

Junior Olympic OPTIONAL VAULT SCORESHEET

6/8/09

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL	6/8/09
Inc. LA Turn.	↑.30 LA Turn begun too early	↑.30 LA Turn begun too Late	↑.50 LA Turn incomplete	↑.30
Legs: Crossed Separated Bent	↑.10 Shoulder Angle Arch ↑.20 Arms Bent	↑.20 Insuff. exactness of LA Turn Late completion of Twist (Gr. 1 & Gr. 4/5 w/out saltos)	↑.10 Slight hop/ adj. feet each .10	↑.10
Poor Technique Hip Angle Arch	↑.30 Head touching table in support (includes 0.5 for bent arms)	↑.50 Insuff. Height Insuff. Length Legs: Crossed Separated Bent	Very large step/Jump Deep squat Body Posture Extra arm swings Trunk movement for balance Brush/Touch landing mat w/ hand(s) (no support)	max .40 ↑.20
Spotting Spot on landing Spotting assistance during the vault	↑.20 Staggered/alternate hands on Front Entry Vaults Alternate Rep. (Gr. 1)	2.00 Insufficient exactness of Body Pos. • Insufficient N, V • Insufficient stretched pos. * arch * hip angle (136°-179°) Fails to maintain stretch (pikes down)	↑.30 Deviation from a Straight Direction Dynamics	↑.20 ↑.10 ↑.20 ↑.30
Coach between board & table except Gr. 4/5 vaults	↑.30 Touch with only 1 hand No Touch of Table	↑.30 Insuff./Late extension of N or V (late opening) Total absence of extension of N or V	Brush/hit of body/head on table Landing in a sitting, lying or standing position on top of the table	↑.20 VOID
Falls	no penalty	↑.25		
Fall or support on hands	↑.50 Angle of repulsion	no ded	Failure to Flash Vault #	CJ .20
Fall against vault table	↑.50 By vertical 1° - 45°	↑.50	Vaults w/o signal (from next vault)	CJ .50
Failure to land on soles of feet 1st vault	VOID 46° - Horizontal Too long in support	.55 -1.00	No safety collar (Gr. 4/5)	VOID

