

Team: _____

Date: ____ / ____ / ____

Name:	SV		SV		<u>1ST FLIGHT PHASE</u> Incomplete Twist..... ↑ 0.3 Hip Angle ↑ 0.2 Legs Separated..... ↑ 0.2 Bent Knees..... ↑ 0.3 Arched Body ↑ 0.2 Legs Crossed/Incorr Foot Form ↑ 0.2 <u>SUPPORT/REPULSION PHASE</u> Poor Technique: ~ Shoulder Angle..... ↑ 0.2 ~ Arched Body..... ↑ 0.2 ~ Staggered/alt hand fwd entry vlts.. ↑ 0.1 ~ Alt repul hands (Group 2/3 Vlts)..... ↑ 0.2 ~ Legs bent in support (salto) ↑ 0.2 Too long in support (non-salto) ↑ 0.5 Bent arms..... ↑ 0.5 Twist too soon..... ↑ 0.3 Only 1 hand on table (* CJ DED *) 1.0 Walk/hop hands on table 0.1ea..... ↑ 0.3 Head contact table 2.0 <u>2ND FLIGHT PHASE</u> Under rotate salto..... ↑ 0.1 Twist too late ↑ 0.5 Legs Crossed..... ↑ 0.1 Legs Separated ↑ 0.2 Bent Knees ↑ 0.3 Insuff exactness of twist ↑ 0.1 Insuff degree tuck/pike/stretch..... ↑ 0.3 Insufficient Height..... ↑ 0.5 Insufficient Length..... ↑ 0.3 Extension/Open of body before landing ~ No maintain stretch body..... ↑ 0.3 ~ Insuff and/or late extension ↑ 0.2 ~ Total absence of extension..... ↑ 0.3 Brush/Hit Vault..... ↑ 0.2 <u>LANDING DEDUCTIONS</u> Slight hop/adj/staggering of feet..... ↑ 0.1 Extra arm swings ↑ 0.1 Add'l trunk movements..... ↑ 0.2 Incorr body posture on landing ↑ 0.2 Extra steps (0.1 each)..... ↑ 0.4 Large step/jump >3' (0.2 each)..... ↑ 0.4 Deep squat (hips at/lower knees)..... ↑ 0.3 Fall (to mat or against vault) 0.5 Twist Over/Under Rotated ~ 1-30° ↑ 0.1 ~ 31-60° 0.15-0.2 ~ 61-89° 0.25-0.3 ~ >90° or missing → award diff vault value Deviation from a straight direction..... ↑ 0.3 Insufficient Dynamics ↑ 0.3 <u>NEUTRAL</u> Spotter assist w/ landing..... 0.5 Coach between board/table (non R/O) 0.5 Handspring: Facilitate 1 st or 2 nd flight 1.0 <u>VOID VAULTS</u> ~ 2 nd or 3 rd balk ~ Incomplete attempt <u>with</u> contact of vault ~ R/O entry without safety mat <u>and</u> spotter ~ Failure to land on any part of feet first ~ Facilitated Vault (exception is Handspring) ~ Landing on Vault ~ No hand contact with vault ** Voided vaults may be repeated as 2 nd vault.
Vault1:					
Vault2:					
Final Score:					
Name:	SV		SV		
Vault1:					
Vault2:					
Final Score:					
Name:	SV		SV		
Vault1:					
Vault2:					
Final Score:					
Name:	SV		SV		
Vault1:					
Vault2:					
Final Score:					
Name:	SV		SV		
Vault1:					
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Final Score:					