

Junior Olympic OPTIONAL VAULT SCORESHEET 2005-2009

Revised Oct. 2007

1st FLIGHT		REPULSION		2nd FLIGHT		LANDING/GENERAL	
Inc. LA turn.	↑.30	Poor tech:		LA Turn begun too Late	↑.50	LA turn under/over-rotated	↑.30
		Shoulder Angle	↑.20	Exactness of LA turn	↑.10	Slight hop/ adj. feet	↑.10
Legs: Crossed	↑.10	Arch	↑.20	Height	↑.50	Very large step/Jump	.20
Separated	↑.20	Staggered/alternate hands-		Length	↑.30	Steps	each .10 max .40
Bent	↑.30	on front entry vaults	↑.10	Legs:		Body Posture	↑.20
Poor Technique		Arms bent	↑.50	Crossed	↑.10	Deep squat	↑.30
Hip Angle	↑.20	(slight arm bend of lead		Separated	↑.20	Extra arm swings	↑.10
Arch	↑.20	Arm allowed for Gr. 3 vault)		Bent	↑.30	Trunk movement for balance	↑.20
		LA turn begun too early	↑.30	Insufficient exactness of Body Pos.		Brush/touch w/ hand(s) (no support)	↑.30
		Steps/hops on hands	↑.30	• Insufficient N, V	↑.30	Direction	↑.30
		Touch with only 1 hand	1.0 CJ	• Insufficient stretched pos.		Dynamics	↑.30
		No touch	VOID	* arch	↑.30	Failure to land feet 1 st	VOID
		Spot during repulsion		* pike (135-179°)	↑.30	Fall or support on hands	.50
		or 2 nd flight	VOID	Fails to maintain stretch (pikes down)	↑.30	Fall against table	.50
		<u>Level 7 only:</u>		Insuff./Late extension of N or V	↑.20	No safety collar (Gr. 4/5)	VOID
		Angle of repulsion:		Total absence of extension	.30	Spot on landing	.50
		By vertical	no ded	Late completion of twist	↑.30	Coach between board & apparatus	.50
		1° -45°	↑.50	(Gr. 1 & Gr. 4/5 w/out saltos)		(except Gr. 4/5 vaults- no penalty)	
		46° - Horizontal	.55 -1.00	Brush/hit of body on apparatus	↑.20	Spotting assistance during the vault	VOID
		Too long in support	↑.50			Landing in a sitting, lying or standing	VOID
						position on top of the table	VOID
						<i>Vaults without signal from CJ</i>	<u>.50</u>

#	<u>V #1</u>	<u>V#2</u>	#	<u>V #1</u>	<u>V#2</u>	#	<u>V #1</u>	<u>V#2</u>
SV			SV			SV		
Ded.			Ded.			Ded.		
Score			Score			Score		
Final Score			Final Score			Final Score		
#	<u>V #1</u>	<u>V#2</u>	#	<u>V #1</u>	<u>V#2</u>	#	<u>V #1</u>	<u>V#2</u>
SV			SV			SV		
Ded.			Ded.			Ded.		
Score			Score			Score		
Final Score			Final Score			Final Score		