



WOMEN'S JR. OLYMPIC VAULT VALUES FOR LEVELS 7 & 8



Effective August 1, 2011– July 31, 2013

LEVEL 7

Group 1 Vaults that have no more than 360° turn in one flight and no more than 540° turn in total. THE FOLLOWING VAULTS ARE ALLOWED AND ARE ALL VALUED AT 10.0 FOR LEVEL 7:

1.101	Handspring
1.102	Handspring – ½ twist off
1.103	Yamashita
1.104	Yamashita – ½ twist off
1.105	¼ - ½ twist on – ¾ - ½ twist off
1.106	¼ to ½ twist on – repulsion (with flight to feet) off
1.201	Handspring – 1/1 twist
1.204	Yamashita – 1/1 twist
1.205	¼ - ½ on – 1¼ - 1/1 twist off
1.207	1/1 twist on – Handspring or Yamashita off
1.208	1/1 twist on – ½ twist off

LEVEL 8

ALLOWABLE VAULTS: The following Group 1, 3, 4 & 5 Vaults are allowed at Level 8:

listed in JO-COP as #	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring – ½ twist off	9.1
1.103	Yamashita	9.0
1.104	Yamashita – ½ twist off	9.1
1.105	¼ - ½ twist on – ¾ - ½ twist off	9.2
1.106	¼ - ½ twist on – repulsion (with flight to feet) off	7.0
1.201	Handspring – 1/1 twist	9.5
1.202	Handspring – 1½ twist	9.7
1.204	Yamashita – 1/1 twist	9.5
1.205	¼ - ½ twist on – 1¼ - 1/1 twist off	9.4
1.206	¼ - ½ twist on – 1 ¾ - 1½ twist off	9.6
1.207	1/1 twist on – HSP/Yami off	9.5
1.208	1/1 twist on – ½ twist off	9.7
1.301	Handspring – 2/1 twist off	10.0
1.305	¼ - ½ twist on – 2¼ - 2/1 twist off	10.0
3.201	Tsukahara Tuck	9.8
3.303	Tsukahara Pike	10.0
4.101	RO, FF on – Repulsion (with flight to feet) off	7.0
4.102	RO, FF on – Repulsion ½ off	9.1
4.312	RO, FF on – 1/1 twist off	9.4
4.313	RO, FF on – 1½ twist off (Allen)	9.6
4.201	RO, FF on – Back Tuck	9.8
4.304	RO, FF on – Back Pike	10.0
5.101	RO, FF ½ on – Handspring	9.2
5.201	RO, FF ½ on – 1/1 twist off	9.6
5.202	RO, FF ½ on – 1½ twist off	9.8
5.420	RO, FF ½ on – 2/1 twist off	10.0