

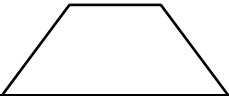
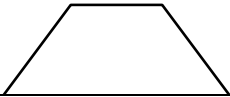


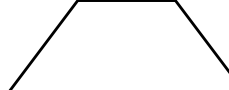



2013-2017 Junior Olympic OPTIONAL LEVELS 6, 7, 9 & 10 VAULT SCORESHEET

(Revised July 2015)

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

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