

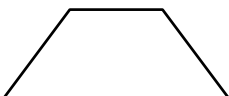

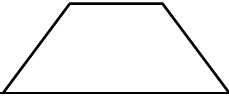
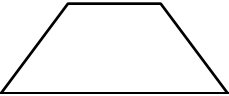




2013-2018 Junior Olympic OPTIONAL VAULT SCORESHEET

(Revised September 2016)

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique: Staggered/alternate hands-on for all vaults* ↑.10 Shoulder Angle ↑.20 Arch ↑.20 Alternate Rep.-all vaults* ↑.20 Legs bent in support (Salto Vaults ONLY) ↑.20	Incorrect foot form ↑.10 LA Turn begun too Late ↑.50 Insufficient exactness of LA turn ↑.10 Under-rotation of salto vaults ↑.10 Insufficient Height ↑.50 Insufficient Length ↑.30	Slight hop/ adj. feet ↑.10 Extra arm swings ↑.10 Steps each .10 max .40 Large step/Jump (approx. 3 ft) .20 Incorrect Body Posture ↑.20 Trunk movement for balance ↑.20 LA turn incomplete ↑.30 Squat on landing ↑.30 Brush/touch w/ hand(s) (no support) ↑.30 Deviation in Direction ↑.30 Insufficient Dynamics ↑.30 Fall or support on 1 or both hands .50 Fall against vault table .50 Spotting assistance upon landing .50 Coach between board & table (except Gr. 4/5 vaults-no penalty) .50 Vaults without signal (from average by CJ) 0.50 Landing in a sitting, lying or standing position on top of the table VOID Failure to land on bottom of feet 1 <sup>st</sup> VOID No safety zone mat (Gr. 4/5) VOID Spotting assistance during the vault VOID <i>Exception for Lev. 8 Salto vaults</i> <i>Spotting assistance during Post-flight</i> 1.00 <i>Spotting assistance during Pre-flight or Support phase</i> VOID
Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30	Steps/hops on hands ↑.30 LA turn begun too early ↑.30 Arms bent (slight bend of lead arm allowed for Gr. 3 vaults) ↑.50 Touch with only 1 hand 1.00 CJ Head touching table in support (includes 0.5 for bent arms) 2.00 No hand contact on table VOID <i>*Except all Gr. 3 vaults &amp; Gr. 5 vaults with 3/4 - 1/1 turn on + salto off</i> <b>For All NON-SALTO Vaults:</b> Too long in support ↑.50 Angle of repulsion By vertical no ded 1° - 45° ↑.50 46° - Horizontal .55 -1.00	Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30 Insufficient exactness of Body Pos. • Insufficient N, V ↑.30 • Insufficient stretched pos. *arch ↑.30 * hip angle (136°-179°) ↑.30 Fails to maintain stretch (pikes down) ↑.30 Insuff./Late extension of N or V ↑.25 Total absence of extension of N or V .30 Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30 Brush/hit of body/head on table ↑.20	

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