

Junior Olympic OPTIONAL VAULT SCORESHEET 2009-2013

1st FLIGHT		REPULSION		2nd FLIGHT		LANDING/GENERAL	
Inc. LA turn.	↑.30	Poor tech:		LA Turn begun too Late	↑.50	Slight hop/ adj. feet	↑.10
Legs: Crossed	.10	Staggered/alternate hands-		Insuff. exactness of LA turn	↑.10	Extra arm swings	↑.10
Separated	↑.20	on front entry vaults	↑.10	Height	↑.50	Steps	each .10 max .40
Bent	↑.30	Shoulder Angle	↑.20	Length	↑.30	Very large step/Jump	.20
Poor Technique		Arch	↑.20	Legs:		Body Posture	↑.20
Hip Angle	↑.20	Alternate Rep. (Gr. 1)	↑.20	Crossed	.10	Trunk movement for balance	↑.20
Arch	↑.20	Arms bent	↑.50	Separated	↑.20	LA turn incomplete	↑.30
		(slight arm bend of lead arm		Bent	↑.30	Deep squat	↑.30
		allowed for Gr. 3 vaults)		Insufficient exactness of Body Pos.		Brush/touch w/ hand(s) (no support)	↑.30
		Head touching table in support		• Insufficient N, V	↑.30	Direction	↑.30
		(includes 0.5 for bent arms)	2.00	• Insufficient stretched pos.		Dynamics	↑.30
		Steps/hops on hands	↑.30	* arch	↑.30	Fall or support on hands	.50
		LA turn begun too early	↑.30	* hip angle (136°-179°)	↑.30	Fall against vault table	.50
		Touch with only 1 hand	1.0 CJ	Fails to maintain stretch (pikes down)	↑.30	Spot on landing	.50
		No touch	VOID	Insuff./Late extension of N or V	↑.25	Coach between board & apparatus	.50
		Spot during repulsion		Total absence of extension of N or V	.30	(except Gr. 4/5 vaults- no penalty)	
		or 2 nd flight	VOID	Late completion of twist	↑.30	Vaults without signal from CJ	0.50
		Level 7 only:		(Gr. 1 & Gr. 4/5 w/out saltos)		Failure to land on soles of feet 1 st	VOID
		Angle of repulsion:		Brush/hit of body on apparatus	↑.20	No safety collar (Gr. 4/5)	VOID
		By vertical	no ded.			Spotting assistance during the vault	VOID
		1° - 45°	↑.50			Landing in a sitting, lying or standing	
		46° - Horizontal	.55 -1.00			position on top of the table	VOID
		Too long in support	↑.50				

#	<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		