2018-2022 Junior Olympic LEVEL 6/7 VAULT SCORESHEET (*Effective August 1, 2018*) *Revised 6/26/19*

1st FLIGHT

Incorr. foot form (flexed/sickled) ↑.10

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Poor Technique:
- Hip Angle ↑.20
- Excessive Arch ↑.20
- Failure to maintain neutral head pos. ↑.10

SUPPORT/REPULSION

Poor technique:
- Staggered/alternate hands-on for all vaults except Tsukahara ↑.10
- Shoulder Angle ↑.20
- Excessive Arch ↑.20
- Failure to maintain neutral head position ↑.10
- Alternate Repulsion-all vaults except Tsukahara ↑.20
- Legs bent ↑.30

Failure to pass through vertical ↑.30

Additional hand placements:
- Steps/hops on hands each ↑.10 (Max. 0.30)

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 ↑.50
- 46° past vert. – Horiz. .55 -1.00

Touch with only 1 hand 1.00 CJ

Head contacting table in support (includes 0.5 for bent arms) 2.00

No hand contact on table VOID

2nd FLIGHT

Incorrect foot form ↑.10

Failure to maintain neutral head position ↑.10

Failure to create rotation ↑.30

Insufficient Height ↑.50

Insufficient Length ↑.20

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Failure to maintain prescribed Body Pos. ↑.30

Brush/hit of body on table ↑.20

LANDING/GENERAL

Slight hop/adj. feet toward Table ↑.10

Steps toward Table each .10 max .40

Large step/Jump toward Table each .20 max. .40

Lands on feet alternately .20

Deviation from Straight Direction ↑.30

Insufficient Dynamics ↑.30

Incorrect Body Posture on landing ↑.50

Land on mat + Fall against Table ↑.50

Spotting assistance upon landing .50
(no penalty for spot/assist after landing)

Coach between board & table .50
(except RO Entry vault-no penalty)

Vaults without signal (from average by CJ) .50

Failure to land on top of the mat stack 1.00

Landing in a sitting, lying or standing position on top of the table VOID

Failure to land on bottom of feet 1st VOID

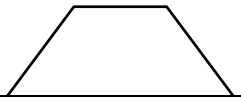
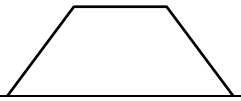
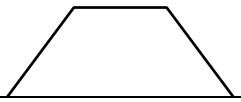
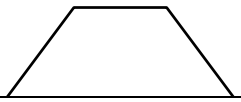
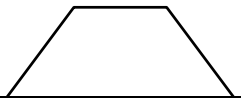
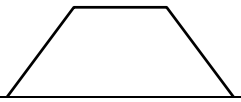
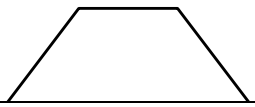
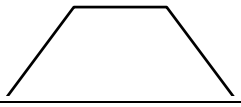
No safety zone mat (Ro Entry vault) VOID

Spotting assistance during the vault 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	
# vault: 	SV Ex Score		# vault: 	SV Ex Score	