
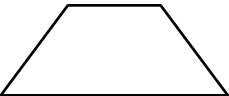


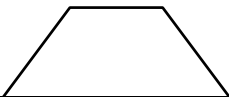
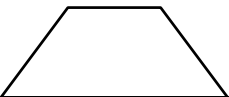
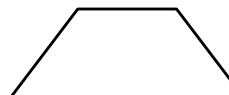



2018-2022 Junior Olympic LEVEL 6/7 VAULT SCORESHEET

(Effective August 1, 2018) Revised 12/03/21

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	Failure to maintain neutral head position ↑.10	Incorrect Body Posture on landing ↑.50 <b>Not applied to L7's landing on back</b>
<u>Incorrect Leg form:</u> Crossed ↑.10 Separated ↑.20 Bent ↑.30	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 Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30	Lands on feet alternately <u>.20</u> <b>If only one foot touches-deduct for leg separation</b> Slight hop/adj. feet toward Table ↑.10 Steps toward Table each <u>.10</u> max <u>.40</u> Large step/Jump toward Table each <u>.20</u> max <u>.40</u>
<u>Poor Technique:</u> Hip Angle ↑.20 Excessive Arch ↑.20 Failure to maintain neutral head pos. ↑.10	Additional hand placements: Steps/hops on hands each ↑.10 (Max. 0.30) Failure to pass through vertical 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 .05 - .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 <u>VOID</u>	Brush/hit of body on table ↑.20 Insufficient Length ↑.20 Failure to create rotation ↑.30 Insufficient Height ↑.50 <b>Failure to maintain prescribed Body Position. ↑.50</b> <b>Arm position when leaving Table Not evaluated</b>	Deviation from Straight Direction ↑.30 Insufficient Dynamics ↑.30 Land on mat + Fall against Table <u>.50</u> Spotting assistance upon landing <u>.50</u> (no penalty for spot/assist after landing) Coach between board & table <u>.50</u> (except RO Entry vault-no penalty) Vaults without signal (from average by CJ) <u>.50</u> Failure to land on top of the mat stack <u>1.00</u> <b>Failure to use a mat stack for landing VOID</b> Landing in a sitting, lying or standing position on top of the table <u>VOID</u> Failure to land on bottom of feet 1 <sup>st</sup> <u>VOID</u> <b>on Front Handspring vault VOID</b> Failure to land on bottom of feet 1 <sup>st</sup> <u>VOID</u> <b>on Tsuk/Yurch for Lev. 6 VOID</b> <b>for Lev. 7 No deduction</b> No safety zone mat (RO Entry vault) <u>VOID</u> Spotting assistance during the vault <u>VOID</u> Use of alternative springboard <u>VOID</u> Vault performed not one of allowable choices <u>VOID</u> Salto performed after landing <u>VOID</u> <b>Balk #1 No deduction</b> <b>Balk #2 or #3 VOID</b>

# 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