### 2018-2022 Junior Olympic LEVEL 6/7 VAULT SCORESHEET

(Effective August 1, 2018) Revised 6/26/19

<table>
<thead>
<tr>
<th>1st FLIGHT</th>
<th>SUPPORT/REPULSION</th>
<th>2nd FLIGHT</th>
<th>LANDING/GENERAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorrect foot form (flexed/sickled)</td>
<td><strong>↑.10</strong> Staggered/alternate hands-on for all vaults except Tsukahara <strong>↑.10</strong></td>
<td>Incorrect foot form</td>
<td><strong>↑.10</strong> Slight hop/adj. feet toward Table <strong>↑.10</strong></td>
</tr>
<tr>
<td>Incorrect Leg form:</td>
<td><strong>↑.10</strong> Failure to maintain neutral head position <strong>↑.20</strong></td>
<td>Failure to maintain neutral head position <strong>↑.10</strong></td>
<td>Steps toward Table each <strong>↑.10 max .</strong></td>
</tr>
<tr>
<td>Crossed</td>
<td><strong>↑.10</strong> Excessive Arch <strong>↑.20</strong></td>
<td>Failure to create rotation <strong>↑.30</strong></td>
<td>Large step/Jump toward Table each <strong>↑.20 max .</strong></td>
</tr>
<tr>
<td>Separated</td>
<td><strong>↑.20</strong> Alternate Repulsion-all vaults except Tsukahara <strong>↑.20</strong></td>
<td>Insufficient Height <strong>↑.50</strong></td>
<td>Lands on feet alternately 20</td>
</tr>
<tr>
<td>Bent</td>
<td><strong>↑.30</strong> Legs bent <strong>↑.30</strong></td>
<td>Insufficient Length <strong>↑.20</strong></td>
<td>Deviation from Straight Direction <strong>↑.30</strong></td>
</tr>
<tr>
<td>Poor Technique:</td>
<td></td>
<td>Incorrect Leg form:</td>
<td>Insufficient Dynamics <strong>↑.30</strong></td>
</tr>
<tr>
<td>Hip Angle</td>
<td><strong>↑.20</strong></td>
<td>Crossed</td>
<td><strong>↑.10</strong></td>
</tr>
<tr>
<td>Excessive Arch</td>
<td><strong>↑.20</strong></td>
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<td><strong>↑.20</strong></td>
</tr>
<tr>
<td>Failure to maintain neutral head pos.</td>
<td><strong>↑.10</strong></td>
<td>Bent</td>
<td><strong>↑.30</strong></td>
</tr>
</tbody>
</table>

#### Additional hand placements:
- *Steps/hops on hands* each **↑.10** (Max. 0.30)
- *Arms bent* **↑.50** *(90° or more = max. ded.)*
- *Too long in support* **↑.50** *(slight lead arm bend allowed on Tsukahara vault)*
- *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* 1.00 CJ

#### Head contacting table in support
- *(includes 0.5 for bent arms)* 2.00
- *No hand contact on table* VOID

### LANDINGS/GENERAL

- *Slight hop/adj. feet toward Table* **↑.10**
- *Steps toward Table* each **↑.10 max .**
- *Large step/Jump toward Table* each **↑.20 max .**
- *Lands on feet alternately* 20
- *Deviation from Straight Direction* **↑.30**
- *Insufficient Height* **↑.50**
- *Insufficient Length* **↑.20**
- *Failure to land on bottom of feet* 1st VOID
- *Failure to land on top of the mat stack* 1.00
- *Failure to land against Table* **↑.50**
- *Spotting assistance upon landing* 50
- *No penalty for spot/assist after landing* 50
- *Coach between board & table* 50
- *Vaults without signal* (from average by CJ) 50
- *Failure to land in a sitting, lying or standing position on top of the table* VOID
- *Failure to land in sitting, lying or standing position* VOID
- *No safety zone mat* VOID
- *Spots during the vault* VOID
- *Use of alternative springboard* VOID
- *Vault performed not one of allowable Choices* VOID
- *Salto performed after landing* VOID

### # vault:

#### SV
- Ex
- Score

#### # vault:

#### SV
- Ex
- Score

#### # vault:

#### SV
- Ex
- Score

#### # vault:

#### SV
- Ex
- Score

#### # vault:

#### SV
- Ex
- Score