
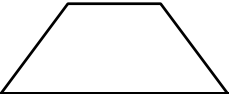
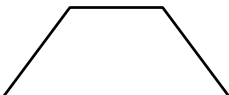

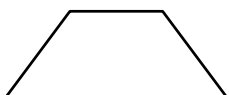

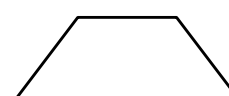
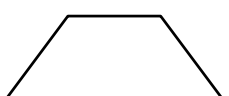


2018-2022 Junior Olympic LEVEL 6/7 VAULT SCORESHEET

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

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	Incorrect foot form ↑.10	Slight hop/adj. feet toward Table ↑.10
<u>Incorrect Leg form:</u>	Shoulder Angle ↑.20	Failure to maintain neutral head position ↑.10	Steps toward Table each .10 max .40
Crossed ↑.10	Excessive Arch ↑.20	<b>Failure to create rotation</b> ↑.30	Large step/Jump toward Table each .20 max. .40
Separated ↑.20	Failure to maintain neutral head position ↑.10	Insufficient Height ↑.50	Lands on feet alternately .20
Bent ↑.30	Alternate Repulsion-all vaults except Tsukahara ↑.20	Insufficient Length ↑.20	Deviation from Straight Direction ↑.30
<u>Poor Technique:</u>	Legs bent ↑.30	Incorrect Leg form:	Insufficient Dynamics ↑.30
Hip Angle ↑.20	<b>Failure to pass through vertical</b> ↑.30	Crossed ↑.10	Incorrect Body Posture on landing ↑.50
Excessive Arch ↑.20	Additional hand placements:	Separated ↑.20	Land on mat + Fall against Table ↑.50
Failure to maintain neutral head pos. ↑.10	Steps/hops on hands (Max. 0.30) each ↑.10	Bent ↑.30	Spotting assistance upon landing (no penalty for spot/assist after landing) .50
	Arms bent ↑.50 (90° or more = max. ded.) (slight lead arm bend allowed on Tsukahara vault)	Failure to maintain prescribed Body Pos. ↑.30	Coach between board & table (except RO Entry vault-no penalty) .50
	Too long in support ↑.50	Brush/hit of body on table ↑.20	Vaults without signal (from average by CJ) .50
	Angle of repulsion: By vertical no ded. ↑.50		<b>Failure to land on top of the mat stack</b> 1.00
	1° - 45° past vertical ↑.50		Landing in a sitting, lying or standing position on top of the table VOID
	46° past vert. – Horiz. .55 -1.00		Failure to land on bottom of feet 1 <sup>st</sup> VOID
	Touch with only 1 hand 1.00 CJ		No safety zone mat (Ro Entry vault) VOID
	Head contacting table in support (includes 0.5 for bent arms) 2.00		Spotting assistance during the vault VOID
	No hand contact on table 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	# vault: 	SV Ex Score
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