
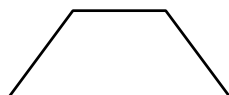
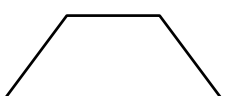
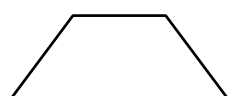
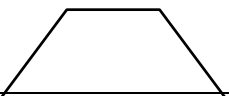
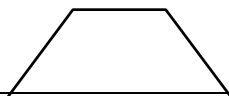
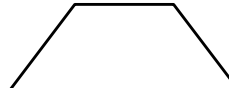



2023-2024 OHSAA VAULT SCORESHEET

(OHSAA 2023)

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incor. foot form ↑.10 (flexed/sickled)	Poor technique: Staggered/alternate hands- on for all vaults* ↑.10	Incorrect foot form ↑.10	Slight hop/adj. feet ↑.10
Incorrect Leg form: Crossed ↑.10	Shoulder Angle ↑.20	Insufficient exactness of LA turn ↑.10	Extra arm swings ↑.10
Separated ↑.20	Arch ↑.20	Under-rotation of salto vaults up to .10	Steps small and medium (max .40) <u>.10- .15</u>
Bent ↑.30	Alternate Rep.-all vaults* ↑.20	Insufficient Height ↑.50	Large step/Jump (approx. 3 ft) <u>.20</u>
Poor Technique	Legs bent in support ↑.30	Insufficient Length ↑.30	Incorrect Body Posture ↑.20
Hip Angle ↑.30	Steps on hands (.1 each) ↑.30	Incorrect Leg form: Crossed ↑.10	Trunk movement for balance ↑.20
Arch ↑.20	LA turn begun too early ↑.30	Separated ↑.20	LA turn incomplete ↑.30
Incomplete LA turn. ↑.30	Arms bent ↑.50	Bent or early tuck ↑.30	Squat on landing ↑.30
Failure to pass thru vertical ^.30	(slight bend of lead arm allowed for Gr. 3 vaults)	Insufficient exactness of Body Pos. • Insufficient N, V ↑.30	Brush/touch with hands (no support) ↑.30
(On vaults with 1/4- 1/2 turn in preflight)	Touch with only 1 hand <u>1.00 CJ</u>	• Insufficient stretched pos. *arch ↑.30	Deviation in Direction ↑.30
	Head touching table in support (includes 0.5 for bent arms) <u>2.00</u>	* hip angle (136°-179°) ↑.30	Insufficient Dynamics ↑.30
	No hand contact on table <u>VOID</u>	Fails to maintain stretch (pike down) ↑.30	Fall or support on 1 or both hands <u>.50</u>
	Hop on hands <u>.30</u>	Insuff. /Late extension of N or V ↑.25	Fall against vault table <u>.50</u>
	<i>*Except all Gr. 3 vaults & Gr. 5 vaults with 3/4 - 1/1 turn on + salto off</i>	Total absence of extension of N or V <u>.30</u>	Spotting assistance upon landing <u>.50</u>
		Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30	Vaults without signal (from average by CJ) <u>0.50</u>
		Brush/hit of body/head on table ↑.20	Landing in a sitting, lying or standing position on top of the table <u>VOID</u>
			Failure to land on bottom of feet 1 st <u>VOID</u>
			No safety zone mat (Gr. 4/5) <u>VOID</u>
			Spotting assistance during Post-flight <u>1.00</u>
			Spotting assistance during Pre-flight or Support phase <u>VOID</u>

# 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