

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