

## POP QUIZ #3 VAULT

1. True or False: If the hand placement mat slips on the runway, it is considered apparatus or equipment failure. \_\_\_\_\_
  
2. True or False. The safety zone mat can ONLY be used on round off entry vaults. \_\_\_\_\_
3. The deduction for performing a vault other than the announced or flashed vault is:
  - a. .1
  - b. .2
  - c. .3
  - d. .4
  - e. None of the above
4. A coach stands between the board and the vault apparatus on round off entry vaults (inside the domain of the apparatus) The deduction is:
  - a. .1
  
  - b. .2
  
  - c. .3
  - d. 0
  - e. None of the above
  
5. A gymnast performs a vault prior the Chief Judge's signal. The following occurs:
  - a. The Chief judge applies no deduction on the second vault
  - b. The Chief judge applies a deduction of .3 on the second vault
  - c. The gymnast then performs a successful 3<sup>rd</sup> vault and receives no penalty
  - d. The third vault is a void
  - e. None of the above
  
6. A gymnast successfully performs a Yurchenko 1 ½ vault. Her ONLY deductions are the MAXIMUM of the following:
  - . Big step on landing
  - .Legs crossed during the 2<sup>nd</sup> flight phaseHer score would be a:
  - a. 9.6
  - b. .9.7
  - c. 9.8

- d. 9.9
- e. None of the above

7. A gymnast has her knees bent during ALL phases of a Tsukahara Piked Vault. Her maximum deduction would be:

- a. .9
- b. .8
- c. .7
- d. .6
- e. None of the above

8. What is the maximum deduction for the following errors on vault:

- . Arched body in preflight
- . Shoulder angle in the support phase of the vault
- . Insufficient exactness of LA turn in second flight phase
- . Insufficient length of the vault

- a. .6
- b. .7
- c. .8
- d. .9
- e. None of the above