

**Junior Olympic OPTIONAL VAULT SCORESHEET 2005-2009**

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

#	<u>V #1</u>	<u>V#2</u>	#	<u>V #1</u>	<u>V#2</u>	#	<u>V #1</u>	<u>V#2</u>
SV			SV			SV		
Ded.			Ded.			Ded.		
Score			Score			Score		
Final Score			Final Score			Final Score		
SV			SV			SV		
Ded.			Ded.			Ded.		
Score			Score			Score		
Final Score			Final Score			Final Score		