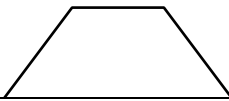
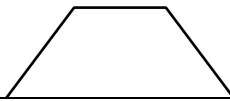
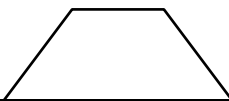
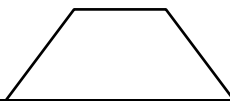
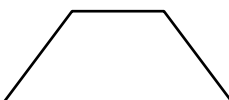
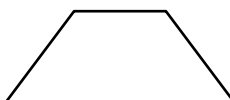


Junior Olympic OPTIONAL VAULT SCORESHEET 2005-2009

revised 6/2006

1st FLIGHT		REPULSION		2nd FLIGHT		LANDING/GENERAL	
Inc. LA turn.	↑.30	Poor tech:		LA Turn begun too Late	↑.50	LA turn under/over-rotated	↑.30
Legs: Crossed	↑.10	Shoulder Angle	↑.20	Exactness of LA turn	↑.10	Slight hop/ adj. feet	↑.10
Separated	↑.20	Arch	↑.20	Height	↑.50	Very large step/Jump	.20
Bent	↑.30	Staggered/alternate hands-		Length	↑.30	Steps	each .10 max .40
Poor Technique		on front entry vaults	↑.10	Legs:		Body Posture	↑.20
Hip Angle	↑.20	Arms bent	↑.50	Crossed	↑.10	Brush/touch w/ hand(s) (no support)	↑.30
Arch	↑.20	(slight arm bend of lead		Separated	↑.20	Deep squat	↑.30
		Arm allowed for Gr. 3 vaults)		Bent	↑.30	Extra arm swings	↑.10
		Steps/hops on hands	↑.30	Insufficient N V /	↑.30	Trunk movement for balance	↑.20
		LA turn begun too early	↑.30	Fail to maintain / (pikes down)	↑.30	Direction	↑.30
		Touch with only 1 hand	1.0 CJ	Insuff./Late extension of N or V	↑.20	Dynamics	↑.30
		No touch	VOID	Total absence of extension	.30	Failure to land feet 1 st	VOID
		Lev. 7 only:		Late completion of twist	↑.30	Fall or support on hands	.50
		Angle of repulsion		(Gr. 1 & Gr. 4/5 w/out saltos)		Fall against apparatus	.50
		By vertical no ded		Brush/hit of body on table	↑.20	No safety collar (Gr. 4/5)	VOID
		1° -45°	↑.50			Spot on landing	.50
		46° - Horizontal	.55 -1.00			Coach between board & table	.50
		Too long in support	↑.50			(except Gr. 4/5 vaults-no penalty)	
						Spotting assistance during the vault	VOID
						Landing in a sitting, lying or standing position on top of the table	VOID

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