

Name _____

Vaulting in Gymnastics: The Art of the Perfect Launch

Short Answer Key

1. The vaulting apparatus consists of a springboard and a vaulting table. The springboard provides bounce for the gymnast, while the vaulting table is the landing platform.
2. Judges consider factors such as form, technique, body position, pointed toes, and precision when evaluating a gymnast's Execution score in vaulting.
3. Timing during the sprinting phase is crucial because it determines when the gymnast hits the springboard, affecting the height, distance, and execution of the vault.
4. Common vaulting styles or techniques include the Yurchenko, Tsukahara, and handspring vaults.
5. A gymnast's choice of vault impacts their Difficulty score as more complex vaults have higher Difficulty scores. This choice is important because it can influence their overall score and performance.

