

OPTIONAL VAULT DEDUCTIONS BLANK STUDY SHEET

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) —	Poor technique: Staggered/alternate hands-on for all vaults* —	Incorr. foot form —	Slight hop/ adj. feet —
Inorr. Leg form: Crossed —	Shoulder Angle —	LA Turn begun too Late —	Extra arm swings —
Separated —	Arch —	Insuff. exactness of LA turn —	Steps —
Bent —	Alternate Rep.-all vaults* —	Under-rotation of salto vaults —	Large step/Jump (approx. 3 ft) —
	Steps/hops on hands —	Insuff. Height —	Incorrect Body Posture —
	LA turn begun too early —	Insuff. Length —	Trunk movement for balance —
Poor Technique	Arms bent —	Inorr. Leg form: Crossed —	LA turn incomplete —
Hip Angle —	(slight bend of lead arm allowed for Gr. 3 vaults) —	Separated —	Squat on landing —
Arch —	Touch with only 1 hand —	Bent —	Brush/touch w/ hand(s) (no support) —
Incomplete LA turn. —	Head touching table in support (includes 0.5 for bent arms) —	Insufficient exactness of Body Pos. • Insufficient N, V —	Deviation in Direction —
	No hand contact on table —	• Insufficient stretched pos. * arch —	Insufficient Dynamics —
	<i>*Except all Gr. 3 vaults & Gr. 5 vaults with ¼-1/1 turn on + salto off</i> —	* hip angle (136°-179°) —	Fall or support on 1 or both hands —
	<u>Lev. 6 & 7 only:</u>	Fails to maintain stretch (pikes down) —	Fall against vault table —
	Too long in support —	Insuff./Late extension of N or V —	Spotting assistance upon landing —
	Angle of repulsion —	Total absence of extension of N or V —	Landing in a sitting, lying or standing position on top of the table —
	By vertical —	Late completion of twist —	Coach between board & table (except Gr. 4/5 vaults-no penalty) —
	1° - 45° —	(Gr. 1 & Gr. 4/5 w/out saltos) —	Vaults without signal from CJ —
	46° - Horizontal —	Brush/hit of body/head on table —	Failure to land on bottom of feet 1 st —
			No safety zone mat (Gr. 4/5) —
			Spotting assistance during the vault —