



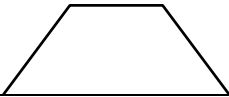
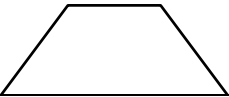
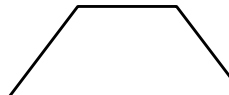



2018-2022 Junior Olympic LEVELS 8 / 9 / 10 VAULT SCORESHEET

(Effective August 1, 2018) Revised 5/28/18

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique: Staggered/alternate hands-on for all vaults* ↑.10	Incorrect foot form ↑.10	Feet hip-width or closer; never join .05
<u>Incorrect Leg form:</u> Crossed ↑.10	Shoulder Angle ↑.20	LA Turn begun too Late ↑.50	Slight hop/adj. feet/staggered feet ↑.10
Separated ↑.20	Arch ↑.20	Insufficient exactness of LA turn ↑.10	Arm swings (stuck vaults) ↑.10
Bent ↑.30	Alternate Rep.-all vaults* ↑.20	Under-rotation of salto vaults .10	Land w/ feet more than hip-width apart 1.00
<u>Poor Technique:</u> Hip Angle ↑.20	Legs bent in support or early tuck in repulsion (Salto Vaults ONLY) ↑.30	Insufficient Height ↑.50	Steps each .10 max .40
Excessive Arch ↑.20	Steps/hops on hands ↑.30	Insufficient Length ↑.30	Large step/Jump (approx. 3 ft) .20
Incomplete LA turn. ↑.30	LA turn begun too early ↑.30	Incorrect Leg form: Crossed ↑.10	Incorrect Body Posture ↑.20
	Arms bent ↑.50	Separated ↑.20	Trunk movement for balance ↑.20
	(slight bend of lead arm allowed for Gr. 3 vaults)	Bent ↑.30	LA turn incomplete ↑.30
	Touch with only 1 hand 1.00 CJ	Insufficient exactness of Body Pos. • Insufficient N, V ↑.30	Squat on landing ↑.30
	Head touching table in support (includes 0.5 for bent arms) 2.00	• Insufficient stretched pos. *arch ↑.30	Brush/touch w/ hand(s) (no support) ↑.30
	No hand contact on table VOID	* hip angle (136°-179°) ↑.30	Deviation in Direction ↑.30
	<i>*Except all Gr. 3 vaults & Gr. 5 vaults with ¼ - 1/1 turn on + salto off</i>	Fails to maintain stretch (pikes down) ↑.30	Insufficient Dynamics ↑.30
	For All NON-SALTO Vaults:	Insuff./Late extension of N or V ↑.25	Fall or support on 1 or both hands .50
	Too long in support ↑.50	Total absence of extension of N or V .30	Fall against vault table .50
	Angle of repulsion	Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30	Spotting assistance upon landing .50
	By vertical no ded.	Brush/hit of body/head on table ↑.20	Coach between board & table .50
	1° - 45° ↑.50		(except Gr. 4/5 vaults-no penalty)
	46° - Horizontal .55 -1.00		Vaults without signal (from average by CJ) 0.50

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