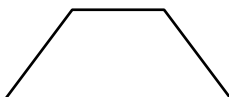
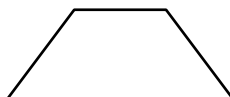


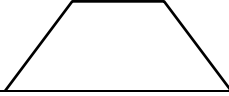
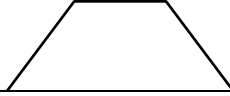
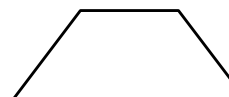
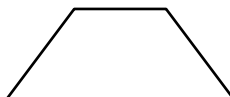


Junior Olympic OPTIONAL VAULT SCORESHEET 2009-2013 (revised June 24, 2010)

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Inc. LA turn. ↑.30	Poor tech:	LA Turn begun too Late ↑.50	Flexed feet (each phase) ↑.10
Legs: Crossed .10	Staggered/alternate hands-	Insuff. exactness of LA turn ↑.10	Slight hop/ adj. feet ↑.10
Separated ↑.20	on front entry vaults ↑.10	Insuff. Height ↑.50	Extra arm swings ↑.10
Bent ↑.30	Shoulder Angle ↑.20	Insuff. Length ↑.30	Steps each .10 max .40
Poor Technique	Arch ↑.20	Legs: Crossed .10	Large step/Jump (approx. 3 ft) .20
Hip Angle ↑.20	Alternate Rep. (Gr. 1) ↑.20	Separated ↑.20	Incorrect Body Posture ↑.20
Arch ↑.20	Arms bent ↑.50	Bent ↑.30	Trunk movement for balance ↑.20
	(slight arm bend of lead arm	Insufficient exactness of Body Pos.	LA turn incomplete ↑.30
	allowed for Gr. 3 vaults)	• Insufficient N, V ↑.30	Deep squat ↑.30
	Head touching table in support	• Insufficient stretched pos.	Brush/touch w/ hand(s) (no support) ↑.30
	(includes 0.5 for bent arms) 2.00	* arch ↑.30	Direction ↑.30
	Steps/hops on hands ↑.30	* hip angle (136°-179°) ↑.30	Insufficient Dynamics ↑.30
	LA turn begun too early ↑.30	Fails to maintain stretch (pikes down) ↑.30	Fall or support on hands .50
	Touch with only 1 hand <u>1.00 CJ</u>	Insuff./Late extension of N or V ↑.25	Fall against vault table .50
	No touch <u>VOID</u>	Total absence of extension of N or V .30	Spot on landing .50
	Lev. 7 only:	Late completion of twist ↑.30	Coach between board & table .50
	Angle of repulsion	(Gr. 1 & Gr. 4/5 w/out saltos)	(except Gr. 4/5 vaults-no penalty)
	By vertical no ded	Brush/hit of body/head on table ↑.20	Vaults without signal from CJ .50
	1° - 45° ↑.50		Failure to land on soles of feet 1 st <u>VOID</u>
	46° - Horizontal .55 -1.00		No safety collar (Gr. 4/5) <u>VOID</u>
	Too long in support ↑.50		Spotting assistance during the vault <u>VOID</u>
			Landing in a sitting, lying or standing position on top of the table <u>VOID</u>

# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score