

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	Poor Technique-		Legs separated	up to .2	Add'l trunk movements	up to .2
Bent knees	up to .3	shoulder angle	up to .2	Bent knees	up to .3	Body posture on landing	up to .2
Hip angle	up to .2	arched body	up to .2	Insuf. tuck/pike/stretch	up to .3	Slight hop/adjustment	up to .1
Arched body	up to .2	Staggered/alt hands	up to .1	Twist too late	up to .5	Extra steps (.1 ea)	up to .4
Incomplete twist	up to .3	(fwd entry vaults)		Exactness of twist	up to .1	Large step/jump	.2
		Alternate repulsion	up to .2	Late completion of twist	up to .3	Deep squat	up to .3
		Walk/hop on hands (.1 ea)	up to .3	Height	up to .5	Brush/touch w/hand(s)	.3
		Twist too soon	up to .3	Length	up to .3	Support on mat w/hand(s)	.5
		Touch one hand (CJ)	1.0	Maintain extension b4		Fall to knees/hips	.5
		No hand contact	VOID	landing (str. vaults)	up to .3	Fall against apparatus	.5
				Insuf/late ext (saltos)	up to .2	Land in sit/lie/stand on table	VOID
				No extension (saltos)	.3	Direction	up to .3
				Under-rotation (saltos)	up to .1	Dynamics	up to .3
				Brush/hit on table	up to .2		

Note: Not all deductions
apply to all vaults

VAULT 1**VAULT 2**

			Value				Value
			Deductions				Deductions
			Score				Score
			Value				Value
			Deductions				Deductions
			Score				Score
			Value				Value
			Deductions				Deductions
			Score				Score
			Value				Value
			Deductions				Deductions
			Score				Score
			Value				Value
			Deductions				Deductions
			Score				Score
			Value				Value
			Deductions				Deductions
			Score				Score

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

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

9.0
1/4 - 3/4
1/2 - 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 onto board -
front tuck or pike

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

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