/1 - 1/1
RO 1/1 - salto

2022-2024 OPTIONAL FLIGHT VAULTS	1ST FLIGHT Exec Faults (see list at bottom)	REPULSION				2ND FLIGHT				DIRECTION up to .3	DYNAMICS up to .3	LANDING	SCORE				
		Walk/Hop on Hands (.1 ea) up to .3	Stag/ Alt Hands up to .1	Bent Arms up to .5	Exec Faults	Insuf Height up to .5	Insuf Length up to .3	Insuf Ext/ Opening up to .3	Exec Faults				Vault Value	Deduc- tions	J1	J2	Ave

Vault Values

- 7.0
- Squat
- 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 .2
- Arched Body - up to .2
- Shoulder Angle - up to .2
- Insuf. Tuck/Pike/Stretch - up to .3
- Brush/hit on table - up to .2