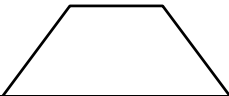
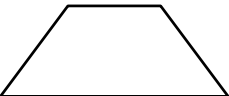




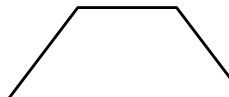



2018-2022 Junior Olympic LEVEL 6/7 VAULT SCORESHEET

(Effective August 1, 2018) Revised 5/22/18

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	<u>Poor technique:</u> Staggered/alternate hands-on for all vaults except Tsukahara ↑.10 Shoulder Angle ↑.20 Excessive Arch ↑.20 Failure to maintain neutral head position ↑.10 Alternate Repulsion-all vaults except Tsukahara ↑.20 Legs bent ↑.30	Incorrect foot form ↑.10 Failure to maintain neutral head position ↑.10 Insufficient Height ↑.50 Insufficient Length ↑.30 Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30 Failure to maintain prescribed Body Pos. ↑.30 Brush/hit of body on table ↑.20	Slight hop/adj. feet toward Table ↑.10 Steps toward Table each .10 max .40 Large step/Jump toward Table each .20 max .40 Deviation from Straight Direction ↑.30 Insufficient Dynamics ↑.30 Incorrect Body Posture on landing ↑.50 Land on mat + Fall against Table ↑.50 Spotting assistance upon landing .50 (no penalty for spot/assist after landing) Coach between board & table .50 (except RO Entry vault-no penalty) Vaults without signal (from average by CJ) .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 (Ro Entry vault) VOID Spotting assistance during the vault VOID Use of alternative springboard VOID Vault performed not one of allowable Choices VOID Salto performed after landing VOID
<u>Incorrect Leg form:</u> Crossed ↑.10 Separated ↑.20 Bent ↑.30	<u>Poor Technique:</u> Hip Angle ↑.20 Excessive Arch ↑.20 Failure to maintain neutral head pos. ↑.10		
<u>Angle of Arrival:</u> ↑.30 • Approx. 45° & below from vertical no ded. • 1° - 44° from vertical .05 - .30	<u>Additional hand placements:</u> Steps/hops on hands each ↑.10 (Max. 0.30) Arms bent ↑.50 (90° or more = max. ded.) (slight lead arm bend allowed on Tsukahara vault) Too long in support ↑.50 Angle of repulsion: ↑1.00 By vertical no ded. 1° - 45° past vertical ↑.50 46° past vert. - Horiz. .55 - 1.00 Touch with only 1 hand <u>1.00 CJ</u> Head contacting table in support (includes 0.5 for bent arms) <u>2.00</u> No hand contact on table VOID		

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